



PHONE: 8116 9716 / FAX: 8732 1606

EMAIL: admin@mastersswimmingnsw.org.au  
WEBSITE: www.mastersswimmingnsw.org.au

Ground Floor  
Sports House, 6A Figtree Drive  
SYDNEY OLYMPIC PARK 2127  
POSTAL ADDRESS: PO BOX 6941, SILVERWATER 2128

December 2011

## State Short Course Championships 2011

Held at CISAC in Canberra on October 22nd and 23rd, our State championships were a great success with many new clubs and new swimmers being part of a State championship for the first time.



We tend to swim our Short Course championships out of Sydney to encourage our country clubs to be part of our championships and we certainly were very well supported by our Canberra clubs, with Tuggeranong having 27 swimmers, Molonglo with 18 swimmers and 4 swimmers from Ginninderra our newest Canberra club.

It was also fantastic to have participants from Terrey Hills, Bidgee, Bushrangers, and Werris Creek and a large contingent from Sandbern, some of our newest clubs and also swimmers we have not met before, This was the first time Bushrangers have been able to field a relay team in a State championship and there were in fact 8 Bushrangers at these championships- well done.

CISAC (Canberra International sports and aquatic centre) is one of the best pools to swim in, their staff are just great to work with nothing is too hard and

the weekend went very smoothly. This is also made possible by Helen and Ron our AOE operators who follow us round the State operating our timing equipment at all our major meets.

There were 7 National, 18 Branch records and 2 provisional World records broken over the course of the weekend. Lynette Stevenson from Blacktown provisionally broke the 50m freestyle record in the 65-69 year age group and Adam Pine provisionally broke the 100m butterfly record in the 35-39 year age group.



Winners of the divisions were Division 1 Warringah Masters, Division 2 Tuggeranong Vikings, Division 3 Terrey Hills and Division 4 Molonglo water dragons.

The male Swimmer of the Meet was Ian Jeffrey from Novocastrian and female Swimmer of the Meet was Lynette Stevenson from Blacktown City.

*(Continued on page 2)*



(Continued from page 1)

The Des McCormick trophy for the highest average pointscore was won by Blacktown City and the Gordon Cozins Trophy for the highest pointscore in the relays was won by Tuggeranong Vikings.

Thanks again to our fantastic NSW officials who were on pool deck all weekend and thankyou to everyone who participated making it a great weekend of Fun, Fitness and Friendship.



## Vikings Plunder NSW Short Course Championships

A 27-strong team from Tuggeranong Masters Swimming triumphed over all comers at the Masters Swimming **NSW Short Course Championships** held at the **Canberra International Sport & Aquatic Centre** over the weekend of **22 / 23 October 2011**.

In an outstanding effort by all 27 swimmers, the Tuggeranong Vikings scored more points than any other club to triumph and defend its Division 2 championship aggregate points trophy. In fact, the Vikings scored more points than Warringah, the Division 1 champion team which has never happened in the history of NSW Masters Swimming. The Vikings also won the meet trophy for the most points scored in relays.

A total of 253 swimmers from 37 clubs across the NSW / ACT competed. For the first time at a state meet, the ACT was represented by three clubs – Tuggeranong Vikings, the Molonglo Water Dragons and the new Ginnindera Club whose members notably included former Olympians Adam Pine and Petria Thomas.

Outstanding swims were put in by Adam Pine who set a new world record for the 35 - 39 age group 100m butterfly in 54.44s, and a new national mark for 50m freestyle in 23.51s. [[read the Canberra Times article about Pine and Thomas' swims ...](#)]

An amazing effort was put in by seven of our

'hardcore' Viking men and women who swam the 200m Butterfly – the last individual event of the meet, gaining mega points for the club!

With so many swimmers available, we were able to enter a massive 20 relay teams over the two days. We had some brilliant relay results, with some super quick teams in the mens, womens and mixed events. Noteworthy were our three newbie 'fast and furious' men – **Paul Hitchman, Nick Dando and Mark Raymond** – who all easily smashed out super quick swims in 29 seconds and below in the mens 4 x 50m Freestyle relay!

We had some fantastic results as a club. Individual age group winners for the Vikings were **Pam Munday** who won four gold medals, and one silver and set three new NSW 60 - 64 age group records for 200m Breaststroke and 100m and 200m Butterfly; also **Anne Smyth** who won four gold medals and one silver in her 50 - 54 age group.

It was a momentous effort from a great Vikings team! Well done to all those who competed.

A special thanks goes to those who helped out on the medal table – these meets cannot run without volunteers like this.

A great effort by all, and a fantastic weekend of swimming on our doorstep in Canberra!



*Vikings Team of 27 at SC Champs 2011*

*Vikings take out Division 2 and Relay Trophies at SC Champs 2011*



## Meet Reports

### Manly Masters: 21 August 2011

This year's event was the tenth carnival we have conducted at the Abbotsleigh Aquatic Centre. Although it is some way from our home base the advantages it offers are a modern facility attractive for competitors, and willing Centre hosts.

The lead up was trouble free. We have a core of officials who never hesitate to commit when asked. There were some inevitable changes over the months prior but these were minor in the overall scheme. Our own club members pitched in across a wide range of tasks to complete the day's tapestry. The registration count of 152 was the lowest in our time at Abbotsleigh. That response is admittedly consistent with the trend in recent times. No doubt a number of factors can be offered, which may or may not be instructive. We welcomed Castle Hill, Merrylands, Myall and Terrey Hills swimming with us for the first time.

The starters enjoyed using new equipment and we also had the benefit of the State's events board. Unfortunately at the après swim we were not equipped to get the results out promptly. This was in part man power related. Something to bear in mind for next year. Let's hope any left over taste was more food related.

We congratulate multiple record breakers Lynette Stevenson and Paul Wyatt. Ian Jeffery and Barbara Vickers-Baker also warrant mention for new marks.

Well done Warringah in taking out the visitor's trophy from newcomers Castle Hill, and similar recognition goes to Blacktown in winning the average from Novocastrian.

In conclusion I wish to thank our officials for doing such a superb job. We are really fortunate to have so many able and keen workers. My thanks also to my fellow Manly Dolphins for contributing to the success of the day.

We look forward to hosting you all again next year.  
Steve Lamy, Meet Director

### Ryde: 3 September 2011

Nearly 180 swimmers visited our airy 2000 Olympic venue for our carnival. The deep pool and "designer" water temperatures provided great conditions for many good swims. These included national and branch records by Lynette Stevenson in freestyle, Paul Wyatt in the IM and Adam Beisler in Butterfly.

Again, Warringah was the highest point scorer of our visiting teams. However, the top 5 included Blacktown, Castle Hill, Sandberm/Aquadot and Penrith. It is great to see the emergence of Castle Hill Masters as a force in swimming (even if they have snatched a swimmer or two from us). Novocastrian had the highest average point score.

We also appreciated the attendance of swimmers from Tuggeranong who still came despite the distance.  
*(Continued on page 5)*



*Proud winner Graham Campbell at Ryde*



*(Continued from page 4)*

The turn out from Ryde was excellent. The 32 swimmers who came were only 3 short of the heady days of 2009, just before the World Masters Games. The Ryde coaches have been doing a good job and we often have 5 full lanes on training nights. Happily, our regular carnival goers were joined by our cohort of ocean swimmers, tri-athletes and parents allowed out on good behaviour passes.

As in previous years, our meet was expertly

managed by Nathan Clarence who was assisted by Wendy Seale. Thanks also to the troupe of volunteers that were organised by Jamie Turner for timekeeping. We are also particularly grateful for the referees, starters, marshals, Helen Rubin at the recorder's desk, Greg Lewin (announcer), Diana Hill (announcer), raffle organizer Yolanda Stock as well as Bruce Hartwell and Diana Hill for selling lots of raffle tickets.

## 25th Anniversary Vikings Club Celebrations and Decades Birthdays Party

It was a party atmosphere at Tuggeranong Vikings Club in Canberra, for the club's **25<sup>th</sup> anniversary and decades birthday celebrations on Friday, 16 September 2011.**



*25th Anniversary celebrations cake*

The room was decorated with red and blue helium balloons and loads of memorabilia and photos from the past 25 years. A slide show of photos was of great amusement and interest to all, particularly some of our long standing members. It was

great to see the club's life members Jill and David Mortlock present, as well as Mike Snoad, Diane Gregory and Linda Coleman.

Annette Britten, our current president, gave us a very interesting account of Masters swimming over the years (thanks to Peter Bell for his entertaining account of the early years via email) – more recent members were fascinated to hear tales of “The Ferals”! It sounded pretty wild in the 90's!

As well as celebrating 25 years, we also gathered to help seven of our members celebrate a significant decade birthday. Adrian Davis, Pam Munday, Jeanette Droop, Leisa Cass and Philippa Rickard were all there to blow out candles on the decades birthday cake. Nick Dando and Steve Young were unable to be there but are

also Decade birthday people this year.

Finally, the night gave the club a chance to farewell two long standing members. Gillian and Bruce

Laughton are heading off to Victoria and we wish them all the best. Both have done a wonderful job over the years serving on the committee and officiating at swim meets.

It was a fun filled night of celebration, reminiscing and chatting over a few wines and beers. Let's look forward to another 25 years of Masters swimming at Tuggeranong for fun, friendship and fitness.



*Saying farewell to The Laughtons*



*Mike and Linda - Viking 'Ferals'!*



*Viking members celebrate significant decade birthdays*



*Vikings Siblings prepare to celebrate!*



*Take a liking to a Viking*

## New Campbelltown Pool Ready for the Masters Test...

Campbelltown Collegians Masters Swimming Club is proud to announce the opening of their new 50m pool. The new pool has already been given a thorough test and work-over by Campbelltown Masters swimmers and we are simply amazed at the transformation. The whole complex is now a stunning, state-of-the-art aquatic centre.

“New” probably isn’t the most accurate word to use but it certainly best describes the massive update and refurbishment that has taken place. The 50m pool, grandstand, entry foyer, change rooms, grounds / surrounds... everything that doesn’t move has been updated, replaced or renewed. Even the children’s water play park is all new.

Best of all - especially for those who competed in the Campbelltown meet’s 50m pool in 2008 and 2009 in, um, “refreshing” water temperatures - is the solar heating for the 50m pool. Campbelltown Masters club captain, Heather Rouen, a renowned cool-water swimmer, has given the thumbs up for the heating system. “The pool is too hot for me, so that probably means it will suit 99.9% of masters swimmers.”

The work started in May 2010, with an expected opening date for the 50m pool in late 2010. Things didn’t go according to plan. Several obstacles became apparent. Tiles had to be replaced. Then replaced again. There was rain, then more rain. An earthquake. A terrible storm, floods, locusts, old friends dropped in from out of town, my clothes didn’t come back from the cleaners! Honest, it wasn’t my fault. Murphy’s Law struck time and time again. Trust me, I’m an engineer.

But now it’s open! It’s been a long time coming but as of “now” we are pleased to announce that the new Campbelltown complex is open for business. With obvious due respect to everyone who is reading this and with the expected humility with which I talk about all things ‘Campbelltown’. You won’t believe the transformation! Trust me, this complex is now the best outdoor centre in NSW. No, not 2nd best... the best!

Yes, I know, there are one or two doubters out there. Oh, ignorance is bliss, isn’t it? Seeing is believing, though; trust me, I’m a psychologist. Campbelltown swimmers have been watching through the foggy perspex windows of our indoor pool for 18 months, yearning to sample the delights of our new pool. Alas, we were denied.

In October 2010, when we were due to move our Sunday morning race program to the 50m pool, we had to wait... and wait... and wait... Lucky we didn’t hold our breath. It was to be another year till we sampled the delights of outdoor swimming. So, we just kept lapping the indoor pool, with the accumulated delights of warm temperatures and chlorine fumes, all through summer - it did wonders for us; trust me, I’m a doctor.

It was with considerable delight, then, that on 3rd September 2011, our new 50m pool was opened. Soon after we held a meeting to organise our 2012 Carnival. Steve Clough put it most succinctly when he said “With all the money that has been spent, it would be criminal of us not to hold our 2012 carnival in the outside pool.” Motion was carried - unanimously

*(Continued on page 7)*



*The new Campbelltown pool, ready for Masters NSW swimmers on 25th Feb 2012*

*(Continued from page 6)*

In total, \$1.2 million was spent by Campbelltown Council on the upgrade (with an additional \$230,000 thrown in by the State Government), a not-insubstantial amount you would agree. Trust me, I'm an accountant.

There has been a name change, too. The new centre has been named "The Gordon Fetterplace Aquatic Centre", in recognition of his wonderful work done in the local community. First elected to Council in 1968, Gordon Fetterplace served seven terms as Mayor and three terms as Deputy Mayor, before retiring in 1992. Mr Fetterplace passed away in 2008.

So, where will you be on 25th February 2012??? Asleep? Relaxing?? Bludging??? Or will you, trust me, I'm a personal trainer, be warming up for the State long course championships by competing in

Campbelltown's brand-spanking-new-50m-best-in-the-state-and-warm-water-outdoor-pool??? It's a no-brainer. Trust me, I'm a psychiatrist.

Owen Sinden, President  
Campbelltown Collegians



*Campbelltown's Helga Duncan and Barbara Briggs display their recently-acquired medals*

## 2011 Ian McPhail Official of the Year

### *An opportunity to say thank you...*

Clubs/members are invited to nominate a Technical Official for the 2011 Ian McPhail Memorial Official of the Year Award.

### **Eligibility**

Only achievements for the period of 01 January to 31 December 2011 will be considered as part of the application.

To be eligible for consideration nominees must be an accredited Masters Swimming Technical Official, be a current member from 01 January 2011 and must have made an outstanding contribution in officiating and/or towards the development of officiating at Club, Branch and/or National level.

For example:

- *Attended courses to enhance knowledge and interpretation of rules;*

- *Delivered courses to prospective officials;*
- *Taken the position of mentor to trainee officials.*

The Official of the Year for 2011 should be an individual who has achieved excellence as a **technical** official.

Implementation of innovative ideas to improve officiating and extra activities related to officiating, such as leadership, accreditation and professionalism will also be considered.

Nominations must be received by the Branch Office no later than 27 January 2012.

The club/person nominating the NSW Branch winner of the 2011 award will be requested to submit a **detailed submission** and a photo will then also be requested.

## The NSW Association of AUSSI Masters Swimming Clubs Inc. NSW Board 2010–2011

President	Jane Noake
Vice President	Tony Tooher
Vice President Country	Neil Keele
Treasurer	Stuart Meares
Ordinary Members	Stuart Ellicott, Jon Hawton, Sue Wiles

*Supported by Sport and Recreation,  
a division of Communities NSW*



## Master Makes Hall of Fame

Article by Naomi Fallon from "The Chronicle" 4.10.11

Gary Stutsel sees swimming as more than just a sport.

That is why the Turner resident has donated much of his spare time over the past four decades to the development of Masters Swimming – a class of competitive swimming for adults where participants compete in five-year age groups.

It is for this dedication that he has become one of just five people worldwide to be inducted into the International Masters Swimming Hall of Fame for their outstanding contribution to the sport.

The 72-year-old helped establish Australian Masters Swimming in 1975 and became the organisation's founding secretary.

"I went to its first meeting in Australia in 1974 and got quite enthused about it", he said.

"First we started off just holding competitions... and a couple of years later we decided to form clubs."

Stutsel went on to hold many Masters Swimming positions, including the president of Masters Swimming International for about six years. He is now the National Technical Committee chair and the NSW/ACT Technical Director.

Despite still recovering from two major surgeries earlier this year, Stutsel is showing no signs of slowing down. "It's been fantastic for me," he said.

"After both surgeries the doctors have said swimming and my fitness is what saved me."

Considering the organisation's oldest member is 100, he believes he's still got a fair few years of swimming left in him.

"We get people who haven't learnt to swim until they're 60, and then they've continued through to their 90s," he said.

"I think what it does is it gives you an extra incentive to get moving... I think it's when you stop moving that you start to age."

Stutsel is now preparing to compete with his local masters club, the Molonglo Water Dragons, at the NSW/ACT Short Course Championships.

While the organisation has between 7000 and 8000 members nationally, only about 2000 compete regularly.

"On the competitive side it can be from as minor as a competition between two clubs in Canberra up to the world championships," Stutsel said. "It also provides a social outlet for people. It entices people to swim together... and it gives you the incentive to do that little bit extra."



*Gary Stutsel has been inducted into the International Masters Swimming Hall of Fame. Photo courtesy of Elesa Lee.*

## Vale Jean Lowe ~ 20/1/1953 – 31/10/2011

Jean has been a valued member of Manly Masters since joining in 2000. She was a regular at training and carnivals, and was a masters coach and lifesaving instructor. Jean swam all strokes and excelled in middle distance backstroke and breaststroke.

Jean gathered diverse groups of people together and challenged them to take on new thoughts, new adventures and to attempt new skills; all while teaching at the highest level, playing the cello and caring for a son with additional needs. Her life was a logistical jigsaw puzzle but she relished every minute of it.

Jean overcame colon cancer 3 years ago and

returned to swim stronger than ever, gaining many PBs in the last 2 years. She competed at FINA World Championships in Sweden 2010, swimming 3 PBs and finished in first 10 in one event. She won 3 medals in the Perth Nationals in April, followed by more gentle swimming with whale sharks at Exmouth.

Unfortunately, the cancer returned in the middle of this year.

We miss her.



*Jean – Launceston 2010*

## 2012 Training as Officials

Something new for 2012! We are going to include a Training Course before a number of the meets in 2012 so swimmers and friends as well as volunteers can attend a course and follow up by doing some of the required time on pool deck towards accreditation as an official.

General Principles of Officiating 1 & 2 are covered in the initial accreditation training.

Starting with Timekeeper, then Chief Timekeeper.

Marshal / Check Starter and Clerk of Course is the next step, followed by Starter.

Inspector of Turns, Judge of Stroke, Referee and Meet Referee complete the sequence.

Officials can stop at any point in the accreditation sequence.

In 2013 NSW hosts the National Championships so now is the time to start if you would like to officiate at the Championships.

Below is the schedule for January and February.

Meet Date	Host club/type of meet/course	Closing date at host club	Training course
21 January	Central Coast BPS LC	06/01/12	Timekeeping / GPO 1 & 2
11 February	North Sydney	27/01/12	
18 February	Cessnock	03/02/12	CTK / Starter
25 February	Campbelltown	10/02/12	Timekeeping & Mars/CS/CoC

All swimmers expect to receive accurate times for each swim as well as to be in the correct lane.

Who assists with these expectations? Timekeepers, Chief Timekeepers, Marshals, Check Starters and at larger meets Clerks of Course.

The officials are important and we need to ensure we have a new wave of officials to take the places of those who are no longer available, for a variety of reasons. Please consider starting as an official, or progressing along the path if you have already achieved accreditation.

As well as our swimmers, we need new committed officials. You can mix swimming and officiating. It also helps with understanding the rules and keeping up to date with changes.

## Time to Tip Top Ten

The 2011 branch, national and world Top Ten will include times for swims between the 1st January 2011 and 31st December 2011. World Top Ten may include Masters Swimming Australia (MSA) national, branch, interclub or other approved Australian or international swim meets, while branch and national Top Ten will also include times from MSA award and aerobic swims, or MSA club time trials. See National General Rule GR15.

**DO** Submit times for:

Swims from the following categories, *if they are faster* than times already listed in the MSA “Records, Ranking and Results” portal at:

<http://www.portal.aussi.org.au>

- times from any sanctioned interstate, or international

meets not listed in the MSA “Records, Ranking and Results” portal;

- split times from longer swim meet swims;
- times swum in club time trials;
- times from any aerobic swims not submitted through the aerobic software system.

Please note that there is a **strict deadline** for the submission of swim times to the National recorder for inclusion in the National and World Top Ten.

It will therefore be impossible to include any times received after **1 January, 2012**.

Your club’s Top Ten recorder needs to submit the form to: Mark Hepple, PO Box 745, Forster NSW 2428

## Technical Matters

### MEET DIRECTOR

No! Not the butcher, and not the barbeque cook either.

The Meet Director is that brave individual who organises our swim meets whether they be for 30 swimmers or 300.

Some Meet Directors have years of experience, even 35 years, but many do it for the first time and often only the once. Why?

This is a highly complex job with many masters but few helpers and often it seems some very daunting requirements (see the NSW Consolidated Rules of Competition at Rules on:

[www.mastersswimmingnsw.org.au](http://www.mastersswimmingnsw.org.au). Very little written direction has been available to assist the Meet Director and what there has been was often hidden from sight.

At last that has changed. The National Technical Committee has just completed the production of the “MSA Guidelines for Meet Directors and Clubs conducting an MSA sanctioned swimming meet”. Sounds a mouthful but the guidelines justify their full title as they say what clubs need to check out before they even apply for a sanction from their branch. Of course the starting point is a suitable pool but how do you tell if a pool is suitable.

The Guidelines contain a checklist of what is required of a pool to make it suitable. They also go on to outline the areas of responsibility of both the Meet Director who organises the meet and the Meet Referee who oversees the conduct of the meet on the day(s) it is run. These two key officials must work together to achieve the results everyone wants and to ensure the sanction requirements are met. It also includes a Risk Assessment form courtesy of the Queensland Branch, and details of how the seating area is to be set up for marshalling.

Of course the Guidelines are just that and it is possible to conduct a meet without following them to the letter provided the branch sanction conditions are met. Also there is no doubt that with time and usage the content will be modified, however they represent current best practice.

I recommend they be read by all clubs considering holding a meet and by all Meet Directors both novices and the experienced.

Gary Stutsel  
Branch Technical Director

## An Age Old Problem That is Threatening Our Swim Meets

On Saturday, 3rd December I was the Meet referee at the Wests Auburn Long Distance Meet which was a very well run long distance meet except for the age old problem of timekeeping.

We now need only two timekeepers per lane but we still struggle to fill the seats, very often I see officials who should be taking a well earned rest behind the stopwatches.

As swimmers, it is our responsibility to time keep each other or bring a timekeeper with us if we want to break records. We all want a time, we all ask for a time as soon as we finish our swim, yet there are a number of us who feel we do not have to contribute to this task.

It is not the responsibility of your officials who are already spending many hours on pool deck to get behind a watch in order that the Meet should progress.

There have been a number of suggestions on how we cope with this problem and I have always resisted them, but it is getting to the point where we will have to look at the suggestion of not allowing times to

be recognised unless the swimmer has done some timekeeping.

Timekeeping is actually fun. You get to talk with members of other clubs, find out what they are doing, how they motivate themselves, you can actually learn heaps by timekeeping. It is actually much better than sitting in the stands talking to yourself.

Long distance meets are not the only meets affected, many of the BPS meets this year have had trouble finding timekeepers.

If you swim, you or a friend/ partner MUST give some time to timekeeping, or our Meets will not proceed.

It's not all bad, there are many, many people who are always seen sitting with a watch in their hand, even if they are not competing and I thank every one of you who have timekept this year, it is you and our officials who make our organisation what it is.

Jane Noake

## 2011 Coach of the Year

### DO YOU LOVE YOUR COACH?

Clubs/members are invited to nominate a coach for the 2011 Coach of the Year Award.

#### Eligibility

Only achievements for the period of 01 January to 31 December 2011 will be considered as part of the application.

To be eligible for consideration the nominee should:

- be a current Masters Swimming Australia Member and have been a member from 01 January 2011;
- hold a current Masters Swimming Australia Coaching Accreditation;
- have been actively coaching Masters Swimmers;
- have made an outstanding contribution in coaching and/or towards the development of coaching at Club, Branch and/or National level;
- have undertaken professional development opportunities to improve his/her coaching skills and/or presented at coaching courses, workshops or clinics;
- have demonstrated a proven capacity to improve the

level of performance of Masters Swimmers (i.e. improvement in times, placings at State/National and/or International events, technique development, ability for swimmers to complete a greater distance and/or achievement of a higher level of fitness);

- have designed and implemented an annual plan for his/her squad;
- have practised and espoused a philosophy of fair play;
- present a positive image of coaching and the role of the coach; and
- demonstrate concern for the development of Masters Swimmers in and out of the sporting arena.

Nominations must be received by the Branch Office no later than 27 January 2012.

The club nominating the NSW Branch winner of the 2011 Coach of the Year will be requested to submit a **detailed submission** for the National Coach of the Year Award. A photo will then also be requested.

## 14th FINA World Masters Championships 2012

### RICCIONE-ITALY, 10-17 JUNE 2012

Many swimmers are well advanced in their bookings to attend these games in Italy next June.

Whether booking themselves or going through our official tour organiser – International Sports Tours (IST) the planning is underway. The program has been published and includes:

800m Freestyle	4 x 50m Mixed Medley
200m Backstroke	4 x 50m Mixed Freestyle
100m Breaststroke	4 x 50m Freestyle
400m Medley	4 x 50m Medley
200m Freestyle	200m Breaststroke
50m Butterfly	100m Backstroke
50m Freestyle	200m Butterfly
200m Medley	50m Backstroke
100m Butterfly	400m Freestyle
50 m Breaststroke	3 km Open Water

Something for everyone!

Should you be interested in putting your name forward to be part of a relay team please contact the Branch office to register your interest. NSW/ACT

Members can become second claim members of Bushrangers to be able to enter as a ‘team’.

Then you are on holiday so **Enjoy Italy**—take in a tour or day trips from Riccione to:

- **Rimini**—only a half hour drive or by train north of Riccione
- **San Marino**—take a tour of the Ferrari factory, discount shopping out-let stores; the castle on the hill—truly magical
- **Venice**—a must—either as a day trip or stay overnight, whichever you do, enjoy a walking tour of this most stunning city.
- **Florence**— either a day trip with a walking tour, take in the history, visit the famous Uffizi Gallery, the Galleria dell'Accademia to see the Statue of David, or stay overnight and catch the train back to Riccione the next day.
- **Rome**—you may choose to depart from Rome after spending a few days there exploring this most famous Italian city.

**Viva Roma!**

## Training Coordinator's Report

I would like to thank all swimmers and volunteers who participated in an official course, re-accreditation workshop and completed hours to become officials in 2011. Over the next few months many clubs will welcome new members who are enthusiastic to swim at a swim meet, but are then disappointed because a referee has either spoken to or DQ'd them. Most times this could be avoided if club members / coaches / officials could spend a few minutes going through some basic swimming rules and swim meet processes. Better still, perhaps clubs could conduct a mock swim meet one training session so first time swimmers become familiar with starts, turns, finishes and correct stroke technique. Also, it is a good opportunity to inform new members about how they can become officials and why it is necessary to have officials at swim meets.

## Timekeeping

Have you been timekeeping for years but **don't have the piece of paper?** Why not attend the timekeeping course at Gosford Pool on Saturday, 21 January 2012 at 9.30am?

Are you a swimmer and on completion of your race the first question you ask is *what time did I do?* My question to you is: if your time is so important to you, do you do your share of timekeeping and if you do are you qualified? If you're not qualified or do your share of timekeeping here is an opportunity to attend a course to become qualified and help out with timekeeping so all swimmers can swim in comfort. The more timekeepers we have the less timekeeping each swimmer would have to do so you will be able to enjoy

## Courses

The first Officials Course for 2012! A Chief Timekeeping and Marshal/Check Starter/ Clerk of Course Saturday, 14 January 2012 after you have had a relaxing lunch on Masters Swimming NSW mixing with other Officials at Sports House, Homebush. You are eligible to attend one of the courses if you are a qualified timekeeper. If you wish to attend please email:



2012 will see the introduction of an Officials Training Calendar. Different official courses will be offered throughout the year before swim meets. The courses usually only run for an hour. But you will need to download the notes and activities from the National Website, read through the notes and attempt the activity sheet. After completing a course you are ready to complete training competencies at swim meets.

We need to build the Master Swimming NSW Officials Database as we have lost many officials to ill health, age and other interests. The aim is not to increase officials on pool deck but to spread the load so all officials can enjoy their swimming, after all that is why we all joined Master Swimming NSW.

Merry Christmas and see you all in the new year.

Diane Partridge, NSW Training Coordinator  
[diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)

your swim.

Remember: **Timekeeping is the first step to becoming an official!**

### ADVANCE NOTICE

There will be Starters and Chief Timekeepers courses conducted at Cessnock Swim Meet and Marshal/Check Starter/Clerk of Course at Campbelltown Swim Meet.

If you wish to attend any of the above courses please email [diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com)



[diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com) and/or: [gstutsel@bigpond.net.au](mailto:gstutsel@bigpond.net.au) by 2 January 2012.

There is funding available to those coming from the country to help out with expenses. You will need to lodge an expression of interest detailing your expenses to Jillian at the Branch office by 20 December 2011. We will need to know if you are attending the lunch by 6 January 2012. See you all there.

Di Partridge - Training Co-ordinator  
 Gary Stutsel - Technical Director

## Branch Banter

Summer is upon us and that signals Christmas. As I take a moment to look back on 2011 I ponder the changes and events that have affected us this year. For me there was a new job, for some of you there were changes within your circle of family and friends, good health and injuries, for others you can happily look back on a year full of training, swimming and competing.

I am feeling reflective after reading an obituary from the Sydney Morning Herald on one of our own, Masters Swimmer Mort Bagley. What an amazing man, an incredible life lived with adventures, action and excitement. Here I quote a few excerpts from the article written by Clare Huxley:

*“For a while, he was part owner of a farm on the confluence of the Murray and Darling rivers but the nature of his work meant that he moved around a lot and he spent long periods living in the remote locations in which he worked. These included Norfolk Island, Groote Eylandt and North Queensland where the Bagley Channel was named in his honour. Perhaps fittingly for a man so comfortable with an itinerant existence the Bagley Channel is fringed with deep sandy beaches that have the capacity to change dramatically in size, shape and location.*

*Bagley inherited the family trait of having an encyclopaedic memory for places, dates and trivia,*

*which made him an excellent pub quiz team member. He was a keen amateur chess player and enjoyed speaking French. He was also an enthusiastic swimmer and swam competitively until the age of 90.”*

So, as we say good bye to Mort and others that have left our world of swimming in 2011 I feel that we often miss out on knowing the swimmer that stands beside you on the blocks. Even within our clubs we can miss out on the depth and breadth of the people we train with.

For that reason I would like to provide an opportunity for swimmer profiles to be included in either the Monthly news or Splash. A few lines to celebrate our members as more than just the swimmer in the togs-put a bit of flesh on their bones, so to speak. (I don't need any more on mine thanks)

As we have nearly 60 clubs and almost 1600 members in the Branch I am hoping each club could submit one member profile per year.

While we celebrate the silly season let's celebrate each other in the terms of fun, fitness and friendship.

My most sincere wishes to you all for the silly season, eat well and come back in the New Year ready to train hard, swim well and compete strongly. First up: 21<sup>st</sup> January Central Coast meet at Gosford.

Cheers, Jillian

## Calling all...

### REFEREES, INSPECTOR OF TURNS, JUDGE OF STROKES AND STARTERS

**Add this date to your 2012 calendar: Saturday, 14 January 2012 at Sports House, Homebush.**

An exciting workshop or get together to hear the latest developments, clarify rules, socialize, have a say, play games, buddy up and enjoy a thankyou lunch for all the hard work you have done over the years. You won't have to swim, officiate or even wear your whites. Just come along, take in the atmosphere of relaxing, listening, participating, having a laugh and enjoy the companionship of fellow officials (we are usually too busy officiating to do this). It is important for the movement of Masters Swimming NSW that all officials are working within the same Code of Conduct, Rules and professionalism. By attending this workshop we

can achieve this. Further details of the workshop will be emailed to all Referees, IoTS, JoS and Starters in December. We anticipate it will run all day. If there are any issues you would like to discuss at the workshop please email [diane.partridge@bigpond.com](mailto:diane.partridge@bigpond.com) and/or [gstutsel@bigpond.net.au](mailto:gstutsel@bigpond.net.au).

There is funding available to those coming from the country to help out with expenses. You will need to lodge an expression of interest detailing your expenses to Jillian at the Branch office by the 20 December 2011. We will need to know if you are attending by 6 January 2012. See you all there!

Di Partridge - Training Co-ordinator  
Gary Stutsel - Technical Director

## Branch, Australian and World Records

(Some of these records may still be provisional at the time of going to press.)

### BRANCH LONG DISTANCE MEET: 28 AUGUST 2011

#### (SHORT COURSE)

##### Men

1500m Back			
Paul Lemmon (NET) 40-44	19:08.97	N	
Peter Kaupert (NWG) 70-74	29:03.79	B	
1500m Fly			
Adrian Davis (NTN) 60-64	27:57.69	B	
Lann Dawes (NCS) 65-69	32:57.93	B	
Michael Gordon (NML) 70-74	49:04.91	B	
1500m Breast			
Paul Wyatt (NCR) 65-69	25:17.97	N	
800m Breast			
Paul Wyatt (NCR) 65-60	13:17.91	N	
400m Fly			
Paul Lemmon (NET) 40-44	5:12.83	B	
400m Breast			
Paul Wyatt (NCR) 65-69	6:30.20	N	
400m IM			
Paul Wyatt (NCR) 65-69	6:03.56	N	

##### Women

1500m Fly			
Cassie Anderson (NBT) 30-34	38:36.85	B	
Naomi Watson (NCK) 35-39	30:16.74	B	
1500m Breast			
Wendy Gordon (NNC) 55-59	29:22.54	N	
Helga Duncan (NCT) 70-74	33:57.73	B	
1500m Back			
Clary Munns (NBT) 65-69	25:48.94	B	
800m Free			
Kasey Shepherd (NBT) 25-29	10:03.95	B	
Pamela Nix (NNB) 40-44	9:49.39	B	
800m Back			
Kate Lewis (NCT) 20-24	10:43.29	N	
Clary Munns (NBT) 65-69	13:24.44	N	
800m Breast			
Helga Duncan (NCT) 70-74	17:55.47	B	
400m Fly			
Kate Lewis (NCT) 20-24	5:24.71	N	
Pam Munday (NTN) 60-64	7:42.57	N	
400m Back			
Clary Munns (NBT) 65-69	6:36.65	N	
400m Breast			
Helga Duncan (NCT) 70-74	8:46.28	B	

### RYDE BPS MEET: 03 SEPTEMBER 2011 (SHORT COURSE)

##### Men

200m IM			
Paul Wyatt (NCR) 65-69	2:48.25	B	
100m IM			
Paul Wyatt (NCR) 65-69	1:17.38	N	
50m Fly			
Adam Beisler (NNC) 25-29	26.28	B	

##### Women

100m Free			
Lynette Stevenson (NBT) 65-69	1:16.78	B	
50m Free			
Lynette Stevenson (NBT) 65-69	32.39	N	

### SEASIDE PIRATES BPS MEET: 18 SEPTEMBER 2011

#### (SHORT COURSE)

##### Men

200m IM			
Paul Wyatt (NCR) 65-69	2:47.42		
200m Breast			
Stuart Ellicott (NHS) 55-59	2:49.82		
25m Free			
Dean Patterson (NSP) 20-24	11.93		
25m Fly			
Paul Wyatt (NCR) 65-69	15.43		
25m Back			
Simon Ho (NNS) 35-39	13.39		
Arthur Lith (NWG) 75-79	20.84		
25m Breast			
Dean Patterson (NSP) 20-24	14.24		
Scott Bidewell (NPT) 50-54	15.04		

##### Women

100m Free			
Lynette Stevenson (NBT) 65-69	1:15.58		
50m Free			
Lynette Stevenson (NBT) 65-69	31.82		
25m Back			
Elisha Abdi (NCL) 30-34	16.27		
Clary Munns (NBT) 65-69	17.52		
25m Fly			
Elisha Abdi (NCL) 30-34	14.29		
25m Free			
Elisha Abdi (NCL) 30-34	13.85		

### WARRINGAH MASTERS BPS MEET: 08 OCTOBER 2011

#### (SHORT COURSE)

##### Men

100m Free			
Ossie Doherty (NWG) 85-89	1:53.11	B	
50m Fly			
Mitchell Patterson (NSP) 25-29	24.10	N	
25m Back			
John Pagden (NWG) 70-74	18.03	N	
John DeVries (NNS) 50-54	15.43	B	
Christopher Healey (NWP) 30-34	14.01	N	
25m Fly			
John Bates (NSP) 40-44	12.12	N	
25m Free			
Haydn Woods (NWO) 45-49	12.17	B	
Peter Kerr (NSP) 35-39	11.50	B	

##### Relay

4 x 25m Medley			
Peter Long, Graham Hannon, Noel Peters, Ossie Doherty (NWG) 320-359	1:44.07		

B = Branch record  
 N = National record  
 W = World record

Continued on page 15

**MERRY CHRISTMAS**

Continued from page 14

**WARRINGAH MASTERS BPS MEET: 08 OCTOBER 2011  
(SHORT COURSE) - Cont'd**

**Women**

100m Breast			
Barbara Vickers-Baker (NML) 85-89	2:45.52	B	
50m Breast			
Barbara Vickers-Baker (NML) 85-89	1:12.75	B	
25m Fly			
Barbara Vickers-Baker (NML) 85-89	38.47	B	
Elisha Abdi (NCL) 30-34	14.03	B	
25m Breast			
Barbara Vickers-Baker (NML) 85-89	31.46	B	
25m Back			
Clary Munns (NBT) 65-69	17.31	N	

**NSW SC CHAMPIONSHIPS : 22 OCTOBER 2011  
(SHORT COURSE)**

**Men**

100m Fly			
Adam Pine (NGN) 35-39	54.44	W	
200m Breast			
Craig Magnusson (NHS) 45-49	2:43.87	B	
Paul Wyatt (NCR) 65-69	3:02.94	B	
200m Back			
Ian Jeffrey (NNC) 35-39	2:12.53	N	
100m Back			
Ian Jeffrey (NNC) 35-39	1:00.19	N	
100m Fly			
Paul Wyatt (NCR) 65-69	1:16.87	N	
100m Breast			
Craig Magnusson (NHS) 45-49	1:15.01	B	
Stuart Ellicott (NHS) 55-59	1:13.91	N	
50m Free			
Adam Pine (NGN) 35-39	23.51	N	

**Women**

200m Free			
Jacqueline Robinson (NCR) 40-44	2:13.74	B	
200m IM			
Pamela Nix (NBT) 40-44	2:36.20	B	
Helga Duncan (NCT) 70-74	3:55.93	B	
200m Breast			
Pam Munday (NTN) 60-64	3:39.45	B	
200m Fly			
Pam Munday (NTN) 60-64	3:35.04	B	
200m Back			
Clary Munns (NBT) 65-69	3:04.05	N	
100m Fly			
Dawn Gledhill (NML) 60-64	1:35.83	B	
Pam Munday (NTN) 60-64	1:38.79	B	
Helga Duncan (NCT) 70-74	1:59.88	B	
100m Breast			
Gillian O'Mara (NNS) 35-39	1:20.78	B	
100m Free			
Gillian O'Mara (NNS) 35-39	1:00.63	B	
Lynette Stevenson (NBT) 65-69	1:15.32	B	
50m Fly			
Elisha Abdi (NCL) 30-34	31.00	B	
Gillian O'Mara (NNS) 35-39	31.07	B	
Lynette Stevenson (NBT) 65-69	37.31	N	
50m Free			
Gillian O'Mara (NNS) 35-39	27.87	B	
Lynette Stevenson (NBT) 65-69	31.82	W	

**NOVOCASTRIAN MASTERS BPS MEET: 19 NOVEMBER  
2011 (LONG COURSE)**

**Men**

400m Fly			
Paul Wyatt (NCR) 65-69	6:49.18	B	
200m Fly			
Paul Wyatt (NCR) 65-69	3:08.93	B	
100m Fly			
Paul Wyatt (NCR) 65-69	1:19.28	N	
50m Fly			
Paul Wyatt (NCR) 65-69	34.03	B	
100m Free			
Ian Jeffrey (NNC) 35-39	56.00	B	

**Relay**

4 x 100m Free			
Adam Beisler, Ian Jeffrey, Paul Murray, Sam Wallace (NNC) 320-359	4:05.43	N	

**Women**

400m Free			
Pamela Nix (NNB) 40-44	4:50.93	B	

**WESTS AUBURN MASTERS MEET: 03 DECEMBER 2011  
(LONG COURSE)**

**Men**

400m Fly			
Bill Walker (NNC) 80-84	12.48.80	N	
400m Breast			
Paul Wyatt (NCR) 65-69	6.49.12	N	
400m IM			
Paul Wyatt (NCR) 65-69	6.17.82	B	
800m Breast			
Owen Sinden (NCT) 55-59	15.05.31	B	
Paul Wyatt (NCR) 65-69	13.53.56	N	
1500m Fly			
Michael Parkinson (NWS) 40-44	29:48.98	B	
Lann Dawes (NCS) 65-69	32:55.41	B	
Michael Gordon (NWG) 70-74	49:02.47	B	
1500m Back			
Stephen Lamy (NML) 60-64	24.23.65	B	
Dennis Moore (NCK) 60-64	33.28.14	B	
Peter Kaupert (NWG) 70-74	29.22.87	B	
1500m Breast			
Paul Wyatt (NCR) 65-69	26.17.51	B	

**Women**

400m Free			
Jacqueline Robinson (NCR) 40-44	4.50.58	N	
400m Fly			
Jacqueline Robinson (NCR) 40-44	5.33.42	B	
Clary Munns (NBT) 65-69	7.59.48	B	
400m Breast			
Pam Munday (NTN) 60-64	7.40.52	N	
800m Free			
Jacqueline Robinson (NCR) 40-44	9.50.18	N	
Pamela Nix (NNB) 40-44	10.01.26	N	
800m Breast			
Pam Munday (NTN) 60-64	15.53.12	B	
1500m Free			
Jacqueline Robins (NCR) 40-44	18.46.16	N	
Pamela Nix (NNB) 40-44	18.52.71	N	
1500m Fly			
Naomi Watson (NCK) 35-39	30.54.41	B	

B = Branch record ; N = National record; W = World record

## Division and Progressive Club Points for 2011

(up to and including the Raymond Terrace Meet on 10 December 2011)

The progressive tally of club points is updated regularly on the Masters Swimming NSW web site

Place	Club	Points	Place	Club	Points
<b>Division 1</b>					
1	NWG Warringah Masters	8595	1	NWL Wollongong Masters	727
2	NNC Novocastrian Masters	7479	2	NHL Hills Masters	720
3	NRY Ryde AUSSI Masters	4945	3	NMM Myall Masters	699
4	NML Manly Masters	4362	4	NRT Raymond Terrace AUSSI Masters	696
5	NBT Blacktown City Masters	4305	5	NTH Terrey Hills Terriers	563
6	NCL Castle Hill RSL Masters	3308	6	NCS Cronulla Sutherland AUSSI	455
7	NSP Seaside Pirates	3192	7	NMR Merrylands	380
8	NCK Cessnock Masters	2959	8	NLC Lane Cove Masters	265
9	NPM Port Macquarie Masters	2147	9	NCB Caringbah AUSSI	196
10	NPN Penrith AUSSI Masters	1975	10	NSH Shoalhaven Seahawks AUSSI	109
11	NWY Wyong Wobbygongs	1872	11	NIT ITAC Warriors	27
12	NOW Wett Ones	1604	12	NMB Bidgee Masters	0
13	NNS North Sydney AUSSI	1535	12	NTR Trinity AUSSI Masters	0
14	NET Ettalong Pelicans	808	<b>Division 4</b>		
<b>Division 2</b>					
1	NSA Sandbern	2142	1	NCP Cook & Phillip Masters	459
2	NCM Clarence River Masters	1944	2	NLP Liverpool Leatherjackets Masters	183
3	NCT Campbelltown Collegians	1757	3	NCH Coffs Harbour Masters	89
4	NMT Maitland AUSSI Masters	1402	4	NAM Armidale AUSSI Masters	43
5	NGS Gosford City Seagulls	1256	5	NOP SOPAC Masters	24
6	NBM Blue Mountains Phoenix	1045	6	NTS Tattersalls Club	20
7	NHS Hornsby Masters	1010	7	NBR Bush Rangers	16
8	NSG St George Masters	986	8	NCN Molonglo Water Dragons	0
9	NTN Tuggeranong Vikings AUSSI	921	8	NGB Georges River Bullsharks	0
10	NNB Nelson Bay Dolphins	790	8	NHN Hunter Masters	0
11	NMS Lake Macquarie Crocs	706	8	NPW Prairiewood AUSSI	0
12	NPT Picton Masters	676	8	NTM Tamworth	0
13	NWS Wests Auburn Masters	656			
14	NCR Coogee Randwick Masters	655			
15	NOF Oak Flats AUSSI Masters	634			
16	NDB Dubbo Redfin AUSSI Masters	215			

## 2013 Masters Swimming National Championships

Planning is well underway for the 2013 National championships which are to be held in Sydney in 2013.

Wednesday 17<sup>th</sup> April is planned as the date of the Open Water swim which is being organised at Shelley Beach, which we hope will encourage many NSW and interstate swimmers as this is a fantastic venue for an open water swim. We will be encouraging them with our great photographs of the beach in our flyer which will be ready to distribute in Adelaide next April.

Thursday 18<sup>th</sup> will be the start of the pool events at Sydney Olympic Park Aquatic centre, which will see 3 days of pool events followed by a Presentation function at a venue in the park on the Saturday night.

Our enthusiastic committee for the swim is Cathy Codling – finance; Mark Hepple and Helen Rubin –

program; Wilson Gamble and Maxine Peacock-Smith – OWS; Ruth Fitzpatrick – social; Craig Magnussen, Chris Lock, Owen Sinden and Stuart Ellicott – sponsorship and marketing; Jodie Burke – safety; and myself – technical.

We have much work to do particularly in gaining sponsorship for the event. Our aim is to run the best most memorable National championships and to give everyone the best experience in Sydney in 2013.

More details will appear on our website in the coming weeks, so look out for information on “our” championships. We are hoping for a great representation from our own state.

Jane Noake



# Masters Swimming NSW Draft Calendar 2012

BPS - Branch Point Score Meets  
SC - Short Course; LC - Long Course

Meet date 2011		Host club / type of meet / course	Venue
JANUARY	21	Central Coast BPS LC	Gosford
FEBRUARY	11	North Sydney BPS LC	North Sydney
	18	Cessnock BPS LC	Cessnock
	25	Campbelltown BPS LC	Campbelltown
MARCH	04 (Sun)	Blacktown City BPS LC	Blacktown
	17-18	NSW Long Course Championships	SOPAC
APRIL	14-17	37th National Masters Swimming Championships LC	Adelaide SA
MAY	05	Ettalong Pelicans BPS SC	Woy Woy
	19	MSNSW AGM, Sports House	Sydney Olympic Park
	26	Wett Ones BPS LC	Sydney University
JUNE	10-17	14th FINA World Masters Swimming Championships LC	Riccione, Italy
	09-10	Clarence River Masters BPS SC	Yamba
	23	Trinity AUSSI BPS SC	Trinity Grammar School
JULY	14	Hunter Festival of Sport SC	Toronto
	22 (Sun)	NSW Relay Meet SC	SOPAC—Diving Pool
AUGUST	05 (Sun)	Seaside Pirates BPS SC	Knox Grammar School
	19 (Sun)	Manly BPS SC	Abbotsleigh School
SEPTEMBER	01	Ryde BPS SC	Ryde
	29	Lake Macquarie Crocs BPS SC	Toronto
OCTOBER	06	Warringah Masters BPS SC	Warringah
	20-21	NSW Short Course Championships	Woy Woy
	27	Port Macquarie BPS LC	Port Macquarie
NOVEMBER	04 (Sun)	Hills Long Distance SC	Galston
	10	Novocastrian BPS LC	Charlestown
	25 (Sun)	NSW Long Distance LC Championships	Blacktown
DECEMBER	01	Raymond Terrace Masters BPS LC	Raymond Terrace
	08	Wests Auburn BPS LC	Lidcombe

## Accreditation Update

**Congratulations thank you to the following officials who gained accreditation this quarter:**

Ann Reid	Tuggeranong	Inspector of Turns
Suzanne Millar	Manly	Timekeeper
Robyn Hoare	Bidgee	Timekeeper
Sue Wiles	Blue Mountains	Chief Timekeeper
Jan Finn	Raymond Terrace	Chief Timekeeper
Nick Woodcock	Novocastrian	Chief Timekeeper

---

## SPLASH Deadlines for 2012

Submission deadlines for our Branch newsletter *SPLASH*.  
Please submit copy strictly by the following dates or preferably beforehand:



**Summer Issue**      **Friday, 24 February 2012**  
**Autumn Issue**     **Friday, 1 June 2012**  
**Winter Issue**      **Friday, 17 August 2012**  
**Spring Issue**      **Friday 16 November 2012**



Copy received after these dates will not be included.  
Please email your interesting articles, reports and photos to:  
[splasheditor@mastersswimmingnsw.org.au](mailto:splasheditor@mastersswimmingnsw.org.au)  
or post, fax or email them to the branch office by these dates.

---

---

## SPLASH

**Newsletter of the NSW Branch  
Masters Swimming Australia Inc.**

The views expressed in *SPLASH* are not necessarily those of the editor or the Board of Masters Swimming NSW. We try to give all members a fair say in this, their own magazine, and welcome the views and correspondence of ALL members.

---

## Advertising Rates

Full page	\$180
Half page	\$100
Quarter page	\$80

The rate for club meet ads is \$45 (one-sixth of a page)  
Clubs wishing to advertise their meets must have them sanctioned by the newsletter deadlines.



## Websites

Masters Swimming Australia	<a href="http://www.mastersswimming.org.au">www.mastersswimming.org.au</a>
NSW/ACT Branch	<a href="http://www.mastersswimmingnsw.org.au">www.mastersswimmingnsw.org.au</a>
2012 National Championships, Adelaide	<a href="http://www.aussisa.org.au">www.aussisa.org.au</a>
Ocean swims	<a href="http://www.oceanswims.com">www.oceanswims.com</a>
Records, Ranking and Results	<a href="http://www.portal.aussi.org.au">www.portal.aussi.org.au</a>



**MASTERS SWIMMING NSW**

PO Box 6941  
Silverwater NSW 2128

POSTAGE  
PAID  
AUSTRALIA

---