



A little word of introduction from the new Splash Editor!

Hello fellow swimmers old, young and in between...

Few or many of you might have seen me running around the pool with my camera taking pictures for the RAMS club. I'm that Belgian girl, arrived in Australia about 4 years ago, joined the Sydney World Master Games in 2009 as a timekeeper volunteer and that's where it all started! I got bitten by the swimming microbe! What did I say...I really fell in love with the pool water.

A few points to put out: we're changing the Splash to Splash-E. Next edition is gonna look different, but it's a growing process and any input is kindly received.

But as you know, I can't do this on my own...and that's where you come in!! Send me stories, meet reports, action photos, actually anything you want to share with us! So sit back and relax! Enjoy the new Splash!

Cheerio and see you at pool side,
Wendje

Edited highlights from the AGM

1. Clubs are asked to encourage members to take an active role in the Masters Swimming NSW organisation by nominating for the Board to take the pressure off the few members who have been Board members for many years. All financial members are welcome to nominate themselves or others.
2. It has been decided that, from the June edition, Splash will be in electronic format but there will be a printable version that clubs are asked to print for those members who do not have the facility to do so themselves.
3. OOTY & COTY-Clubs need to know that they are not restricted to nominate members solely from their own club and are encouraged to nominate members for all awards.
4. Sponsorship is badly needed for the 2013 National Championships, the planning committee need contact names for marketing personnel of companies with products or services that fit with MSNSW & MSA.



5. MSNSW Training Coordinator pointed out that 77 officials undertook 480 positions at swim meets in 2011. Members need to volunteer to train as accredited officials as the 'pool' of officials is not getting any younger and we all need to share the load.
6. There is now a page dedicated to Endurance 1000 on the new website. Clubs are encouraged to promote Endurance 1000.

The Vorgee Endurance 1000 program is a swimming program designed to encourage people to compete in distances from 400m to 60 minutes duration in a variety of strokes. It was introduced in 2012 and replaces the Aerobics program.

The program is entirely optional and to achieve the required goals (which relate to gender and age groupings) the swims are done over an extended part of the calendar year. As a result, a certain level of aerobic fitness needs to be maintained in order to complete the individual event requirements.

The total number of swims (gaining points) that can be completed is 62 - broken down into:

- 25 individual 400m swims
- 25 individual 800m swims
- 3 by 1500m swims
- 3 by 30 minute swims
- 3 by 45 minute swims
- 3 by 60 minute swims

Points are gained for the completion of each different event. These combine with points gained by fellow club members and contribute to a total point score for each competing club. The highest scoring club will then be declared the Vorgee Endurance 1000 Champion Club. (Previously known as the Aerobic Trophy winner.)

This program became a National event in 1982 and each year has enjoyed an increase in the number of swimmers competing, thus endorsing its popularity and acceptance with members.

As an extension of the program, the Vorgee Endurance 1000 Award (previously known as the Tassie Award and National Aerobic Award) goes to the club averaging the highest number of points per registered member. This is designed to encourage as many members as possible in each competing club to complete one or more events in the Vorgee Endurance 1000 program.

eg; 10 swimmers from a club of 10 members scoring 10 points each - total 100 points (average 10 points each) would beat a club of 5 swimmers out of 50 members scoring 50 points each - total 250 points (average 5 points each).

What are the changes from the current aerobic program?

Reduction to the point scoring categories to three discrete categories, keeping the fastest category as it is, up to the age of 70; and combining categories 2 and 3 to make band 2 and combine categories 4-6 to make band 3.

In over 70's - combine categories 1 and 2 to make band 1, combine categories 3 and 4 to make band 2 and combine categories 5 and 6 to make band 3

Award points for each swim up to a maximum of five swims in each of the 400 and 800. The maximum points add up to 1005.

All interclub swims will automatically be loaded onto the Vorgee Endurance 1000 program by the National Recorder on a monthly basis.

All swimmers who enter MSA swim events will appear in the Vorgee Endurance 1000 program.

7. Club officials and coaches need to make members aware of the warm up rules and lane etiquette.
8. The Board had decided to present the Aerobics trophies, in future, at the Long Course Championships. (Not in 2013 due to the Nationals)





Lemmon scores world titles!

Paul Lemmon has taken out two world titles in an outstanding performance at the FINA World Masters Swimming Championships in Italy.

Lemmon, of Ettalong Pelicans, won the 45-49 years 200m backstroke on June 11, before wrapping up the week-long event with victory in Sunday's 3000m open water swim. The



two golds were the highlights of a six-medal haul from as many events for Lemmon.

The accomplished swimmer and surf lifesaver finished second in the 400m and 800m freestyle, as well as the 400m individual medley. Lemmon also earned bronze in the 200m individual medley. Ettalong Pelicans public relations officer Gordon Ferguson said club members were delighted to hear of Lemmon's results.

"They're fabulous results and show the very high standard of athlete that he is,"

Ferguson said. Lemmon is enjoying a break before returning home. *Express Advocate Wyong*

Blacktown: Fast lane to health

SWIMMING is a skill that all parents should teach their children, Sue Reinker said.

The 63-year-old social secretary of Blacktown Masters Swimming Club wants to spread the word about the benefits of swimming.

The club runs competitive and social swimming classes at Blacktown Aquatic Centre on Tuesdays and Thursdays. "We want people to get involved for health reasons," she said.

"People don't really have awareness of this group."

They hire two lanes at the centre from 6pm to 7.30pm. Numbers topped 60 members a few years ago and Mrs Reinker is hoping to add to the current roster of 35 swimmers ranging from ages 18 to 90.

"Even if you are injured, swimming is a remedial sport," she said.

"It's sociable because you are doing it in a group." *Blacktown Advocate*



Good performance

Col Bertram and Allan Wilson represented the Myall Masters Swimming Club at a swim meet held in Yamba over the long weekend. Both swimmers swam in the maximum seven events

during the two-day carnival. There were 23 clubs represented and Myall Masters came 11th, with Bertram amassing 58 points and Allan 40 points for the club's pointscore tally. Bertram had strong swims in the 50 metre and 100 metre freestyle and felt the longer events needed a bit more training.

Wilson achieved personal bests in the 50 metre backstroke and the 100 metre freestyle events. Bertram was chosen to represent NSW in the State of Origin relay against Queensland swimmers, and hoping that this is not an omen for the Rugby League State of Origin New South Wales came second.

The next local swim meet will be held at Toronto on the July 14 and it is anticipated Myall Masters will be well represented. *Myall Coast Nota*

Betty Grant Memorial Award- a letter of thanks

The President and Board of The NSW Association OF AUSSI Masters Swimming Clubs Inc.

Dear Jane,

Please accept my thanks for selecting me as the recipient of the Betty Grant Memorial Award for the year 2012.

Receiving this award means a lot to me because I share the honour with so many great current and past Master Swimmers such as Val Green, Val Lincoln, Gary Stutsel my own team member Jamie Turner and the list goes on.

Trinity Masters has fond memories for me as my love affair for swimming began as a 10 year old and later as a pimply faced 14 year old I was coached by a young Val Green. I was next

reunited with the "Flying Nun" as she was known (a great Butterfly swimmer who happened to be a Nun in the Catholic Church) who, with Betty Grant and Roger Montgomery, were the corner stone of Trinity Masters back in 1986 when I joined Warringah Masters. I am honoured in my 70th year, to be a part of this great award along with my mentor of the past.

To the family of Betty, I have special thanks for establishing this perpetual trophy and the presentation of the delightful clock as a memento of the occasion.

Thank you again for honouring me with this award. Your recognition is greatly appreciated. With sincerest thanks,

Chris Lock



meet REPORTS

BLACKTOWN – Sunday 4th March

The gods smiled on us weather wise & it turned out to be a perfect day for competitive swimming at the very capable Blacktown Aquatic Centre.

As it was still only March we had access to use the outdoor 50m pool as well for warm ups & warm downs. This allowed us to use the full 8 x lanes indoor for competition which is good for the competitors & officials. The timing of this meet is good for many swimmers who use it as a yardstick & preparation for the upcoming State & National meets.

We had received 190 entrants for the carnival, of which about 170 turned up on the day which was a reasonable if not good attendance figure compared to some previous years. Unfortunately our own club could only muster up 13 swimmers for the day which for us was a little disappointing!

This year saw the introduction of our new 'Electronic results board' after our previous one 'blew up' after condensation from an above air conditioner duct entered the unit & caused irreparable damage. The new board linked together with the touch pads gave the meet some real credibility & swimmers appreciated the modern facilities. This also allowed us to get away with only 2 manual timekeepers per lane which causes less stress to the meet officials & club competitors.

As usual the swimming went well & close to time, with some fantastic results posted by many swimmers from all competing clubs. Well done to all swimmers who took part & we hope you enjoyed your swims & the facilities. Hopefully you all swam a PB or at least close to it!

(Unfortunately I am unable to pay tribute to any record breakers on the day due to a glitch on the website which won't allow access to pending records swum on the day-sorry guys!)

Thanks to our hard working group of members who set up & organised the day. Thanks to our recorders, runners, timekeepers & barbeque & catering assistants who ensured that the day ran smoothly. Thanks to Bob Dorrington again for acting as meet director. Thanks to our wonderful club secretary Remy Reinker for his hard work in the lead-up, during & after the carnival in many ways. Thanks to our girls who 'manned' the raffle ticket desk during the day.

Many thanks to the dedicated band of officials (both swimming & non swimming) who made the meet happen & ensured that the meet ran to plan. The post swim barbeque was particularly well attended at the conclusion of the meet & seemed to be enjoyed by all. There seemed to be a terrific social atmosphere amongst the clubs. Thanks to all of those who stayed for the results & presentation.

Congratulations to Warringah who won the overall trophy with a massive 903 points. Second was Ryde with 522 points in a fantastic effort from them & third was Novocastrian with 472.

In the Average points it was Oak Flats who took the trophy, who just pipped Novocastrian & it was Warringah in 3rd which was a highly credible result with 24 swimmers. We hope to see as many of you as possible again next year, thank you again to all swimmers, officials, timekeepers, spectators & to the co-operative pool staff on the day.

Regards,
Scott Hay.
Blacktown Masters Swimming Club.

Magnificent (Vikings) SEVEN **at 37th Masters Swimming National Championships, Adelaide**

Report by Ian Hampton



We had a good representation of SEVEN Vikings who flew and drove to Adelaide for the **Masters Swimming National Championships** – held in Adelaide over the 14-18 April 2012. They were: **Jill Blomeley, Philippa Rickard, Caroline Makin, Cassie Lindsay** (who now lives in Adelaide), **Brenda Day, Pam Munday** and **Ian Hampton**.

We did a lot of swimming over the four days in the beautiful new SA Aquatic & Leisure Centre that you saw during the National Olympic trials in March. This is a deep-fast pool and just about everyone did fast swims except when they ran out of gas or the piano dropped on their back. All round – this is an outstanding centre – great natural lighting, perfect clear water, good air-conditioning, and pleasant dressing-shower-toilet rooms

– a big advance over SOPAC in a space of about 12 years.

Basically, everyone did well as can be seen below:



- **Jill** – eight swims – including two 2nd placings and one 3rd place. A number of PBs and possibly her best was 200m Breaststroke in 3:32.66 for 2nd place. Jill was overall 3rd in her age group.
- **Philippa** - seven swims – our Viking superstar – including two 1st place finishes – 50m Butterfly in 31.68 (737 FINA points – outstanding) and 100m Freestyle in 1:07.10, four 2nd places and one 3rd place; coming overall 3rd in her age group.
- **Caroline** – eleven swims – with four 5th places including two very satisfying Backstroke swims – 50m in 39.84 and 100m in a nice PB of 1:27.82. Caroline was overall 4th in a pretty tough age group made tougher because this group included team mates Philippa and Cassie and superstar Linley Frame.
- **Cassie** – six swims – for two 3rd places including 800m Freestyle in 11:15.60.
- **Brenda** – nine swims – for two 2nd places including 400m Freestyle in 7:23.15 and four 3rd places; overall 2nd in her age group.
- **Pam** - five swims – completed with her usual super high standard in Breaststroke and Butterfly with 1st place for 200m Butterfly in 3:40.15s, one 2nd place and two 3rd places.
- **Ian** – seven swims – two 2nd places and one 3rd. Ian swam two Butterfly PBs – 50m in 38.05 and 100m in 1:31.86.



Our 4x50m Women's Medley relay team of Caroline, Pam, Philippa and Brenda was outstanding and won the GOLD MEDAL in the 200+ age group.





Our 160+ 4x50m Women's Freestyle relay came in 5th in a really hot field.

Probably the outstanding swimmer at the meet was Linley Frame who competed in four events including 50m Breaststroke in 33.09 (World Record), 100m Breaststroke in 1:12.74 (World Record), and an outstanding 200m Breaststroke 2:41.53 (National Record). This 200m swim was completely memorable as Linley swam side-by-side with Paul Lemmon (who was judged to be Swimmer of the Meet competing in the Men's 45-49 age group). The two were never separated by more than 0.9s. At 150m Linley was 0.41s behind Paul and gradually ate into this margin over the last lap to finish just 0.14s behind. Linley is great to watch – she has a simple “clean” Breaststroke style with a great kick.

Overall – Tuggeranong (Vikings) Masters Swimming ACT came 13th out of 80 clubs – a pretty impressive result!



A Cooma based Tuggeranong Swimming Master has taken the Masters Swimming National Championships by storm. Ian Hampton, who says



he does a lot of his training in Cooma, made an exemplary performance in the 65-69 age bracket. Mr Hampton said the social atmosphere at the Championships was great and described Master Swimmers as “people who take it seriously but don't take themselves too seriously”. Cooma Monaro Express

Ettalong Pelicans meet. 05/05/2012

Since all Pelicans members are clean living exemplary people, we were able to organise pleasant weather for the 5th May at the Peninsula Leisure Centre (PLC) with about 220 swimmers from 35 clubs involved in the day. The main feature was that people enjoyed their swimming and the social contact that this pool lends itself to. Good to see Picton, Penrith, Terrey Hills and Sandbern Aquadot for the first time at our meet.

Any swim meet needs a lot of people to run properly and this club was fortunate in having many people giving their time, effort and expertise. Big thanks one and all. And many of the same people do it every few weeks. What a sport! What a great job Colleen, Bronwyn and Alison did in the recorders box with the results coming through quickly. Fabulous work also at the Marshal's table from Linda and Noel who kept the events running smoothly. With the 8 lane pool there is always a need for a steady changeover of timekeepers and it was great to see so many people step forward to give a hand under the supervision of Phil Murray and Russell Thompson.

CLUB POINTSCORE. Novocastrians were the clear winners with Warringah strong runner-up, then a bit of a gap to Ryde, Manly, Ettalong and Cessnock. Carl Wallace seemed to enjoy presenting the na-na-nana "Golden Turkey" trophy to a less than thrilled Graham Campbell.

RECORDS. Keeping in mind the need for ratification, there were some outstanding swims from these fit and talented swimmers. Tony Goodwin of Manly Club broke the World Record in the 200 metres Breaststroke and then the National records in the 50 metres and 100 metres for the same stroke in the 75-79 years group. Stuart Ellicott from Hornsby club set a World Record in the 50 metres Breaststroke for 60-64 years, and a National record in the 100 metres Breaststroke.

Ian Jeffrey from Novocastrians in the 40-44 years age group set 4 National records, lowering the times in the 200 metres Medley, and then in the 50 metres Freestyle, the 50 Back and the 100 metres Medley.

How would you like to pick a Swimmer of the Meet from those men?

Pam Hutchings of Seaside Pirates set National records in both the 50 backstroke and the 100 Freestyle for 75-79 years women.

Georgene McKenzie-Hicks of Sandbern Aquadot in the 85-89 years women's group set a new National record in the 200 Freestyle and 2 Branch records in 100 and 50 metres Freestyle as well as going under the old time for 50 Back. Liz Wallis of Blue Mountains club broke the National record for 50 metres Backstroke and the Branch record in 100 metres Back and also swimming less than the previous record in 50 and 100 Freestyle. Paul Lemmon of Ettalong broke the National Medley time for 200 metres for 45-49 years fellows. Steve Harvey of Penrith set new Branch times in the 50 and 25 Butterfly for 65-69 year olds.

Pamela Nix from Nelson Bay broke the Branch record for 200 Butterfly for 45-49 years women. Gloria Carden of Port Macquarie broke the Branch record for women 80-84 years and Suzanne Levitt of Warringah set a new time in that event for 70-74 year-old women. John Notley from Lane Cove set a new time for 85-89 years in the 25 metres Fly "Dash and Splash". What a list of record breakers!

Our ancillary staff of Helen and Bill Heber, Ann Ferguson and Di Elsom as well as our terrific runners deserve fulsome praise and then the Barbecue crew swung into action late in the day and did well. As usual the pool was in good shape and the pool staff professional and helpful. We use some Woy Woy Swim club gear for which we are thankful. I hope everyone

had a good day and we see you at PLC for the State Short Course Championships in October.
Gordon Ferguson.

Clarence River Masters Swimming carnival 9th and 10th of June 2012

To the Brave hearts who competed in the Clarence River Masters Swimming carnival 9th and 10th of June 2012, CONGRATULATIONS. The weather did not disappoint, same as usual, wet and cold. We all had a great time with everyone chipping in to help out. From the Meet Manager, to those assembling tents, running the canteen and raffles, checking toilets and running the time sheets, marshalling to time keeping. It was like a well-oiled machine. A massive thank you to David Abrahams who stepped up to fill Garry Smiths shoes after Garry became ill just a few days before the Meet. Without a Meet Manager there is no carnival, so, again, thank you David and Garry for the huge effort that goes into this particular job. We are very grateful to the Officials who stood out in the weather with very little cover during the Meet, shows dedication to the Swimming Masters Logo of Fun Fitness and Friendship in any weather. Thank you also to Richard Beresford, Yamba Pool Manager, Richard tried to warm the pool to capacity; the temperature was a cool 24c. Even so, there were lots of laughs and lots of great times. Our new members excelled, Matt Eke, Lynne Eke, Julie Henry, Nikki Don, Scott Grensill, Donna Pierce, this was their first carnival with Clarence River Masters. Julie and Nikki starting there swims in the 400m freestyle, both finished in good time and still breathing, well done girls.

Matt and Scott certainly can swim, they both did amazing times. Scott winning a third placing for his age overall.

Our club took out first place on number of points; Warringah Masters took out Average point score.

23 clubs participated with 92 entries, participating clubs travelled from as far afield as Wollongong, Armidale, Ryde, Newcastle, Manly with many more from NSW and Queensland. Once again, Queensland defeated us by a smidgeon in the State of Origin Shoot Out. NSW will turn this around, there's always next year. We had two representatives from Clarence River Masters selected to represent NSW, President Jane Lawrence and new member, Donna Pierce. Well done girls.

Our Presentation Dinner was a knock out thanks to Peter McGregor, Peter spent hours taking up to 600 photos over the weekend, he put these together, some with captions, running a slide show during the night, it really made the night something special. Clarence Masters won the Best Skit again this year, those hours of practice paid off.

Results as follows for respective age divisions: Sarah Daley 1st, Belinda Chant 2nd, Scott Grensill 3rd, tying for 1st, Jane Lawrence and Nicolette Ryan. Tim Ryan 1st. Karen Urquart 1st, Pamela Bates 3rd, Robyn Wattus 4th, Linda Horton 5th, Julie Henry 6th, Lynne Eke 7th, Nicole Don 9th. Kim Morgans 3rd, Tim Cashman 6th, Matthew Eke 7th, Gregory Don 8th, and Barry Serjeant 9th, Leonie Daley 1st, Judy King 7th, Donna Pierce 9th. Tony Hayman 1st, Trevor Armstrong 3rd, Alan Lawrence 3rd, Peter Hamilton 10th, Pamela Smith 4th, Lynette McQueen 7th, Kenneth Adams 6th, Helmut Klein 6th, and last but not least David Abrahams 2nd. It was great to see two sisters, Jane and Karen, then mother and daughter, Leone and Sarah Daley, take out their age division. Truly Inspiring!

THANK YOU

Colin Casey has decided to hang up his whistle. Colin was an experienced referee who officiated at National, State and Branch level for many years. I would like to wish Colin all the best in the future.



Working together makes a winning team. Key to a winning team is communication. What constitutes a winning team in Masters Swimming NSW, Host Club, Meet Director, Meet Referee and all rostered officials and the recording team? Often on the day or the day before there can be a shortage of invited officials for many different reasons. The meet referee will roster uninvited officials on for one or two events. If you do this please make sure you contact these officials in advance if time allows so they can make sure they arrive at the swim meet in time to be on pool deck at the required time. If you don't have their contact details please contact either myself or Jillian at the branch office. This is why it is better when putting your officials together for your swim meet to ask an extra official in each position to cover any unforeseen circumstances but not to put more officials on pool deck but to have a larger pool of officials to draw from. *Di Partridge*



IN MEMORIAM

Iain Murray Rose, (6 January 1939 – 15 April 2012) was an Australian swimmer and actor. He was a six-time Olympic medalist (four gold, one silver, one bronze), and at one time held the world records in the 400, 800, and 1500-meter freestyle (long course). He made his Olympic debut at the 1956 Summer Olympics in Melbourne as a 17-year-old and won three Olympic medals, all gold. Four years later, as a 21-year-old, he won three Olympic medals (one gold, one silver, one bronze) at the 1960 Summer Olympics in Rome. During the 1960s he pursued an acting career, starring in two Hollywood films and making some guest appearances on television shows like *The Patty Duke Show*. He thereafter only made a few periodic appearances in television and film, including guest spots on *Magnum*, *P.I.* and *Matlock*. *Source: Wikipedia*



Courses Available

Date	Swim Meets	Courses
14 July	Hunter Festival of Sport	Timekeeper and GPoO 1 and 2 Marshal/Check Starter/ Clerk of Course
22 July	NSW Relay Meet	Timekeeper
1 September	Ryde	Chief Timekeeper
6 October	Warringah	Judge of Stroke and GPoO 3 and 4
19 November	Novocastrian	Starter

All courses are conducted before BPS swim meets starting one hour before warm-up at the pool. If you are going to attend a course please download the candidate notes and activity sheet from the National website of your chosen course. If you have any problems with this please email DiP at diane.partridge@bigpond.com or phone 0428779985. Please email or phone DiP of your intention to attend a course. Once you have completed your competencies you need to officiate in those positions a few times as a qualified official to gain experience before continuing on to the next official course. Remember one course at a time. Please refer to the table below for your eligibility to attend your chosen course.

Official Position (with pre-requisites)
Timekeeper
<i>To be done in with General Principles of Officiating (GPoO) Module 1</i>
GPoO Module 1. Self Management
GPoO Module 2. Roles and Responsibilities for Masters Swimming Officials
<i>The above must be completed before proceeding to any one of the following. Note that GPoO Module 2 may be done at the same time as any of the 3 following courses.</i>
Chief Timekeeper
Marshal/Check Starter/Clerk of Course
<i>Candidates must complete all of the above before starting the following</i>
Starter
Inspector of Turns
Judge of Stroke
GPoO Module 3. Managing Competition Environment
GPoO Module 4. People Management
<i>Candidates must complete all of the above before starting the following</i>
Referee
Note there are two parts to this position, Event Referee and Meet Referee. Both must be completed before applying for accreditation.

Masters Swimming NSW

Calendar 2012

BPS - Branch Point Score Meets

SC - Short Course

LC - Long Course

14 July	Hunter Festival of Sport SC	Kurri Kurri
22 July (Sun)	NSW Relay Meet SC	SOPAC-Diving Pool
05 August (Sun)	Seaside Pirates BPS SC	Knox Grammar School
19 August (Sun)	Manly BPS SC	Abbotsleigh School
01 September	Ryde BPS SC	Ryde
29 September	Lake Macquarie Crocs BPS SC	Toronto
06 October	Warringah Masters BPS SC	Warringah
20 - 21 October	NSW Short Course Championships	Woy Woy
27 October	Port Macquarie BPS LC	Port Macquarie
10 November	Novocastrian BPS LC	Charlestown
25 November (Sun)	NSW Long Distance LC Championships	Blacktown
01 December	Raymond Terrace Masters BPS LC	Raymond Terrace
08 December	West's Auburn BPS LC	Lidcombe

A WORD FROM OUR TECHNICAL DIRECTOR, GARY STUTSEL!

WORLD RECORDS at OUR MEETS

Any swimmer who thinks they might break a Masters World Record at one of our swim meets must contact the Meet Director and or the Meet Referee before the meet.

While there are no differences between the rules of strokes, turns etc of Masters Swimming Australia (MSA) and FINA Masters there are some very important rule differences that must be catered for, such as:

If manual timing is being used FINA Masters World Records require 3 manual times while MSA will accept the slower of two

FINA Masters records for stroke events cannot be set in Freestyle events while MSA will accept times for other strokes where notice has been given and the swimmer has been refereed in accordance with the rules for the nominated stroke (see MSA Rule SW 5.4M) FINA Masters Record application forms must certify that the swimsuit rules have been complied with

And of course FINA does not recognise the full range of distances available to swimmers in MSA.

For more detail see:

FINA Masters Rules

http://www.fina.org/H2O/index.php?option=com_content&view=article&id=358:masters-swimming-rules-msw&catid=87:masters-rules&Itemid=184

FINA Masters Swimming World Record Application Instructions

http://www.fina.org/H2O/docs/rules/MSWR_Application_Instructions.pdf

FINA Masters Swimming World Record Application Form (MSR1)

http://www.fina.org/H2O/docs/rules/MSWR_Application_Form.pdf

DISQUALIFICATIONS

A review of 2012 swim meets indicates that compliance with stroke rules is at an all time high with breaststroke legs the only problem.

The same can't be said for touches and turns with one handed touches in breaststroke and butterfly still happening although rarely.

Backstroke turns and backstroke into breaststroke in the individual medley are more frequent problems requiring special attention from club coaches. It has been found that if these are not done properly in training then problems occur when competing. Referees

report swimmers taking two strokes on the breast before the turn, swimmers pushing off the wall on their breast and in the medley swimmers not touching the wall on their back at the end of the backstroke leg.

Coaches and club captains need to be especially aware though that the most frequent infringement is “starting before the starter’s signal”. Even experienced swimmers have been reported. Obviously swimmers must be given instruction and practice in the starting procedure as there is nothing worse than swimming a good swim and having your time rejected because of a false start.

