

4 & 16 month membership to open next week

Masters Swimming Australia is about to launch the 4 and 16 month membership options for those cubs that are up and running again. Contact your clubs Registrar if you know of a potential new member.

2021 Call for BPS calendar events

The MSNSW Board invites clubs to apply for provisional dates to host a BPS swim meet in 2021. If your club wishes to host a meet next year please send in at least two, preferably three, choices of dates.

2020 happenings

Ahh, the difference a month can make during Covid19 times, the fun and social event planned for Saturday 29 August has had to be postponed due to an updated Public Health Order. Never fear, we WILL rebook!

Cancellation and/or postponement is something we have to expect “may” happen in the next few months due to changing outbreaks. While it is disappointing, we must keep our members safe. We will keep organising meets when we can and they will only go ahead if and when the time is right. We all need to be patient, safe and enthusiastic.

Still on the event calendar is **Port Macquarie 31 October and Myall 5 December.**

<https://mastersswimmingnsw.org.au/events/category/sanctioned-meets>

Fitting in the calendar hopefully in December will be a Women-only event at the Ruth Everuss Centre, Auburn open to non-members. This is an exciting collaboration with Swim Sisters, Different Strokes Adult Swim School and the venue management. Also, we still have our branch booking there on 29 November.

Age group towels will not be awarded for 2020 as there are too few swim meets for a decent pointscore comp HOWEVER there will be an alternative recognition system so stay tuned.

But what can I do? Postal swims!

Support these wonderful clubs around the country by entering their Postal swim— timekeeper required.

<https://mastersswimming.org.au/events/category/sanctioned-meets/postal-swims/>

Bunbury Stingers, 3 x 400m in different strokes (including IM) is on until the end of August.

Wests Auburn 5km Turtle swim you have until 30th September.

this one can be a club Relay, try 2 x 2500m or 4 x 1250m or 5 x 1000m —you get the idea.

Tuggeranong Trifecta postal swim, take your time for 400m, 800m, 1500m swims by 31 October!

Singleton Sundial enter online by 31 October so you can do **12 swims** around the dial.

Baddaginnie Animal Swim, 5 swims and earn a tee-shirt that displays the events.

Swimming Up Hills is open, a total of 5,900m over nine swims, phew! 1 August-31 October.





Virtual swim Meet 1-30 September

<https://mastersswimmingnsw.org.au/competition/virtual-swim-meet-2020-2/>

*If your local pool is open;
If your club training sessions are back;
If you have a competitive streak;
If you are missing the regular swim meets;
If you can't get to regular swim meets in the best of times;
If you need something to strive for in these difficult times;
If you just want to get together with your club mates;
Then this virtual swim meet may be just what you need.*

Have your swims timed, whether in a training session or club time trials anytime over the month of September, and submit the times via the online form.

No member login is required, so times can be entered by the individual swimmer, or on behalf of members by a club recorder/coach/secretary.

As with the previous virtual challenges, results will be displayed in real time – join in the fun, and encourage your club mates to participate with you.

<https://mastersswimmingnsw.org.au/competition/virtual-swim-meet-2020-2/>

Endurance 1000

Masters Swimming Australia (MSA) has suspended E1000 for 2020 but MSNSW will continue to host a Branch comp so keep swimming, just keep swimming! MSNSW will present the winning club and the average points club but not individual embroidered towels. The Endurance 1000 portal is open for your Recorder to log your your times.



Member catch up

Opal Eddy, Ettalong Pelicans, has been missing from pool deck for a while now but has maintained her membership in the hope of getting back to supervising us all. News just in is that Opal has ended up in hospital and we're hoping it is just a brief visit. Be assured, she is keeping the nursing staff on the ball.

Injured members include Gordon Ferguson, Ettalong Pelicans and Remy Reinker, Blacktown City. Best wishes for speedy healings to both of them, hoping they can both get back in the pool before too long.

Members looking for training opportunities—we're matchmaking 😊

While many pools have opened with a limited capacity some pools are yet to get their systems organised to accommodate any training sessions so we have members who are needing to find space at other clubs. Does

your squad have room for a visitor? Are your clubs plans able to open to members from another club? Is your coach amenable to have an extra swimmer or two? The updated Public Health Order (PHO) in force from last Wednesday 19 August currently prohibits members to travel far but if they are nearby can you fit them in? Let the office know and we will match up members with training sessions.

We are aware that there are a few clubs that are full to capacity at their training, this is a request for clubs that could comfortably fit in another swimmer or two. If you have read the PHO where it mentions zones and districts these are to be decided by the State Sporting Organisation. Unfortunately, it specifically disallows people from South West or Western Sydney so to those members hold tight, we'll be moving forward sometime soon.

COVID-19 protocols for swim events

- Members are encouraged to download and activate the COVIDSafe app.
- As a condition of entry, all participants will be required to sign-in on a Track & Trace sheet. The information and detail on this sheet will be stored in accordance with record-keeping requirements, and may be forwarded to NSW Health and/or Safework NSW if required.
- Any officials, volunteers or competitors that feel unwell to any degree, or display flu-like symptoms, are advised to stand down from this event and isolate themselves from the venue.
- COVID-19 Infection Control certificated volunteers will be rostered to supervise members.
- All venue conditions/instructions, whether displayed or conveyed by staff, must be followed strictly by members.
- All participants must comply with any restrictions in regard to communal facilities such as showers and change rooms. Where possible, members are encouraged to consider not using these facilities.
- The number of swimmers in warm-up lanes may be limited.
- All events will be heat seeded. There will be **no marshalling**, all competitors will be required to self-seed behind the blocks and adhere to any venue marked spacings.
- There will be only one timekeeper per lane. Any competitor that wishes a second time for record purposes, will need to make arrangements with the Chief Timekeeper prior to the event.
- If any equipment is to be shared by officials or volunteers, including timing devices, it shall be wiped down before passing on.
- MSNSW will provide hand sanitiser, gloves and masks where required/requested.
- Optimal hand hygiene will be expected of all members

The effect of Age determining dates and your opposition

It is intriguing how big a difference your date of birth can make in swimming competitions.

To help you understand what I mean I will reference myself and a couple of my greatest competitors up till the days of AUSSI*. I was born in February (1939) and competitor number 1 was born in December (1938), two months earlier.

This difference was first highlighted when we were at high school. The age group qualifying date for the Combined High Schools (CHS) competition was March so we were both the same age at the NSW CHS championships and therefore in the same age group. The age date for NSW Amateur Swimming (NSWASA) was then 1st October when the pools opened (there were no heated pools). So again, when the championships were held in January, we were both in the same age group.

However, when I turned 15, I had a great breakthrough. For the one and only time I swam in the All Schools (of NSW) Championships. The age determining date was the 1st January so although I had turned 15 when the meet was held, I was still technically 14.

This changed my competitors and I won the under 15 55 yards Breaststroke championship. Fortunately, Butterfly and Breaststroke had been separated into two different events in 1952 or I would have had to swim against Murray Rose who swam a much faster 55 yards Butterfly.

After leaving school we were all classed as open swimmers (16 and over) so our placing depended on who else was swimming in our races. I gave up NSWASA swimming after turning 22. In my late 20s I started competing with the NSW Winter Swimming Association and then the Leagues Clubs of NSW championships. Both of these had 50m Freestyle events in 10-year age groups so I was competing against swimmers up to 10 years younger.

When I turned 30 a new challenge arose. The Leagues Clubs group had 50m stroke events but only as all-age events. The 50m Breaststroke was followed by the 50m 30-39 Freestyle. Several times I won the former but was very narrowly beaten by competitor number 2 who was a freestyle only swimmer. Coming first in the 30s freestyle would have meant sacrificing the 50m Breaststroke event. What a dilemma.

Then came a new opportunity when I was just 35. The first Masters event was held in Sydney and I was the youngest in the 35-39 age group. Problem was Jon Hendricks the 1956 Olympic gold medal winner in the 100m Freestyle was also swimming and this time it was the opposition not my age that won although only very narrowly as I swam the fastest 50m freestyle of my life.

As AUSSI* started conducting meets I again found myself up against competitor number 1 on a regular basis. Age date for AUSSI was the date of the swim meet. This meant competitor 1 (December 1938 birth) and I (February 1939) were competing head-on except for the one January and one early February meets when he was 40 and I was 39. The age groups for Masters Swimming International (MSI)** were also determined by the date of the meet being set at your age at the last day of the meet. The only problem with this was that most swimmers were in two age groups in the same year once every five years. This anomaly was remedied at the FINA Masters Congress in Perth in 1988 where the age determining date for Masters was changed to age in whole years at the 31st December. Competitor number 1 and I were in different age groups one year in five from then on.

Of interest is that the rule changed passed by one vote. That vote was cast by San Marino a tiny land-locked republic surrounded by Italy with a population just over 30,000. San Marino had never had a competitor at an international Masters swimming event and was one of the smallest members of FINA's then 156 members all of which had an equal vote at FINA congresses.

So, it can be seen that not only the year you were born in but also the month can have a great bearing on who will be your opponents and hence your position in competition.

Notes:

* AUSSI = Australian Union of Senior Swimmers the former name of Masters Swimming Australia.

** MSI= Masters Swimming International the body formed in Australia in 1983 to coordinate and promote international Masters Swimming. It was dissolved in 1992 when FINA asserted its hegemony over all international pool Swimming events.

Gary Stutsel 16.08.2020

Oceanswim season will soon be here (we hope)

Narrabeen Beach Oceanswim is postponed from Sunday 1 November 2020 to Sunday 11 April 2021 and Coogee-Wedding Cake Island postponed from 29 November to a date still to be advised. It is hoped that Cronulla can go ahead on 8 November followed by the Dawny-Cockatoo at Balmain on 22 November.

These events are fundraisers for the local Surf Lifesaving Clubs so well worth our support.

Get the app —let's be safe by choice, not by chance!



Your club will have a COVID19 Safety Plan in place specifically for *Community sporting competitions and full training activities*. Please assist in keeping to exactly what is outlined within it. The current Public Health Order is in place for six weeks from 19 August.

<https://www.health.nsw.gov.au/Infectious/covid-19/Pages/cho-advice-sports.aspx>.