



long course swimming championships









Table with multiple columns listing names, categories (e.g., 200 IN BILL PAGE, 400 IN BILL PAGE), and numerical values. Includes section headers like '50-54 MEN' and '60-64 MEN'. The table is organized into several vertical sections, each containing a list of names and their corresponding values.



## MAJOR RULE CHANGES

All changes shall become effective on January 1, 1987 unless otherwise specified.

1. Add the 19-24 age group except for National Championships for individual events. Add the 76+ relay for SC & LC meters except for National Championships. Change the SC yard relays to 19+ except for National Championships, 25+, 35+, 45+, 55+, 65+ and 75+. These changes to become effective IMMEDIATELY.

2. When using the breaststroke kick while swimming butterfly the arms must be recovered over the top of the water at least once per breaststroke kick.

3. Breaststroke rule change effective Nov. 1, 1986 - in essence, your head may go under the water while swimming the breaststroke. Some part of the head must break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, except during the first cycle after the start and each turn. The arms may come back to the legs for the first cycle after start and turn but shall not be brought beyond the hip line for the other cycles. SC turn - touch must be made with both hands simultaneously but it is permissible to drop a shoulder and the head. LC turn - the touch shall be made with both hands simultaneously while the body is on the breast. Shoulders shall be in line with the water surface.

4. Butterfly rule change effective Nov. 1, 1986. SC turn - touch shall be made with both hands simultaneously but it is permissible to drop a shoulder after the final arm pull and prior to the touch. LC turn - touch shall be made with both hands simultaneously while the body is on the breast and the shoulders shall be in line with the water surface.

5. Willing and able competitors may swim two per lane in the 1000/1650 or 800/1500 freestyle events.

6. Events shall be swum slowest to fastest. Note: When seeding, the last heat shall be composed of the swimmers with the fastest submitted times, the next to last heat composed of the next fastest swimmers, etc. When there are two or more heats there shall be a minimum of 3 swimmers or relay teams seeded into the first heat.

7. A minimum timing requirement of 2 timers per lane is required for all meets.

8. The sections on Times and Records has been rearranged into one section. A minimum timing

requirement of 3 hand-held watches per lane is required for Records. Split times in an individual event, if recorded by fully automatic officiating equipment and brought to the attention in writing, of the LMSC Records Chairman may be used for records.

9. Added the 400 & 800 Freestyle relays and the 400 Medley relay for all three courses. (immediately)

### NATIONAL CHAMPIONSHIPS

10. The Zone Rotation system has been renamed Area Rotation system because the areas used conflict with our existing Zones.

11. Relays may be entered the day before the meet starts provided the participants have entered by the meet deadline and they will pay 1.5 times the normal entry fee.

12. Clubs may enter as many relays teams as they wish.

13. The 1000 yard and 800 mtr free have been added to the National Championship meet on the last day along with the 1650 and 1500 but the swimmer may enter only one of the two longest freestyle events in the meet.

14. All events will be seeded oldest age groups first, slowest heats swum first within each age group.

15. The surcharge has been raised to \$13.00.

16. Team scoring will be done in two divisions based on the number of swimmers entered in the meet. More than 15 (men & women) and 30 (combined) will be in Division I. 15 or fewer (men & women) and 30 & fewer (combined) will be in Division II.

### OTHER BITS OF INFORMATION

FINA will take over keeping Masters World Records. Applications will be made available next spring through our USMS National Office.

Entry blanks should include the following statement as a warning to the 19-24 age group: You may jeopardize your amateur standing under FINA Rule GR I and your eligibility for NCAA competition if you compete in Masters Swimming.

USMS is still working on providing our own rule book for our membership.

Next year's Convention will be held in Atlanta, GA.



# 1st FINA-MSI World Masters Swimming Championships

by Gunnar Werner (SWE)

Member of FINA and LEN Bureau

Swimming in the world has reached a new milestone. The 1st FINA-MSI World Masters Swimming Championships was held in Tokyo, Japan July 12—16, 1986, hosted by Japan Masters Swimming Association and under the auspices of Japan Amateur Swimming Federation. About 3,000 competitors have sent their entry forms to the championships committee, 2,000 from Japan and 1,000 from the rest of the world. Bearing in mind that masters swimmers always pay their own travel costs and accommodation, it is easily understood how popular masters swimming has become throughout the world.

Masters swimming is relatively young as competitive sport. Swimmers from USA and Canada started in the beginning of 1970's masters competitions. They began to tour but no awards were allowed because masters were not permitted to compete internationally. In Europe especially West Germany masters swimming had started much earlier. Other countries followed like Australia, New Zealand, Japan, Italy, Switzerland and Taiwan. But also in other countries not the least in Europe were masters swimming competitions held regularly.

First senior age group division aquatic competition was allowed in Toronto, Canada, 1978. Although the FINA rules for masters established 1976 forbid international competitions, swimmers from Canada, USA and West Germany participated in Toronto.

At the FINA Congress 1980 the masters rules were changed to allow international competitions. FINA and most of its member countries however showed little interest in masters swimming. International meets were arranged in West Germany and USA in 1981. In Europe most of the masters swimmers belonged to their homeclubs, members of respective national federations. In USA a special body, USMS, was founded.

Already in 1978 discussions had started about how to formalise international masters swim-

ming. Nothing happened, however, until Margaret Georg (Samson) USA, and Gary Stutsel, Australia met in Irvine, USA, in May 1981. Further discussions followed at international meets in Sidney, Australia, and Portland, USA. Finally at a formal meeting in Sidney held on April 12, 1983, Masters Swimming International (MSI) was constituted. The main goal for the new organization was organization and holding World Championships in Christchurch, New Zealand, 1984. However the Christchurch organizers were prevented from using the term "world" as the FINA constitution reserves the rights to the use of the word "World" for FINA Championships and events. The International Masters Competition in Christchurch became a great success with 1100 masters swimmers from 11 countries competing. Nine members had at that time affiliated to MSI.

It was obvious that MSI was going to become a threat to masters swimming in regular swimclubs in many countries.

But still FINA made no visible effort to organize masters swimming. Until the 1st FINA Bureau Meeting after the congress in Los Angeles 1984, when Robert H. Helmick, USA new elected FINA President announced, that one of the aims for the new FINA Bureau was to establish a Masters Commission. He suggested Tina Martin, USA as the first member of the commission and she was appointed. At the same time the FINA Bureau decided to organize the 1st Masters World Championships in Swimming 1986. The Japan Amateur Swimming Federation had made a tentative bid for holding the championships. But still very little interest was shown from the FINA side. Finally at its meeting in Indianapolis, USA in April 1985 the FINA Bureau realized the necessity to cooperate with MSI about uniform rules and organization of the 1st World Championships in Masters Swimming to avoid future problems between masters from different clubs and organisations. In Europe in

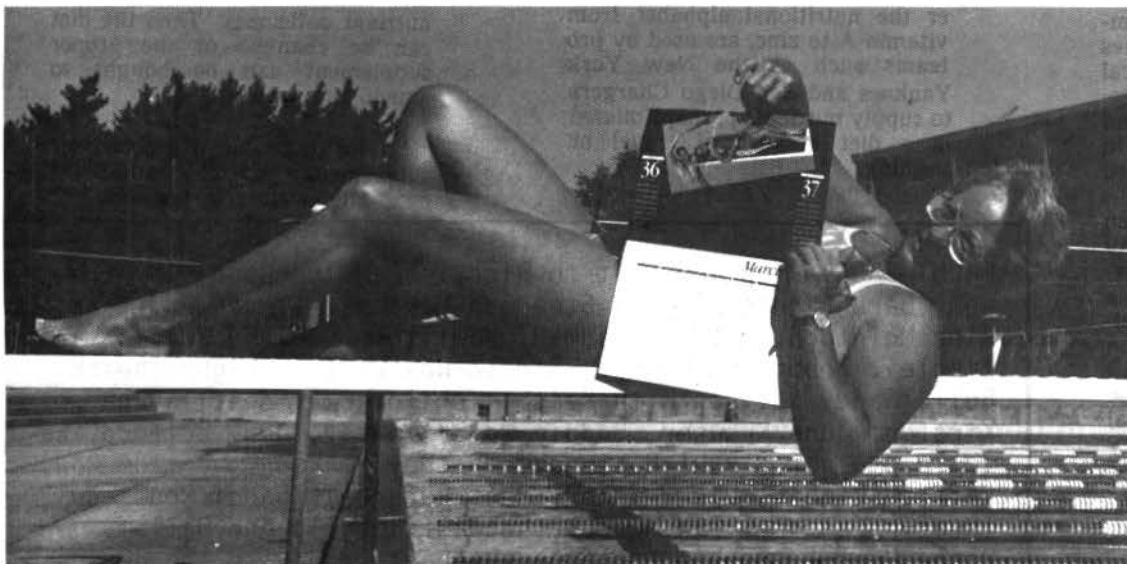
1985 another master group had been established, which tried to organize "European Championships" on a profit basis. The situation had to be solved and immediately at that.

The FINA Bureau decided in Indianapolis to appoint a masters commission consisting of Tina Martin, USA Artie Shaw, New Zealand and the author of this article as members with the undersigned as chairman. It was furthermore decided to invite three people from MSI to join the commission. MSI accepted and appointed Gary Stutsel, Australia, Kusuo Kitamura, Japan, and Brunello Graia, Italy, as members of the joint commission, from then on named the FINA-MSI Masters Commission.

The Masters Commission met in Pasadena, USA June 21—22 1985 and reached the famous agreement, which has been published in FINA News. The agreement consists of recommendations in 12 paragraphs to FINA and MSI. Many discussions and misunderstandings followed upon the agreed recommendations both in FINA and MSI. However most of what was agreed in Pasadena now has been accepted by the FINA Bureau. A new rules complex has been prepared for an extra congress in Madrid in August 1986 and the suggested rules adopted by the FINA Bureau at its Congress in Tokyo in July 1986. Hopefully also MSI will accept the principles of the agreement and the FINA masters rules.

But before the FINA Congress in Madrid the 1st FINA-MSI World Masters Swimming Championships will take place in Tokyo, which was recommended in paragraph 8 of the agreement. Without new rules but based on the existing FINA technical rules and the MSI by-laws these championships mean a step forward as it says in the MSI constitution. "To promote fitness, friendship and understanding through swimming and to bring stability and coordination to International Masters Swimming, the fastest growing aquatic activity." Great words, but true.

JENNIFER PARKS  
WITH  
USMS CALENDAR



Jennifer, a member of Michigan Masters, is displaying our new Pin Up Calendar. It is a very hot item! Check with your local USMS Chairman to see how you can get yours.

If you would like to see your picture used next year, contact:  
Dore Schwab  
Gray Oaks  
Ross, CA 94957

# Supplements can hurt more than help

By DAVE HYDE  
Herald Sports Writer

OK, let's see now. Bee pollen is guaranteed to energize you. Spirulina is supposed to relieve stress. Protein powders, in flavors from cherry to black raspberry, is said to build muscle, and DLPA can "end chronic pain and depression."

Believe the inventory of promises on health store shelves and all you need to become peppier, calmer, stronger and happier is an open hand and a glass of water.

Plus an open wallet. In 1985, \$2.6 billion in nutritional supplements were sold in the United States, according to the Council for Responsible Nutrition in Washington.

Yet, seductive claims aside, opinions vary on whether supplements are necessary or, in some cases, even healthy.

"If you eat a sound diet, chances are you have no use for any supplement," said Dr. John Ivy of the University of Texas. "Most of the stuff is just a money-making rip-off."

Talk with registered dietitians and hear tales of supplemental woe: A woman spends \$25 a month on calcium pills that have the nutritional worth of a half-glass of milk a day; a swimmer takes bee pollen simply because a rival does; people pop 1,000 milligrams a day of vitamin C when the recommended daily allowance by the Food and Drug Administration is 60.

"We used to think the only side-effect of taking a lot of nutritional supplements was expensive urine," said Mary Bing, a registered dietitian in Vero Beach.

Not anymore. Research has shown that flagrant overuse of vitamin C, for example, can improve the chances of kidney stones and, through a series of chemical reactions, make the body iron-deficient. Likewise, vitamins A and D can be toxic when taken in quantities above the recommended daily allowance.

"The first thing I find out when talking to someone is whether any supplement they're taking is hurting them," said Nema Frye, a registered dietitian whose counseling list includes the Houston Astros. "If it's not hurting them, I often wait to tell them because they often have a psychological advantage from taking it. They think they should be doing better and therefore are."

## HELPFUL HINTS

### How to play better by eating better

Mary Bing and Jackie Berning, registered dietitians who counsel the Los Angeles Dodgers and Denver Broncos respectively, offer these tips to enhance your athletic performance through nutrition:

■ A proper diet should include 58 percent carbohydrates, 12 percent protein and 30 percent fat, according to a 1979 study by the Senate Select Committee on Nutrition. The average American diet is 46-12-42.

■ A pre-game meal should be eaten three to four hours before the competition. Avoid red meats and fried foods. Choose foods that are

sugar-free. Sugar taken before a workout causes the body to produce extra insulin, which in turn dumps sugar into the bloodstream and causes early fatigue.

■ The best way to recover quickly from an athletic event is to eat a high-carbohydrate meal immediately after it. This replenishes the energy used during competition.

■ For competitions that last longer than two hours, a commercial carbohydrate drink will help replenish the body's energy supply. The body's reserve of energy-rich glycogen will last about two hours, so it won't help in workouts of shorter duration.

Certainly experts don't criticize all supplements. Iron and calcium supplements may be mandatory for women whose diets don't supply enough.

Some traditional health foods, such as wheat germ and sunflower seeds, are not only nutritious but excellent low-calorie toppings, experts say.

Vitamins are necessary in the recommended quantities and a multivitamin tablet can be a good source. Multivitamins, which cover the nutritional alphabet from vitamin A to zinc, are used by pro teams such as the New York Yankees and San Diego Chargers to supply nutrients perhaps missed in a diet because of travel or training.

Still, most experts prefer changes in diets over supplements.

"Supplements give a false sense of security," Bing said. "Say you take a calcium pill that gives you the equivalent of two glasses of milk, so you don't drink milk. The thing you don't realize is you're not getting the protein or riboflavin or any of the other nutrients milk has."

The experts' advice is to supplement your education. Have your diet analyzed to find a possible nutrient deficiency. Then the diet can be changed or the proper supplement can be bought to amend the problem.

"A lot of people will find their supplement's magic was in their head all the time," Frye said.

FRONT PAGE: Top Row Left to Right: Pam Thompson, Ian Thompson, Barb Lindsey; Nancy Steadman Martin, Mildred Anderson, Alec McIntoch, Doris Steadman, Hamilton Anderson; William Tingley, Bobbie Turcotte. Middle Row Left to Right: Keith Bell, Sandy Neilson with Keith's children Bridget, Keena, Kirston; June Krauser, Huddie Walsh Murray; Judy Belford, Lavelle Stoinoff; Paul Hutinger, Whitney Pearson. Bottom Row Left to Right: Dick Parker (Meet Referee), Sandi Rousseau (Meet Director), Dan Meador (head Official); Ann Dallam, Donna Monroe, Bobbie Lolleson; Michael Page with the Beaver; Ruth Rideneur. PICTURES BY MILDRED ANDERSON

# SWIM-MASTER

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## Swimming News

SUBSCRIPTION RATE INCREASE Its been a long time but now that the Canadian dollar is only worth 66-2/3¢ and still falling, I guess now is the right time. USA subscriptions will be \$ 9 per year and foreign subscriptions will be \$15. All subscriptions starting with 986 will be subject to the increase.....

DREAM TRIP The Newport Beach Masters have a trip planned to New Zealand, Australia and Tahiti and Fiji. Leaving LAX on April 3, 1987 and returning LAX on April 19. Swim meets have been arranged for Auckland and Sydney. If you are interested please contact Ginny Clark (714-673-5278 days), Betty Garwood (714-633-0311 nights) or Interport, Limited (213-592-4446)....

1989 MACCABIAH GAMES Any Jewish Masters Swimmers interested in possibly participating in the 1989 Maccabiah Games in Isreal pelase forward your name, address, phone number and age (as of July '89) to: Dr. Jane Katz and Dr. Stephen Kurtin, 111 East 71st Street, New York, NY 10021.....

FROM STEPHANIE A. WALSH She writes: "Just a quick note (note to Bill Barthold and Mel Goldstein) to tell you that I thoroughly enjoyed my first experience at the Convention as part of USMS. I'm very impressed with several things: The hard work that goes on both before and during the convention, the level of expertise

on all committees, the good humor that's generally present and the commitment by so many people that allows so many of us at all levels the enjoyment of our Masters swimming experience.".....

ONE DECADE OF HAWAIIAN RELAYS Congratulations to our winner NEW ENGLAND MASTERS with a grand total of 606 points! The D.C. MASTERS are in 2nd place with a resounding 422 points followed by HUMU with 251 points. St. Pete Masters has 4th, scoring 179 followed by San Diego with 165. The ladies made 15 records fall while the men had 3 new records. This year there were 277 relays swum and next year will be even bigger and better. So, for now...Mahalo and Aloha....

EVERYTHING YOU EVER WANTED TO KNOW ABOUT SODA POP, BUT WERE AFRAID TO ASK (1) Per capita consumption of cold drinks is expected to rise from 36 gallons to 50 gallons by 1990. While soft drink consumption has risen, the consumption of milk and nutrient-rich fruit juices has declined. (2) Every minute of every day 138,000 Americans have a cola. (3) If all the Coca-Cola ever produced was divided among all the inhabitants of the world today, every person would get 11 cases containing 24 bottles of this soft drink. (4) Coca-Cola, the drink that started it all, contained cocaine from 1886 to 1906. (5) The government permits some 679 artificial ingredients to be used in mass produced soft drinks. (6) There is an average percentage of 11.19 refined sugar in each bottle of soft drink. (7) Tannin-containing soft drinks reduce the efficiency of mineral tablets such as iron, while other ingredients in soda can destroy the effectiveness of antibiotics such as penicillin because of their acidity.....

FINDING TIME TO SWIM There comes a time when bad weather, the demands of work, school, or family, all cause you not to feel like working out. You slide unintentionally into apathy, inactivity, and adiposity. Usual excuse: "I just don't have the time..." You must schedule your swimming as a regular activity. The average adult watches TV over 3 hours a day! A 7 day week has 168 hours, of which 56 are spent sleeping, 40 working, 14 eating, leaving 58 hours or over 8 hours a day from which to select time for swimming. People in good condition have more energy and can do more things; it feels like you have more time on your hands. Far from causing you to neglect your family, your regular swim is like an insurance policy to benefit your dependents. Exercise enhances your physical and mental well-being and will probably make you live longer. If someone you know says they haven't been swimming because they just don't have the time, it is more likely that they don't have the desire. So, join a regular Masters swim program - it will probably only require an hour or so a day.....

# SWIM-MASTER

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June Krauser, Editor  
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## SWIM CALENDAR

VOL XV - No 9

NOV-DEC 1986

OCT 25	Clinic - by Dick Hannula at Tacoma, WA
25	SCm - John Spannuth, Cleveland County Y, 1001 Halley Ave., Norman, OK 73069
25	SC - Cal Schaeffer, 2826 Eastwood Dr., York, PA 17402
25	SCm - Robert H. McKown, 204 Wildflower Dr., Campbellsville, KY 42718
25-26	SCm - Harry Lewis, 944-39 Ave., Spokane, WA 99203
26	1000/Pentathlon - Lynn Bragg, 5121 Bonnie Branch, Ellicott City, MD 21043
26	SC - SPMA at Ventura College, CA
NOV 1-2	SC - Jane Shuey, 102 Ogdon Lane, Oak Ridge, TN 37830
2	SC - Pentathlon - Dot Werry, P.O. Box 8205, Sacramento, CA 92118
8	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
8-9	SC - Meet/Clinic - Judy Meyer, P.O. Box 3522, University, AL 35486
8-9	SC - San Francisco U Pool, San Francisco, CA
9	1650 - Barry Dayton, 221 N Washington, Park Ridge, IL 60068
15	SC - Bill Senneff, 40 Willow Dr., Tonawanda, NY 14150
15-16	SCm - Steve Wycoff, Anderson Swim Ctrs., 1115 Cornelia Rd., Anderson, SC 29621
15-16	SC - Gordon Gray, P.O. Box 84, Key Port, WA 98345
22	SCm - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
22	SCm - John Spannuth, Cleveland County Y, 1001 Halley Ave., Norman, OK 73069
23	SC - Harry Rawstrom, Carpenter Sports Bldg, U of D, Newark, DE 19716
DEC 6	SC - Sally Ann Peterson, Box 9122, Truckee, CA 95737
6-7	SC - John Grzeszczak, P.O. Box 10355, Goldsboro, NC 27532
13	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
27	SCm - John Spannuth, Cleveland County Y, 1001 Halley Ave., Norman, OK 73069
JAN 10	SC - Dan Davis, 1104 Ardmore Dr., Hamden, CT 06517
11	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
24	SC - Curt Mosso, 2293 Featherhill Rd., Santa Barbara, CA 93108
FEB 13-14	SC - Ken Hickey, 905 Muldoon Rd. A-35, Anchorage, AK 99504
MAR 1	SC - M. L. Ebert, 425 Bridgetown Pike, Langhorne, PA 19047
14-15	SCm - Alice Hlinak, MuhlvissstraBe 49a, D-2300 Kiel, West Germany
APR 25-26	SC - John Brucato, 213 Osceola Ave., Nashville, TN 37209
ARKANSAS	- Ron Bank, 80 Pebble Beach Dr., Little Rock, AR 72212 Nov 8-sc, Dec 13-sc, Jan 17-sc, Feb 14-1500m, Mar 7-sc, Apr 4/5-sc, Apr 25-sc, Jun 20-1500 m, Jul 25-1c
SAN DIEGO IMPERIAL	- SDSM-Dunbar, 5703 La Jolla Hermosa Ave., La Jolla, CA 92037 Nov-2, Feb 28, Apr 11

MAY 1987	USMS SC NATIONALS - Stanford University, Palo Alto, CA	May 15-18
AUG 1987	USMS LC NATIONALS - The Woodlands, TX	Aug 21-24
MAY 1988	USMS SC NATIONALS - Austin, TX	
AUG 1988	USMS LC NATIONALS - Buffalo, NY	
OCT 1988	2nd FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS, Australia	Oct 8-14

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