



IMPRESSIONS OF AUSTRALIA

THE H₂O AND THE LAND "DOWN UNDER"

2ND FINA/Masters Swimming International World Meters Swimming Championships

Brisbane, Australia

October, 1988

1988^C by Dr. Jane Katz*

G'Day and Welcome to the 2nd FINA/MSI World Masters Swim Championships in Brisbane, Australia.

The 2nd FINA/MSI World Swimming Championships drew 3750 swimmers, divers and water polo players from 26 countries; it was the largest swim competition ever to take place as measured by number of participants. Australia's history of International Masters Swim competition dates back to 1974 when the first U.S. team visited. Since then there have been two Pan-Pacific meets held in Australia.

Brisbane, in Queensland Australia, was the perfect host to the meet. Queensland is Australia's Sunshine State. The northern area is the magical kaleidoscope of color that comprises the Great Barrier Reef. The south-east corner is the Gold Coast region including the capital city of Brisbane - home of "World Expo 88". This was the first world's fair held in the southern hemisphere and the largest single event in Australia's 200 year history. Approximately 30 nations were represented at the Expo under the theme of "Leisure in the Age of Technology".

THE JOURNEY - Travelling across the Southern Pacific is a 24+ hour journey. One (this one!) was not totally prepared for what awaits beyond, in the land "Down Under". Our fall is their spring - our north their south - hence "down under". Most transpacific flights originate in the evening from the U.S., crossing the international date line and arrive in Australia one day later in the daytime. Timewise when its midnight in Australia is 10 A.M. in New York the previous day and 7 A.M. in Los Angeles. This flight was jam packed with swimmers and tourists alike.

In flight we had to fill out a customs declaration. I stated that I had nothing to declare but forgot that I had a banana in my bag. On clearing customs my teammates were let through quickly, but I was detained for a thorough baggage search. All seemed okay until the customs agent discovered the BANANA - "Aah!" he gasped as if to say - "Now I've got you!" He summoned his supervisor and I was suddenly surrounded by three customs agents who seemed ready to pounce on me. However, through some

miracle, they allowed me to clear. WHAT A BANANA! That was my initial introduction to Australia.

But the friendliness of the cab driver to Brisbane soon made me forget the unpleasant incident.

CITY IMPRESSIONS - The modern vast skyline of skyscrapers is a surprise, with the Expo exhibits gracing the south Bank of the Brisbane river, just opposite the city. The people and service are most polite (even if they talk funny!). Many Australians are ready to engage in conversation.

Driving in Australia is a trip. It's a mirror image of our own driving to the left with the steering wheel on the right. The same held true in the pool i.e. circle swimming CLOCKWISE, and staying to the left when sharing a lane (for distance events). And I keep saying that swimming isn't a contact sport!

The main railroad complex fanned out like the spokes of a wheel to the various suburbs of Brisbane. The shopping malls offered a wide variety of goods and the food was easily available but was mainly fast food. With the World Masters Swim Championship synchronizing with the World Expo 88, a myriad of people from around the world were present. The futuristic-leisure theme of the Expo was highlighted by the U.S.A. pavilion whose theme was sports. This included the latest equipment, sports medicine and Olympic highlights. California was heavily represented in outdoor water-sports and recreation activities. This of course is a common bond between Australia and the U.S.A.

THE COMPETITION - The countries participating in the World Masters Championships included: Argentina, Australia, Austria, Belgium, Brazil, Canada, Fiji, Finland, Germany (West), England, Guam, Hong Kong, Holland, Hungary, Ireland, Israel, Italy, Japan, Lebanon, Mexico, New Zealand, Scotland, Switzerland, Sweden, Taiwan, and the U.S. The largest contingents were from Japan and Australia, each with over 1000 participants. The opening celebration was an authentic Aussie Barbecue just outside the lovely grounds of the pool, including Kaola bears!

The setting for the swimming and diving events was the Chandler complex, which included a 10 lane 50 meter pool, diving well and 5 lane, 25 yard pool warm-up. This complex was constructed for international competition. The spectators (mainly team members) were numerous and supportive, with ample space to observe.

FINA rules were in effect and the heats were run with precision. However, because of the record number of participants, (e.g. there were 99 heats in the mens 50 meter freestyle!), many days began at 7:30 A.M. while some of the slower heats in the distance events were at midnight. Future international Masters meets may need to consider alternatives to help alleviate the long days. Many World Masters records were broken and there were some photo finishes. One in particular was

representative of the many excellent performances made. Sandy Neilson-Bell (30-34 age group) won her 100 meter freestyle in a faster time than she swam in the 1972 Olympics. So as the saying goes, "older can be better!"

Midway during the competition an evening event included the Brazilian contingent who introduced their country to everyone with music, drink, video and song. The closing party took place at Dreamworld outside the city near the Gold Coast, which is similar to our Disney World and was enjoyed by all.

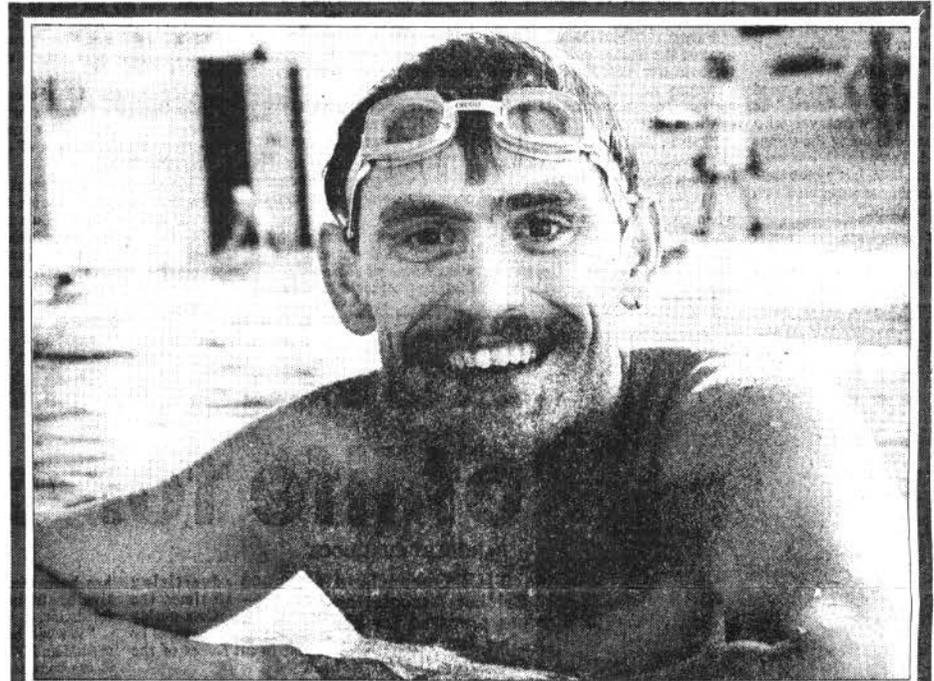
SAME TIME - NEXT YEARS... The 2nd FINA/MSI World Masters will be followed by several international upcoming swimming events. They are:

- July 1989 - World Masters (all sports) in Denmark
- Oct. 1989 - Pan Pacific Aquatic Masters Games in Indiana
- Aug. 1990 - 3rd FINA/MSI World Masters Championships in Rio

So rest up and save your travelling money. Perhaps we'll meet poolside in another country in the near future. And G'Day!



*Dr. Jane Katz won the 400 M. Freestyle in the 45-49 year age group in the World Masters Swimming Championships. She also placed 2nd in the 400 M. I.M., 200 M. Butterfly and 3rd in the 200 M. Backstroke. She is the author of Swimming For Total Fitness, the W.E.T. Workout and Fitness Works!



Peter Kollros ... in the swim at Brisbane's Chandler Pool during the World Masters competition

Red tape swamps swimmer

WORLD swimming record holder Czechoslovakian professor Petr Kollros took endless trouble to leave his homeland and now may find it hard to get back in.

Kollros arrived in Brisbane last Sunday for the world masters swim championships where he set world records of 4min 43.93secs in the 400m individual medley and 4min 50.95secs in the 200m individual medley for the 30-34 years age group this week.

He was only 4 secs away from his third yesterday in the 800m freestyle, in which he was so far ahead that he swam 900m.

This was the swim that

delayed his departure beyond his visa date.

Kollros, 31, can stay in Australia until October 23, but his visa to re-enter Czechoslovakia expired yesterday.

The Czech does not speak English and must communicate through an interpreter.

Yesterday he was trying to contact the Czech consulate in Sydney for an extension.

Kollros, a Carlos University professor of swimming and geography, said he failed by 1sec to qualify for Olympic selection in the 400m individual medley.

Neither his swimming club nor government would give him financial aid to come to the largest world

masters championships. He was not allowed to take any money out of the country.

Kollros said he went by train to Frankfurt, West Germany where a friend paid his airfare to Brisbane via Dubai, Malaysia, Melbourne and Sydney.

The trip took two days, he did not sleep and as he had no spare money he did not eat either.

In Brisbane he was able to make a taxi driver understand that he wanted to go to the Chandler swimming complex where an official was able to speak to him in Polish.

Arrangements were made for him to be billeted with a Czech family at Rochedale. Through an interpreter

Kollros said: "After I arrived in Brisbane I was so tired I was walking and sleeping at the same time."

"I was free to come here, but no one wanted to help me with anything financially. The passport was no problem. My swimming club did not think I was good enough to come to the world masters.

"It was a shock for me when I arrived. I like the atmosphere in Australia and the people are friendly and helpful. I am happy to have come here and competed."

He said the government looked after sport in schools very well in Czechoslovakia, but the standard of swimming was lower than here.

Pin-up Girl



Anita Hazen from Sacramento California has been collecting pins since 1962. Her pin-jacket has 2500 pins and weighs 82lbs. "Swimming pins from all over the World and Olympic pins from World-class athletes." Anita swims in the 60-64 age group. She is more serious about pin collecting than her swimming at times.

NUMBER OF ENTRANTS PER EVENT IN 1988 WORLD CHAMPIONSHIPS AT BRISBANE

	MEN															EVENT TOTAL
	25-	30-	35-	40-	45-	50-	55-	60-	65-	70-	75-	80-	85-	90-		
50 free	98	116	138	116	120	87	80	64	69	74	79	84	89	94	981	
100 free	92	117	110	103	96	81	71	57	44	47	19	11	3		851	
200 free	71	68	63	86	67	58	60	40	26	31	15	9	2		596	
400 free	73	61	68	86	78	61	56	46	26	28	12	9	1		605	
800 free	39	38	45	62	56	40	41	35	21	24	11	6	1		419	
50 back	51	55	63	47	46	44	45	40	32	36	20	9	2		490	
100 back	43	38	51	44	21	30	28	27	27	21	15	6			361	
200 back	34	34	35	40	23	34	35	20	28	21	12	6			322	
50 brst	53	62	68	84	67	59	54	60	47	33	12	8	1		608	
100 brst	42	50	59	65	45	44	47	46	32	25	11	6	2		474	
200 brst	29	28	43	49	33	39	37	26	24	18	6	4	1		337	
50 fly	65	70	68	63	54	47	49	29	29	20	4	4			502	
100 fly	45	47	34	46	32	24	30	14	16	7	3	1			299	
200 fly	27	28	25	36	24	27	21	13	15	6	2	1			225	
200 IM	41	57	49	60	46	47	38	23	20	15	7	3			406	
400 IM	29	34	36	40	28	26	23	13	11	6	3	1			250	

	WOMEN															EVENT TOTAL
	25-	30-	35-	40-	45-	50-	55-	60-	65-	70-	75-	80-	85-	90-		
50 free	92	80	88	106	100	131	116	96	71	36	18	5	1		941	
100 free	94	78	86	87	82	83	83	63	46	18	11	5			737	
200 free	55	52	71	62	54	55	60	49	36	17	9	3			523	
400 free	67	62	73	61	55	51	50	45	39	17	5	3			538	
800 free	44	54	48	49	39	36	35	35	27	14	7	2			390	
50 back	57	64	67	67	65	90	84	73	54	35	12	6	1		676	
100 back	41	55	50	58	32	41	34	32	39	30	20	3	5	1	415	
200 back	30	39	34	38	32	41	34	25	26	13	5	6			323	
50 brst	46	55	70	83	91	105	71	66	52	23	9	3	1		677	
100 brst	47	47	58	68	55	65	45	36	34	13	8	2			478	
200 brst	31	36	42	50	39	43	27	22	23	10	6	2			331	
50 fly	57	51	37	57	38	41	26	18	22	10	4	1			362	
100 fly	33	27	22	21	25	21	13	9	6	2	2	1			183	
200 fly	24	28	24	23	24	21	9	8	6	3	2	1			175	
200 IM	53	52	46	50	37	31	24	11	17	9	3	1			334	
400 IM	35	35	28	29	23	23	13	8	10	5	3	2			214	

HOLMES SETS THE RECORD STRAIGHT

The charge in the Sunday morning article in the Brisbane newspaper suggesting that Tiger Holmes is in Australia to lure Duncan Armstrong to the United States was today described as 'ludicrous'. Mr Holmes said that the National Collegiate Athlete Association rules strictly forbid anyone other than a college coach to recruit any athlete. And even then only specifically approved NCAA scholarships are offered!

Unfortunately the reporter misquoted and misunderstood the importance of these rules.

The Holmes Lumber Jax team

was conceived to help boost the Masters Swim program. Seed money was contributed by Holmes to induce swimmers to raise enough money to make the costly trip to Australia. Many innovative programs were instituted and worked on for one year to make it possible for many to come to Australia who might not have come otherwise. A golf tournament and corporate solicitations involving swimmers produced a great feeling of camaraderie for all. Holmes Lumber is proud of its contribution to swimming and hopes that it can continue to help all levels of this fine sport.



FORMER 100m freestyle world record-holder, American Jim Montgomery, at Chandler this week.

By GEOFF STEAD

JIM MONTGOMERY, the first man to crack 50 seconds for the 100m freestyle, has taken on a challenge he rates bigger than winning gold at the 1976 Olympic Games.

The 33-year-old giant from Dallas, Texas, is out to encourage adults back into swimming in a similar way the fitness craze saw jogging take off around the world a decade ago.

And he believes Queenslanders can be among the first to set the trend.

"The climate here is ideal to become involved in swimming in a big way," he said. "The secret is to enjoy swimming for the fun of it. If you slot the sport into your priorities rather than let it override everything, it can become an enjoyable part of your life."

Montgomery, who clocked a world record 49.99sec in winning the 100m freestyle in Montreal, quit the sport in 1980 but came back six months later after gaining 20kg and "losing a lot of self-esteem".

He took up masters swimming and has set world age records in every freestyle event, but unlike in Montreal, he rates the records as incidental.

"I wanted to get back into swimming because it had been a big part of my life, but I decided to change my goals and enjoy it in

Big Jim out to get adults back in pool

a different way," Montgomery said. "I started doing a lot of the events I did before, but just tried to have fun."

Montgomery believes the sport often cruels the outlook of some swimmers because they over-train. "Some people could swim just as fast if they did quality training at times which suited their lifestyle rather than structure their lifestyle around training," he said.

"I think I would get bored coaching potential Olympic champions the way it's done now. It just doesn't excite me.

"I find it more of a challenge to get people who haven't exercised in 20 years to change their lifestyle and get back into regular, enjoyable swimming."

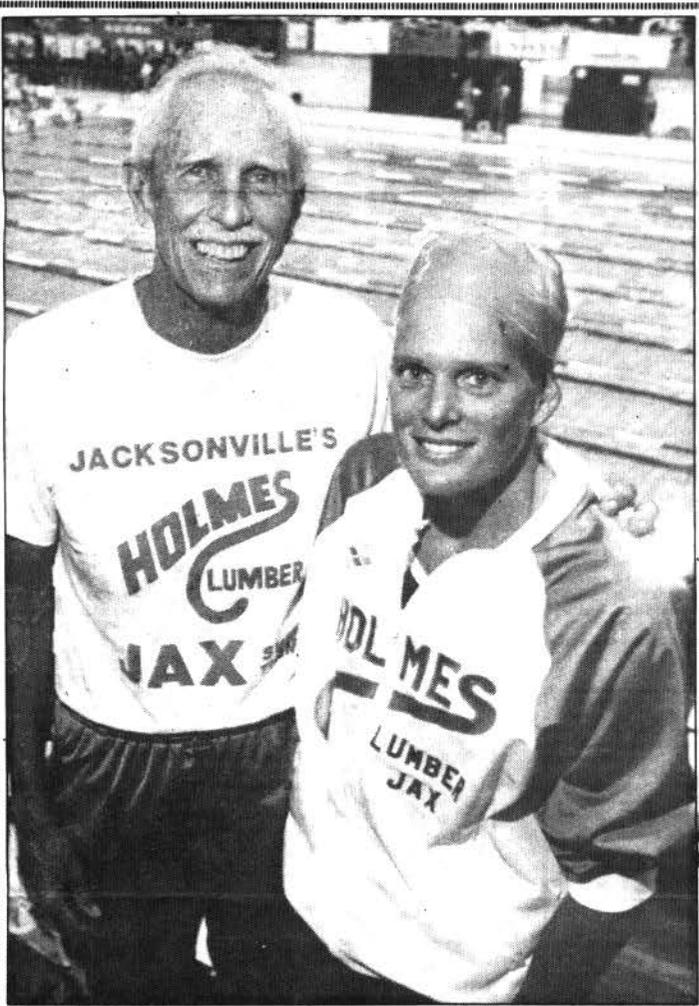
Montgomery, who is in Bris-

bane competing at the world masters championships, plans to establish an adult swimming centre when he returns to Dallas. He will coach and design programs for born-again swimmers.

"There are 30,000 registered masters swimmers in the US, but our research shows that the potential market is up to 12 million. A lot of these people have never been coached or shown how to train properly."

While Montgomery's time in Montreal was a landmark swim, and has since been sliced by a further 1.57sec, he sees the world record dropping by another second.

"Someone will swim inside 47.5. It doesn't matter how fast you go, there always will be someone who comes along who is bigger and stronger and knocks off your time," he said.



Tiger Holmes with his daughter, Mary, at the Chandler poolside.

Mail gets Tiger tale by the tail

AMERICAN millionaire Tiger Holmes isn't about to let a newspaper report spoil a great stay in Queensland.

The 66-year-old lumber tycoon dismissed a front-page Sunday Mail story which said he was "a signature away" from securing a contract with Queensland super swimmer Duncan Armstrong.

Mr Holmes said he had no authority to make Duncan the reported three-year offer, but said he was aware the University of Florida had made a bid for the Olympic gold medalist.

"I'm just an alumni (old boy) of the University of Florida. We're not allowed to contact prospects or do any recruiting," he said.

"This girl from *The Sunday Mail* asked me 'How much are you going to pay Duncan?'"

"I told her alumni weren't allowed to do any recruiting, but there it was on the front page of Sunday's paper."

Mr Holmes said it was strictly against National Collegiate Athletics Association rules for anyone other than coaches to make an offer.

"The offer made to Duncan was done strictly through the coaches at the University of Florida," he said.

The sponsor and competitor of the US contingent at the World Masters Swim '88 at Chandler said the report would not spoil his stay.

- JULIAN BURKE



Duncan Armstrong wins gold at Seoul.

EVEN HEROS HELP



Barbara Saunders, World Record holder, Jan Mcleod, and top ten medal winner, John Bonning take time out from competition to help timekeep. Actually, John was looking for the slot car track!

Sandy's record getting better with age

By GEOFF STEAD

CALIFORNIAN housewife Sandy Neilson-Bell continued one of swimming's greatest comebacks at Chandler pool yesterday.

The 32-year-old, who 16 years ago beat Australia's Shane Gould to win the 100m freestyle at the Munich Olympics, yesterday swam faster than she did to win the gold medal.

She set an age group world record at the week-long masters championships which started at the aquatic centre on Monday.

Her effort helped compensate for the disappointment of missing Seoul Olympic selection by just .4sec at the US team trials two months ago.

After yesterday's win, the challenge-seeking step-mother of three has now set her sights on having a baby next year then training for the 1992 Barcelona Olympics.

"If you work at making swimming fun, it can be a wholesome, healthy activity that can be the best thing for you throughout your life," she said. "I came back to swimming because of a love of the sport and a lot of new-found enthusiasm."

Neilson-Bell yesterday swam the 100m in 58.09secs, blitzing the Olympic record 58.59 she swam as a 16-year-old ahead off of teammate Shirley Babashoff and Gould in Munich.

She attributes her marriage to top American sports psychologist Dr Keith Bell as the main reason behind her comeback.

"He has made it easy to challenge myself, and enjoy it," she said. "Together we look for goals and then help each other achieve them."



CALIFORNIAN housewife Sandy Neilson-Bell... her masters championships 100m victory at Chandler yesterday was faster than her gold-winning time at the Munich Olympics.

Under her husband's guidance, Neilson-Bell believes there is no such thing as pain in competitive swimming.

"What most swimmers call pain is only discomfort through a build-up of lactic acid. Keith and I don't call it pain, we say it's feeling acidotic," she said.

Despite 12 years out of the water after the 1972 Olympics, Neilson-Bell was sixth in 26.04secs in a blanket finish to the 50m freestyle at the US Olympic team selection trials in August. Her time was faster than Australia's best entrant at Seoul.

"I was disappointed to be so close and miss out. But it was the

fastest 50m swam in America so I was in good company in coming sixth," she said.

Six age group world records were broken yesterday, including another by American Beth Mauer, who was among the 12 record breakers on Monday's program. The Masters competition continues today from 7.30am.



JUDY Priestley with her son, Mark, at Chandler.

Mum's in the swim as well

AFTER spending almost 20 years watching her children swim, Judy Priestley, 58, has taken the plunge.

The Sydney mother of two began training last year.

This week she is competing in the world masters swimming championship at Chandler along with her son, dual Commonwealth Games gold medalist Mark Morgan, 30, and daughter Sally, 25.

"After watching the kids swim for so long, I decided it was time to participate," she said.

"I feel great and I have met so many new people."

The Priestleys are among 4000

competitors aged between 25 and 90 years from around the world contesting the week-long meet at the aquatic centre.

Morgan, the 1978 Edmonton Commonwealth Games 100m freestyle and 4 x 200m relay gold medalist, has set his mother a special target.

He began teaching her butterfly just three months ago and has set her a goal of completing 50m in the difficult stroke.

"At the moment I can only do 25m but I am determined to do a full length," she said.

Veteran aims for Barcelona, Back Page



Olympic champ is mastered by six of the best

AS an Olympic champion who had just finished seventh at the world titles, Japanese swimmer Kusuo Kitamura was smiling a lot at Chandler pool yesterday.

The fact that he collected his gold medal 56 years ago and was competing yesterday as a 71-year-old at the world masters championships, went a long way towards his being more than content with his effort in the 200m backstroke.

Kitamura was among nearly 4000 swimmers aged between 25 and 89 years, a quarter of them Japanese, who competed in the opening day of competition yesterday.

The spritely Kitamura was the 1932 Los Angeles Olympic 1500m freestyle champion. As a 14-year-old, he became the youngest male to win an Olympic swimming gold when he clocked an Olympic record 19min12.45sec.

The world record for the event is now 14:54.76, held by the Soviet Union's Valdimir Salnikov, a swim which Kitamura finds hard to comprehend.

"When I won the gold I thought it would be impossible for anyone to swim 18 minutes because I felt I was going as fast and as hard as any man could. I just can't imagine how it is possible for someone to

swim 1500m in less than 15 minutes," Kitamura said.

"But everything is so much different in swimming now. When I went to the Olympics they were a smaller event and definitely not so commercialised. We had no drug scandals, the only ones disqualified were those who broke the rules of amateurism."

"I think the Olympics were better then. They certainly were a lot more friendly."

Kitamura retired from competitive swimming two years after his Olympic win to study law and later became the Japanese representative to the International Labor Organisation.

He returned to his sport 10 years ago when his retirement gave him more time and he thought swimming would help ease lower back pain. He is now the president of the Japanese masters swimming organisation and does a regular training program of 1000m twice a week.

Ten world records tumbled in the opening competition yesterday which included the 200m backstroke, 50m breaststroke and 400m freestyle events.

• Olympians 'beaten'
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JAPAN'S Kusuo Kitamura, the youngest male to win an Olympic swimming gold medal, looks happily towards the clock after his seventh placing in the 200m backstroke at the world masters swimming championships at Chandler yesterday.

BOTH DESERVE A MEDAL



AUSSI President, Ivan Wingate, performing one of the 3500 medal presentations. Ivan and his team spent the whole week coping with all those water-logged eggs! They deserve a medal. (Medal being presented to Beth Whittall of Canada.)

MASTERS WORLD SWIMMING RECORDS

WOMEN

LONG COURSE

AT NOV 1st '88

AGE	STROKE	FREESTYLE						BACKSTROKE		
		DIST.	50M.	100M.	200M.	400M.	800M.	1500M	50M.	100M
25	TIME	26.77(84)	58.97(87)	2.09.66(88)	4.31.02(88)	9.18.74(88)	17.38.78(88)	31.21(86)	1.07.31(88)	2.25.77(88)
29	NAME	S.NEILSON	R.SEAMAN	M.HOLMES	M.HOLMES	M.HOLMES	A.POPE	C.GIBSON	M.RODAHL	M.RODAHL
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CANADA	N.Z.	N.Z.
30	TIME	26.37(88)	58.09(88)	2.10.06(86)	4.33.08(86)	9.51.94(87)	18.04.42(86)	32.11(88)	1.09.08(88)	2.29.27(88)
34	NAME	S.NEILSON-BELL	S.NEILSON-BELL	S.NEILSON	S.PAMELIA	S.NEILSON	S.PAMELIA	B.MAUER	B.MAUER	B.MAUER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
35	TIME	27.21(88)	1.00.25(88)	2.09.33(88)	4.33.08(88)	9.24.54(88)	18.12.11(87)	32.64(87)	1.11.41(88)	2.35.77(88)
39	NAME	J.HIRSTY	S.HALFACRE	S.HALFACRE	S.HALFACRE	S.HALFACRE	S.PAMELIA	L.VAL	P.GILMORE	P.GILMORE
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CANADA	CANADA
40	TIME	28.64(88)	1.03.40(88)	2.21.77(88)	5.00.18(85)	10.28.26(87)	20.17.80(85)	34.68(88)	1.15.24(86)	2.47.57(85)
44	NAME	M.MARTIN	M.MARTIN	M.MARTIN	A.MUELLER	C.IANNAcone	A.MUELLER	M.MARTIN	S.TAKEUJI	C.CHIDESTER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	JAPAN	U.S.A.
45	TIME	29.08(87)	1.05.44(87)	2.24.24(87)	5.08.67(87)	10.48.41(87)	21.08.30(87)	34.51(88)	1.21.04(87)	2.54.05(88)
49	NAME	A.MUELLER	A.MUELLER	A.MUELLER	A.MUELLER	A.MUELLER	A.MUELLER	S.TAKEUJI	B.JORDAN	S.TAKEUJI
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	JAPAN	U.S.A.	JAPAN
50	TIME	31.10(86)	1.11.24(86)	2.38.26(86)	5.37.18(86)	11.40.50(87)	22.00.76(87)	37.90(88)	1.23.40(88)	3.01.07(87)
54	NAME	J.BRUNER	J.BRUNER	J.CORREA	L.STOINOFF	L.STOINOFF	L.STOINOFF	B.JORDAN	B.JORDAN	B.JORDAN
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
55	TIME	32.60(85)	1.13.80(85)	2.42.04(88)	5.36.68(88)	11.30.97(88)	22.18.91(88)	39.17(83)	1.27.61(83)	3.11.43(82)
59	NAME	G.ROPER	G.ROPER	L.STOINOFF	L.STOINOFF	L.STOINOFF	L.STOINOFF	C.WALKER	C.WALKER	C.WALKER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
60	TIME	35.01(86)	1.20.10(81)	2.50.03(88)	6.02.28(88)	12.19.35(88)	23.55.57(87)	40.58(86)	1.31.06(86)	3.16.98(86)
64	NAME	O.JOHNSON	D.DRESSIGUIE	C.WALKER	C.WALKER	C.WALKER	C.WALKER	D.STEADMAN	C.WALKER	C.WALKER
	COUNTRY	N.Z.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
65	TIME	35.56(87)	1.22.50(87)	3.10.18(88)	7.06.65(87)	14.05.13(86)	27.20.13(87)	44.40(84)	1.39.33(86)	3.37.55(86)
69	NAME	O.JOHNSON	D.DONNELLY	D.DONNELLY	M.LEE WATSON	D.DRESSIGUIE	B.BURRILL	P.DOWN	B.ANDERSON	B.ANDERSON
	COUNTRY	N.Z.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	AUST.	AUST.	AUST.
70	TIME	39.03(87)	1.30.37(87)	3.24.61(87)	7.19.34(87)	15.15.85(88)	28.46.45(88)	45.21(87)	1.39.85(87)	3.47.59(87)
74	NAME	J.GILBERT	B.ANDERSON	B.ANDERSON	B.ANDERSON	L.DONOVAN	R.SIMONTON	B.ANDERSON	B.ANDERSON	B.ANDERSON
	COUNTRY	U.S.A.	AUST.	AUST.	AUST.	U.S.A.	U.S.A.	AUST.	AUST.	AUST.
75	TIME	41.88(86)	1.39.28(86)	3.52.90(84)	8.09.29(84)	18.05.46(86)	33.01.50(87)	51.07(86)	1.56.89(85)	4.14.64(84)
79	NAME	U.WADA	U.WADA	V.CHERRIMAN	V.CHERRIMAN	V.CHERRIMAN	M.MERLINO	M.WRIGHT	M.WRIGHT	M.WRIGHT
	COUNTRY	JAPAN	JAPAN	ENGLAND	ENGLAND	ENGLAND	U.S.A.	AUST.	AUST.	AUST.
80	TIME	53.02(88)	1.59.22(88)	4.16.48(88)	9.44.26(88)	20.14.29(88)	42.56.35(82)	59.16(88)	2.16.88(88)	5.00.75(88)
84	NAME	V.CHERRIMAN	V.CHERRIMAN	V.CHERRIMAN	V.CHERRIMAN	V.CHERRIMAN	F.WATKINS	A.SOULE	A.SOULE	A.SOULE
	COUNTRY	ENGLAND	ENGLAND	ENGLAND	ENGLAND	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.
85	TIME	1.06.42(84)	2.48.56(84)	5.51.54(88)	13.22.48(84)	24.23.38(88)	57.03.68(86)	1.14.83(84)	2.49.73(84)	5.51.62(84)
89	NAME	E.PECKHAM	E.PECKHAM	A.BAUSCHER	E.PECKHAM	A.BAUSCHER	M.KELLER	E.PECKHAM	E.PECKHAM	E.PECKHAM
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
90	TIME	2.02.38(88)	4.08.22(88)					2.01.70(88)	3.59.87(88)	
94	NAME	P.MILLER	P.MILLER					V.FERNANCE	V.FERNANCE	
	COUNTRY	U.S.A.	U.S.A.					AUST.	AUST.	

AGE	STROKE	BREASTSTROKE			BUTTERFLY			INDIVIDUAL MEDLEY	
		DIST.	50M.	100M.	200M.	50M.	100M.	200M.	200M.
25	TIME	34.36(87)	1.18.31(87)	2.50.04(87)	28.79(87)	1.03.91(87)	2.22.42(87)	2.27.48(87)	5.12.46(87)
29	NAME	R.SEAMAN	R.SEAMAN	N.MITCHELL	R.SEAMAN	R.SEAMAN	J.FORD	J.FORD	K.PIPES
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
30	TIME	35.37(86)	1.16.26(87)	2.53.08(87)	29.91(88)	1.06.74(88)	2.30.34(88)	2.29.22(88)	5.23.84(88)
34	NAME	K.GIBSON	M.HOHMANN	K.MELICK	S.NEILSON-BELL	R.SEAMAN	B.MAUER	S.NEILSON-BELL	B.MAUER
	COUNTRY	AUST.	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
35	TIME	37.04(83)	1.22.00(84)	2.57.17(88)	29.27(88)	1.05.39(88)	2.34.78(88)	2.37.26(88)	5.38.42(88)
39	NAME	G.PIERSON	Y.CATTRAIL	G.BENTY	S.HALFACRE	S.HALFACRE	B.DUNBAR	P.GILMORE	L.WATSON
	COUNTRY	U.S.A.	CANADA	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CANADA	AUST.
40	TIME	37.59(88)	1.24.95(86)	3.07.35(86)	30.54(88)	1.10.22(88)	2.41.67(85)	2.46.81(85)	5.53.62(85)
44	NAME	J.MACLEOD	G.PIERSON	G.PIERSON	M.MARTIN	M.MARTIN	A.MUELLER	A.MUELLER	A.MUELLER
	COUNTRY	AUST.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
45	TIME	39.63(88)	1.28.07(85)	3.10.49(88)	30.74(87)	1.12.67(87)	2.44.10(87)	2.46.91(87)	5.54.98(87)
49	NAME	M.SENFTLEBEN	J.LEILICH	D.FORD	A.MUELLER	A.MUELLER	A.MUELLER	A.MUELLER	A.MUELLER
	COUNTRY	FRG	U.S.A.	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
50	TIME	39.00(86)	1.30.00(88)	3.14.70(86)	34.67(86)	1.24.40(84)	3.14.27(87)	3.05.13(85)	6.35.20(82)
54	NAME	E.MATSUMOTO	J.BRUNER	F.CONNOLLY	J.BRUNER	J.BRUNER	J.SEIDL	J.BRUNER	G.ROPER
	COUNTRY	JAPAN	U.S.A.	SCOTLAND	U.S.A.	U.S.A.	FRG	U.S.A.	U.S.A.
55	TIME	42.94(86)	1.34.06(87)	3.31.50(87)	35.29(85)	1.27.49(85)	3.19.84(85)	3.07.65(85)	6.42.05(85)
59	NAME	E.BOHM	F.CONNOLLY	A.PISCIOTTA	G.ROPER	G.ROPER	G.ROPER	G.ROPER	G.ROPER
	COUNTRY	FRG	SCOTLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
60	TIME	42.49(88)	1.38.72(88)	3.45.17(88)	38.64(88)	1.34.58(88)	3.34.66(86)	3.17.40(86)	6.59.45(86)
64	NAME	E.BOEHM	E.BOEHM	E.BOEHM	A.ADAMS	A.ADAMS	J.KRAUSER	C.WALKER	C.WALKER
	COUNTRY	FRG	FRG	FRG	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
65	TIME	48.13(88)	1.50.29(83)	4.03.82(86)	44.67(87)	1.48.37(87)	3.58.77(86)	3.47.69(88)	8.10.65(87)
69	NAME	C.COSTELLO	G.ZINT	C.GANDOLPHO	J.EPPLEY	J.EPPLEY	J.EPPLEY	D.DONNELLY	E.RAUNER
	COUNTRY	U.S.A.	U.S.A.	BRAZIL	U.S.A.	U.S.A.	U.S.A.	U.S.A.	FRG
70	TIME	52.17(88)	1.56.24(88)	4.18.13(88)	50.72(88)	2.02.61(85)	4.37.05(82)	4.10.08(88)	8.37.36(88)
74	NAME	G.ZINT	G.ZINT	G.ZINT	G.ZINT	M.LENKZIGLER	M.MERLINO	G.ZINT	R.SIMONTON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	BRAZIL	U.S.A.	U.S.A.	U.S.A.
75	TIME	58.08(86)	2.07.86(86)	4.36.72(86)	1.02.81(87)	2.20.80(88)	4.54.79(88)	4.25.80(87)	9.11.23(87)
79	NAME	M.BUTZBACH	M.BUTZBACH	M.BUTZBACH	M.MERLINO	M.MERLINO	M.MERLINO	M.MERLINO	M.MERLINO
	COUNTRY	FRG	FRG	FRG	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
80	TIME	1.15.95(88)	2.58.55(85)	6.11.63(85)	1.13.71(88)	2.57.05(85)	6.41.20(87)	6.02.99(87)	12.25.51(85)
84	NAME	Y.KUCHIBA	K.PELTON	K.PELTON	V.CHERRIMAN	K.PELTON	K.PELTON	K.PELTON	K.PELTON
	COUNTRY	JAPAN	U.S.A.	U.S.A.	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.
85	TIME	1.28.69(87)	3.32.03(84)	7.45.92(84)	1.27.77(85)	3.22.83(84)	7.40.47(84)	7.08.59(84)	14.16.56(84)
89	NAME	D.VENNING	E.PECKHAM	E.PECKHAM	E.PECKHAM	E.PECKHAM	E.PECKHAM	E.PECKHAM	E.PECKHAM
	COUNTRY	N.Z.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
90	TIME								
94	NAME								
	COUNTRY								

MASTERS WORLD SWIMMING RECORDS

MEN

LONG COURSE

AT NOV. 1st '88

AGE	STROKE	FREESTYLE						BACKSTROKE		
		DIST.	50M.	100M.	200M.	400M.	800M.	1500M.	50M.	100M.
25	TIME	22.59(83)	51.25(81)	1:53.78(81)	4:06.99(80)	8:41.43(80)	16:28.69(87)	27.39(86)	59.00(86)	2:12.99(84)
29	NAME	K.DEFOREST	J.MONTGOMERY	J.MONTGOMERY	M.MATTIOLI	M.MATTIOLI	C.REID	R.ARANTES	R.ARANTES	T.C.WOLF
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	BRAZIL	BRAZIL	U.S.A.	BRAZIL	BRAZIL	U.S.A.
30	TIME	24.27(88)	52.32(86)	1:55.48(86)	4:08.70(86)	8:46.99(86)	17:06.73(88)	27.32(88)	1:00.40(85)	2:11.77(87)
34	NAME	S.MARVIN	J.MONTGOMERY	J.MONTGOMERY	J.MONTGOMERY	J.MONTGOMERY	R.NICHOLS	D.OXIER	T.C.WOLF	T.C.WOLF
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
35	TIME	24.97(87)	55.38(83)	2:00.45(83)	4:18.35(87)	9:14.04(86)	17:28.84(85)	28.04(78)	1:02.53(83)	2:17.31(85)
39	NAME	P.MUNGER	F.SCHLICHER	F.SCHLICHER	J.MCCONICA	R.WILLIAMS	K.POLANSKY	T.MANN	P.O'KEEFE	P.O'KEEFE
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
40	TIME	25.25(83)	56.36(83)	2:05.76(87)	4:32.62(86)	9:28.48(87)	18:23.82(82)	29.94(83)	1:07.40(85)	2:25.23(88)
44	NAME	T.GARTON	T.GARTON	D.AUDLEY	D.GRAY	D.GRAY	P.THOMPSON	P.WHITTEN	C.GANTNER	B.TOD SPIEKER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
45	TIME	26.12(83)	57.96(88)	2:08.93(88)	4:36.91(88)	9:50.24(88)	18:34.73(83)	30.67(88)	1:07.77(88)	2:28.25(88)
49	NAME	J.FARRELL	T.GARTON	T.GARTON	T.GARTON	E.CAZALET	E.HINSHAW	R.BURNS	E.BARTSCH	E.BARTSCH
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
50	TIME	26.16(83)	59.25(83)	2:14.39(88)	4:51.06(88)	10:04.71(88)	19:28.41(85)	30.93(88)	1:10.14(88)	2:35.44(88)
54	NAME	D.HILL	D.HILL	E.HINSHAW	E.HINSHAW	E.HINSHAW	B.JONES	J.SMITH	J.SMITH	B.JONES
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
55	TIME	27.42(88)	1:03.40(85)	2:23.09(87)	4:58.43(87)	10:31.54(88)	20:17.72(87)	33.29(85)	1:14.28(88)	2:42.37(88)
59	NAME	M.MUCKLER	I.DAFONSECA	G.JOHNSTON	G.JOHNSTON	B.JONES	G.JOHNSTON	I.DAFONSECA	D.BROWN	D.BROWN
	COUNTRY	U.S.A.	BRAZIL	U.S.A.	U.S.A.	U.S.A.	U.S.A.	BRAZIL	U.S.A.	U.S.A.
60	TIME	28.60(86)	1:03.94(86)	2:28.94(86)	5:22.17(88)	11:13.16(88)	21:43.00(87)	35.02(86)	1:18.06(86)	2:52.67(87)
64	NAME	P.POWLINSO	P.POWLINSO	P.POWLINSO	W.WILSON	W.WILSON	R.HARTLEY	P.HUTINGER	P.HUTINGER	R.FRANKS
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	AUST.	U.S.A.	U.S.A.	U.S.A.
65	TIME	29.17(87)	1:08.15(83)	2:32.90(87)	5:38.79(83)	11:36.97(87)	23:04.59(83)	36.62(87)	1:23.99(86)	2:59.42(87)
69	NAME	P.POWLINSO	J.WELCH	P.POWLINSO	J.WELCH	J.HALE	J.WELCH	P.POWLINSO	R.TAFT	J.HALE
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	ENGLAND	U.S.A.	U.S.A.	U.S.A.	ENGLAND
70	TIME	29.35(84)	1:11.61(83)	2:44.86(83)	6:08.19(83)	12:45.90(84)	25:07.87(87)	39.36(87)	1:28.50(88)	3:18.03(88)
74	NAME	K.LEMMON	K.LEMMON	K.LEMMON	K.LEMMON	N.ARTUS	H.ARENDT	A.VANDEWEGHE	A.VANDEWEGHE	E.SHEA
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CANADA	FRG	U.S.A.	U.S.A.	U.S.A.
75	TIME	32.50(83)	1:14.86(87)	2:53.73(87)	6:27.76(81)	13:35.96(87)	25:41.55(87)	40.47(82)	1:32.92(82)	3:33.08(87)
79	NAME	L.COLLETT	K.LEMMON	K.LEMMON	A.RULE	H.HOWE	H.HOWE	A.HARGRAVE	A.HARGRAVE	H.SCHWARZ
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	FRG
80	TIME	38.47(88)	1:33.72(88)	3:31.79(83)	7:23.09(83)	15:53.13(85)	28:54.95(83)	45.69(87)	1:50.05(87)	4:04.79(87)
84	NAME	F.GRIFFITHS	F.GRIFFITHS	G.LANGNER	G.LANGNER	G.LANGNER	G.LANGNER	A.HARGRAVE	A.HARGRAVE	H.EISENSCHMIDT
	COUNTRY	AUST.	AUST.	U.S.A.						
85	TIME	44.87(88)	1:43.03(88)	3:48.91(88)	8:14.50(88)	17:11.21(88)	33:08.54(88)	1:01.44(86)	2:27.13(86)	5:15.15(86)
89	NAME	G.LANGNER	G.LANGNER	G.LANGNER	G.LANGNER	G.LANGNER	G.LANGNER	T.CURETON	T.CURETON	T.CURETON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
90	TIME	59.88(84)	2:14.06(84)					2:16.90(82)	5:04.51(82)	
94	NAME	C.WHEELER	C.WHEELER					L.MAGENER	L.MAGENER	
	COUNTRY	U.S.A.	U.S.A.					U.S.A.	U.S.A.	

AGE	STROKE	BREASTSTROKE			BUTTERFLY			INDIVIDUAL MEDLEY	
		DIST.	50M.	100M.	200M.	50M.	100M.	200M.	200M.
25	TIME	29.88(86)	1:06.61(86)	2:26.73(87)	25.16(83)	56.34(84)	2:05.25(84)	2:09.21(87)	4:34.08(87)
29	NAME	R.HOFSTETTER	R.HOFSTETTER	T.LIGL	K.DEFOREST	M.BOTTOM	M.LUKASEK	C.REID	C.REID
	COUNTRY	U.S.A.	U.S.A.	FRG	M.BOTTOM	U.S.A.	CZECH	U.S.A.	U.S.A.
30	TIME	29.74(87)	1:06.87(87)	2:26.61(87)	25.31(88)	56.64(88)	2:07.71(87)	2:12.37(88)	4:43.93(88)
34	NAME	R.HOFSTETTER	B.HOWELL	B.HOWELL	M.BOTTOM	M.BOTTOM	J.BELARDI	M.SCHUMAN	P.KOLLRAS
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	CZECH.
35	TIME	31.52(87)	1:10.20(87)	2:35.66(87)	26.35(87)	58.59(83)	2:12.91(83)	2:20.37(87)	4:59.66(83)
39	NAME	C.MILTENBERGER	C.MILTENBERGER	G.HARRISON	P.MUNGER	F.SCHLICHER	F.SCHLICHER	J.MCCONICA	F.SCHLICHER
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
40	TIME	32.39(83)	1:11.58(83)	2:38.02(87)	27.56(83/88)	1:02.05(80)	2:23.05(88)	2:23.20(85)	5:08.30(85)
44	NAME	V.LUKEN	V.LUKEN	P.WISNER	K.LADWIG	S.MACRI	L.LARSON	B.GALLAS	T.GARTON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
45	TIME	33.10(86)	1:15.47(78)	2:50.44(88)	27.78(86)	1:05.01(88)	2:32.11(87)	2:25.46(88)	5:17.96(88)
49	NAME	Y.OOSAKI	M.SANGUILY	R.BOYD	R.TAKAMINE	T.GARTON	J.GEOGHEGAN	T.GARTON	T.GARTON
	COUNTRY	JAPAN	U.S.A.	U.S.A.	JAPAN	U.S.A.	U.S.A.	U.S.A.	U.S.A.
50	TIME	33.38(86)	1:15.60(83)	2:53.76(83)	28.90(87)	1:07.13(83)	2:33.79(83)	2:35.51(85)	5:41.04(85)
54	NAME	H.KOTEGAWA	M.SANGUILY	M.SANGUILY	R.PROEBSTING	W.YORZYK	W.YORZYK	B.JONES	B.JONES
	COUNTRY	JAPAN	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
55	TIME	34.20(88)	1:17.87(88)	2:58.83(88)	30.94(86)	1:12.19(88)	2:56.19(88)	2:44.00(87)	5:53.77(87)
59	NAME	J.KORTHEUER	J.KORTHEUER	M.SANGUILY	J.KORTHEUER	W.YORZYK	M.WERNER	G.JOHNSTON	G.JOHNSTON
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	FRG	U.S.A.	U.S.A.
60	TIME	37.61(87)	1:27.50(86)	3:14.50(88)	32.19(85)	1:17.39(88)	3:05.41(88)	2:55.70(88)	6:18.89(88)
64	NAME	J.KURTZMAN	P.POWLINSO	K.KNOPS	F.PIEMME	W.WILSON	C.MOSS	C.MOSS	C.MOSS
	COUNTRY	U.S.A.	U.S.A.	FRG	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
65	TIME	39.82(86)	1:31.07(85)	3:26.70(88)	33.34(87)	1:29.32(84)	3:34.69(84)	3:02.81(87)	6:50.63(84)
69	NAME	W.MINNICH	W.MINNICH	F.NAJERA	J.HALE	A.HOLDEN	B.DAVIDSON	P.POWLINSO	R.TAFT
	COUNTRY	FRG	FRG	MEXICO	ENGLAND	U.S.A.	U.S.A.	U.S.A.	U.S.A.
70	TIME	41.41(82)	1:33.20(84)	3:32.90(88)	37.96(82)	1:35.69(88)	3:38.48(87)	3:21.96(83)	7:16.35(88)
74	NAME	H.MIER	B.ALLEN	A.DA ROSA	H.MIER	D.JEFFREY	D.JEFFREY	K.LEMMON	A.DA ROSA
	COUNTRY	FRG	U.S.A.	U.S.A.	FRG	AUST.	AUST.	U.S.A.	U.S.A.
75	TIME	44.86(86)	1:39.69(87)	3:50.51(87)	41.25(87)	1:48.44(87)	4:04.13(87)	3:30.50(87)	7:48.38(87)
79	NAME	K.WITTENBERG	K.LEMMON	K.LEMMON	K.LEMMON	K.LEMMON	K.LEMMON	K.LEMMON	K.LEMMON
	COUNTRY	FRG	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.	U.S.A.
80	TIME	54.29(84)	2:04.84(84)	4:40.35(88)	53.20(88)	2:26.34(88)	5:14.40(88)	4:20.80(88)	9:47.72(88)
84	NAME	A.KALLUNKI	A.KALLUNKI	F.GRIFFITHS	J.PENFIELD	F.GRIFFITHS	F.GRIFFITHS	F.GRIFFITHS	F.GRIFFITHS
	COUNTRY	U.S.A.	U.S.A.	AUST.	U.S.A.	AUST.	AUST.	AUST.	AUST.
85	TIME	1:06.00(81)	2:36.03(88)	5:36.05(88)	1:33.56(86)			5:33.20(86)	
89	NAME	T.LANE	G.LANGNER	G.LANGNER	T.CURETON			T.CURETON	
	COUNTRY	U.S.A.	U.S.A.	U.S.A.	U.S.A.			U.S.A.	
90	TIME	2:12.09(82)	5:16.03(82)						
94	NAME	L.MAGENER	L.MAGENER						
	COUNTRY	U.S.A.	U.S.A.						

MASTERS WORLD SWIMMING RECORDS
RELAYS - LONG COURSE AT NOV. 1st. '88

AGE GROUP	SEX	FEMALE		MALE		MIXED	
		4 x 50 F/S	4 x 50 MED.	4 x 50 F/S	4 x 50 MED.	4 x 50 F/S	4 x 50 MED.
- 120	TIME	1.53.20	2.06.67	1.39.62	1.49.96	1.43.89	2.00.93
	CLUB	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	TEXAS AQUATICS U.S.A.
	YEAR	1988	1988	1988	1988	1988	1987
120+	TIME	1.53.05	2.08.21	1.37.43	1.50.51	1.44.83	1.58.03
	CLUB	LONE STAR U.S.A.	HOLMES U.S.A.	LONE STAR U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	D.C.MASTERS U.S.A.
	YEAR	1987	1988	1986	1988	1988	1985
160+	TIME	2.03.48	2.20.53	1.43.26	1.57.11	1.48.82	2.02.10
	CLUB	D.C.MASTERS U.S.A.	D.C.MASTERS U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.
	YEAR	1988	1988	1988	1988	1988	1988
200+	TIME	2.16.01	2.35.47	1.50.45	2.08.82	1.59.04	2.20.00
	CLUB	POWER POINTS AUST.	SOUTHERN CALIFORNIA U.S.A.	OLYMPIC CLUB U.S.A.	CONNECTICUT U.S.A.	D.C.MASTERS U.S.A.	OREGON U.S.A.
	YEAR	1986	1986	1986	1988	1987	1987
240+	TIME	2.28.24	2.51.82	1.58.63	2.21.34	2.09.67	2.29.30
	CLUB	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	HOLMES U.S.A.	NEW ENGLAND U.S.A.
	YEAR	1988	1988	1988	1988	1988	1988
280+	TIME	3.09.01	3.41.70	2.18.63	2.41.04	2.36.51	2.37.98
	CLUB	HOLMES U.S.A.	HOLMES U.S.A.	MIDDLE ATLANTIC U.S.A.	HOLMES U.S.A.	SAN MATEO U.S.A.	HOLMES U.S.A.
	YEAR	1988	1988	1986	1988	1988	1988

Gary Gazes Into the Future

by Gary Stusel OAM
President of Masters Swimming
International (MSI)

The II FINA/MSI World Masters Swimming Championship truly was awesome. Whilst the number of competitors (3800) was only 300 more than in Tokyo, the number of races (heats) swum almost doubled (1867 in Brisbane v 1040 in Tokyo) in spite of using 10 lanes instead of 8.

The huge increase in individual swims (15,000 v 8000 in Tokyo) brought some obvious problems, most notable being the Monday which started at 7.30am and finished 17.5 hours later.

The challenge now facing us is the future. We must always keep in mind our MSI motto "to promote Fitness, Friendship and Understanding through Swimming" and our philosophy that we are not elite swimmers, that Masters is for everyone. This being the case, rules and meet format may well need to be revised even before Rio which should attract 4500 to 5000

competitors. The real problem will be 1992, where with 40,000 plus registered swimmers we could attract 10,000.

Some obvious rule changes are
(a) introduction of the US no false start rule and
(b) all swimmers to step forward to the front of their blocks on command to mount the blocks

These changes would virtually eliminate time consuming false starts.

Format changes will also be needed. Kevin Kelly's Championship Committee will be looking at

(a) reversing the order so that it will be oldest to youngest - slowest to fastest.

(b) holding the 400m on a day by itself

(c) holding all relays on the one day

(d) women sharing with women and men with men in the 400m and 800m.

(e) grouping style events, sprint freestyles (50, 100, 200m) into 3 day periods with the relays between the two periods.

Many of our swimmers are tourists who want to have a good time and see as much as possible of the city/country they are visiting. We need to provide more entertainment and shopping access to overseas visitors, preferably at the pool so that the organisers can gain sponsorship benefits.

Ideally, we will programme for earlier finishing times each day so that low-key parties can be held (as in Toronto in 1985) to promote friendship and understanding.

Finally, I have heard many comments about "Tiger" Holmes Lumberjax. Whilst this type of quasi-national team will lead to the demise of the relays, I see potential good for the movement. Anyone who cares so much about our sport to invest so much in it needs only to be shown another way of channelling their energy.

SEE YOU AT THE PAN PACIFIC IN 1989!

GARY STUSEL

TRAINING TIPS - FIN-FLY

by Eric Snyder

Using fins for some of your butterfly training can bring stroke improvement, build leg strength, enable you to increase the amount of fly work in your training regimen, and introduce variety to your workouts.

As always, warm up thoroughly and take care to prevent injury! Some butterflyers have lower back or knee pain attributable to the whipping and undulating motion of the body through the stroke. If fly kicking without fins causes pain, then the same work with the fins is likely to hurt even more.

Fins will aid the development of correct stroke mechanics: Fly swimming makes some of us so tired, so fast, that we simply cannot concentrate on technique. Let the fins do the work for you while you focus on hand-entry, stroke pattern, and perfecting the timing of your breathing and kicking. Gentle one-arm fly is an effective way to self-coach (extend your unused arm to the front). As a drill or a warm-up, try a relaxed 200-300 yards, repeating a pattern of 3 right-arm strokes/3 left-arm strokes/3 full strokes.

"Speed-assisted Training": To increase their leg speed, track sprinters are towed or then run downhill. You will achieve the same effect by letting the fins propel you while you boost your stroke rate as high as possible (without sacrificing good mechanics or distance-per-stroke!). Try well-rested 25's, alternating 2 x 25 with fins, then 2 x 25 without the fins. The idea is to keep the stroke rate very high on the 25's swum without the fins.

Kicking with fins seems to increase desirable ankle flexibility and will build strength, particularly in the front of the thighs (the quadriceps muscles). You will maintain better body position and experience the resistance of the water appropriately if you don't use a kickboard (streamline your arms in front of you). Kick Fin-Fly 100's (or 75's) on an interval that permits you a work-to-rest ratio of about 6:1. Swim hard throughout the set, but apply maximum POWER on lap 3 (or lap 2 on 75's). Example: 5 x 100/1:45 --1:30 (100 yards repeated 5 times, leaving every 1:45, holding 1:30's for the set.)

Your Fin-Fly may permit you to keep up with the freestyle intervals of your teammates. (In lane circles, use one-arm technique to pass.) You may find that Fin-Fly is so easy and graceful (and aesthetically appealing) that you swim less and less butterfly without fins and don't apply what

you've felt and learned: Try to do at least an equal amount of the same drill or set after removing the fins, or alternate between swims with and without fins.

Finally, when you've become so weary that your butterfly falls apart, and you can't bring it back, you're practicing a whole 'nother stroke, and it's time to give the fly a rest until tomorrow.

#####

THE DILEMMA

by Ed Nessel

To laugh is to risk appearing a fool. To weep is to risk appearing sentimental. To reach out for another is to risk involvement. To expose feelings is to risk rejection. To place your dreams before the crowd is to risk ridicule. To go forward in the face of overwhelming odds is to risk failure. But risks must be taken because the greatest hazard in life is to risk nothing. The person who risks nothing does nothing. Has nothing. Is nothing. He may avoid suffering and sorrow, but he cannot learn, feel, change, grow or love. Chained by his certitudes, he is a slave. He has forfeited his freedom. Only a person who takes risks is free.

Ed has used "The Dilemma" and the words below as his credo for engaging in Masters Swimming and for seeking to push himself to new goals and challenges.

Youth is not a time of life, it is a state of mind, a product of the imagination, a vigor of the emotions, a predominance of courage over timidity--an appetite for adventure.

Nobody grows old by living a number of years. People grow old when they desert their ideals. Years wrinkle the skin, but to give up enthusiasm wrinkles the soul.

Worry, self-doubt, fear and anxiety--these are the culprits that bow the head and break the spirit.

Whether 16 or 70, there exists in the heart of every person who loves life, the thrill of a new challenge, the insatiable appetite for what is coming next. You are as young as your faith and as old as your doubts.

So long as your heart receives from your head, messages that reflect beauty, courage, joy and excitement, you are young. When your thinking becomes clouded with pessimism and prevents you from taking risks, then you are old--and may God have mercy on your soul.

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FINA/MSI 2nd WORLD CHAMPIONSHIPS - Had hoped to have the results by now but have not yet received my \$47.00 copy! Received a notice from the World Swim Secretary, Rhonda Searle, that the result books and outstanding medals would be posted early 1989. Hope to get them soon.....

WORLD MASTERS SWIMMING RECORDS - A clarification has been received by Gary Stutsel as to the requirement to qualify for a World Masters Swimming Record: "FINA Masters Rule MS8. Technical Swimming Rules - The swimming rules in Part III of this Handbook shall apply to Masters with the following exceptions..." - none of which refer to backstroke. MSI Technical Swimming Rules states: "1. Strokes, starts and turns shall be swum in accordance with the rules of FINA: SW6, SW8, SW9, SW2. The following exceptions shall obtain for Masters Competition:" but no further reference to backstroke. Clearly, FINA rules for backstroke starting, stroking and turning apply to International Masters competitions. "Whilst such changes cannot be enforced for US domestic competitions there is no doubt that their adoption by USMS is essential to the integrity of our World Records." May I (June Krauser, Rules Chairman) suggest, if you think you can break a World Record in backstroke for either 25 meter short course or long course, please use the FINA start (toes must be placed under the surface of the water - you cannot curl the toes over the lip of the gutter).....

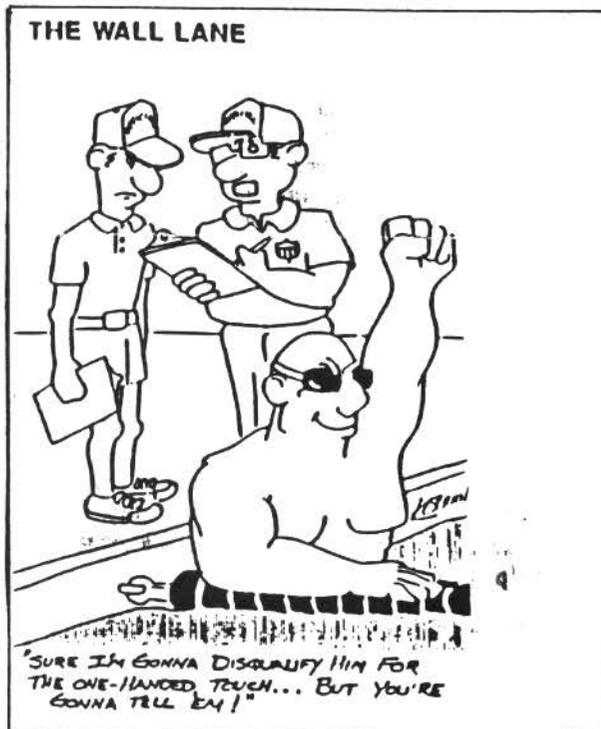
TOP TEN PATCHES - Harry Fox has turned over the

reins of Lake Erie Masters Swimming to Darlyne Ferguson as well as Top Ten Patches. So, if you wish to purchase any Top Ten Patches, please contact Darlyne at P.O. Box 8005, Canton, OH 44711..

CLARIFICATION OF REGISTRATION OF CLUBS AND INDIVIDUALS - Individual swimmers may register with any LMSC. Clubs must register in their geographic LMSC. This clarification comes from Jack Geoghegan, Legal Counsel for USMS.....

CARE OF YOUR SWIM SUIT - (from the PNA WET SET)
SUITS WITH LYCRA/SPANDEX: 1) Soak one hour in solution of cold salt water to set dye. (1 cup salt to sink). 2) Wash with mild soap. Rinse well after use. 3) Suits will deteriorate FAST in chlorinated pool, hot tub, etc. 4) Do not roll up suit in wet towel after use. 5) Competitors: do not wear Lycra suits all day at meets.
SUITS WITH 100% NYLON: 1) Soak overnight in white vinegar and water solution to set dye; 1st time only. (1 cup vinegar). 2) Wash with mild soap and rinse well after use. 3) These suits are excellent for water exercise, lap swimming, hot tubs, jacuzzis. 4) Do not put any swim suit in washer or dryer.....

DID YOU KNOW? - On May 18, 1956, Robin Moore set a new American record of :48.9 in the 100-yard freestyle. During 1986, 30 years later, more than 12 swimmers OVER 30 beat that time. The record for the 30-34 age group is :45.3 (Jim Montgomery, 30, 1985). Again in 1956, George Breen set a world record at New Haven of 18:05.9 in the 1500-meter freestyle. Breen's distance mark has fared no better than Moore's. The 30-34 men's record is almost a minute under Breen, and even the supposedly weaker set has beaten the mark (Susan Pamela, 34, 1986).....



Anderson, SC

SWIM-MASTER



June Krauser, Editor
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LIFETIME VIGOROUS SWIMMING FOR FUN, SPORT AND HEALTH

SWIM CALENDAR

VOL XVIII - No 2

FEB 1989

FEB 11	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
11	SC - City of No. Miami, 776 NE 125 St., North Miami, FL 33161 Attn: Ken Stephens
11	Mile Meet - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
11	SC - Ed Nessel, Farnwood Scotch Pines Y, 1340 Martine Av, Scotch Pines, NJ 07076
11	SC - Ray Brimhall, 15419 22 Ave. SW, Seattle, WA 98166
12	SC - C. T. Branin Natatorium, Canton, OH - Pieter Cath 216/248-8270
12	SC - Lorie Gibson-Rick, 79 Ridge Port Dr., Rochester, NY 14617
17-18	SC - Ken Hickey, 905 Muldoon Rd., A-35, Anchorage, Alaska 99504
17-19	SCM- Susan Van Royen, 1700 West Ivanhoe Blvd., Orlando, FL 32804
18	SC - Dick Fadgen, HPER, 630 Echles, Memphis, TN 38512
18	SC - Matt Preble, 5410 E 7th St., Tucson, AZ 85711
18	SC - Gordon Grey, P.O. Box 84, Keyport, WA 98345
18-19	SC - George Fisette, P.O. Box 1604, Charleston, SC 29402
25-26	SC - Maryland Masters
25-26	SC - George McVey, 477 Antlers Dr., Rochester, NY 14618
26	SC - Lucy Johnson, P.O. Box 3368, Long Beach, CA 90803
26	Pentathlon - SDI, 1135 Garnet-K, San Diego, CA 92109
MAR 5	SC - E. C. Morgan, 115 Pennsylvania Ave., Yardley, PA 19067
5	SC - Suzanne Rague, 263 West End Ave. #9C, New York, NY 10023
5	SC - Jerrienne Donnelly, 47 Avonwood Rd. #102, Avon, CT 06001
5	SCM- Carlsbad, CA
11	SC - Kent, OH - Pieter Cath 216/248-8270
11-12	SC - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
11-12	SC - Judy Meyer, 10333 Diego Dr. S., Boca Raton, FL 33428
11-12	SCM- OMS, P.O. Box 1033, Tualatin, OR 97062
12	SC - Alicia Coleman, 24 The Point, Coronado, CA 92118
12	SC - Pentathlon - Steve Schofield, 7914 Sadring, West Hills, CA 91304
12	SC - Dorothy Donnelly, Swim Center One, 97 Salmon Brook, Granby, CT 06035
17-19	SC - Adirondack Masters SC, 54 Point View Dr., East Greenbush, NY 12061
17-19	SC - Daniel Fisher, 6 Archdale Rd., Roslindale, MA 02131
18-19	SC - Lisa Watson, 2104 Howell Blvd., Duluth, GA 30136
25	SC - Don Van Rossen, 1608 Harbor Dr., Springfield, OR 97477
30-APR 2	SC-St. Petersburg, FL
APR 1	Pentathlon - Leo Letendre, 267 Alandore Dr., Manchester, MO 63021
1	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
1-2	SC - David Briggs, 181 Longleaf Dr., Spartanburg, SC 29302
1-2	SC - Dorothy Ressiguie, P.O. Box 7, Tar Heel, NC 28392
2	Pentathlon - SDI, 1135 Garnet-K, San Diego, CA 92109
8-9	SC - Cleveland State University, Cleveland, OH - Pieter Cath 216/248-8270
8-9	SC - Raleigh Area Masters Swim Team, P.O. Box 19845, Raleigh, NC 27619
8-9	SC - John Brucato, 213 Osceola Ave., Nashville, TN 37205
14-16	SC - Nancy Brown, 424 Riverside Dr., Pasadena, MD 21122
15-16-23	SC - Steve Schofield, 7914 Sadring, West Hills, CA 91304
28-May 1	YMCA NATIONALS, Gerald J. Meyer 216-651-8928 - Cleveland State University
29-30	SC - SE Regionals, John Brucato, 213 Osceola Ave., Nashville, TN 37205

