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AUSSI DEVONPORT

Masters Swimming for Fitness and Fun

President: Chris Holloway

Secretary: Carmel Whittle

MAY 1988 NEWSLETTER

ALL PREPARED FOR THE SEASON - BUT WHERE'S THE WETTEX?

THE DEVONPORT DEVILS

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AUSSI

DEVONPORT

Newsletter

Dear Members,
Since the last newsletter there has been quite a bit happening with a National Annual General Meeting in Adelaide, the Tasmanian State Branch Meeting and our own Club meeting. There are details of these meetings that we should all know about, so I will endeavour to cover the important details that affect our Club, as well a individuals,
Firstly, our State Branch is to put a proposal forward to the National Coundil in September this year to allow Tasmania to host the National Swim Meet either in 1991 or 92. This would mean an influx of between 400-600 swimmers from all over Australia similar to the Masters Games held in Devonport late last year. The swim meet would most likely be held in Devonport as we seem to have the most suitable venue at this stage, so it means a lot of planning for our Club as we will be asked by the State Branch to help organise details etc.

Insurance cover was placed on the agenda at the National Council Meeting and the cover provided by QBE for all members was discussed. Cover provided for all members was adequate, but a Public Liability and Personal Accident Policy similar to the QBE Policy was submitted by the NSW Branch for the Executive to investigate and is to take out the presented policy if it effects a better deal at the same price. If you wish to know more about these insurance policies, see Carmel or myself and we can either give you a copy or talk over the 'fine print'.

A new membership form will be produced by the National Executive with more details so our Club can inform you about insurance medical requirements plus other things, so we may require all present members to fill out a new membership form.

The Tasmanian Delegates were happy to see Anita Killmier elected as the National Coach and Fitness Director. Anita is also the Victorian Coach and Fitness Director as well as Power Points Coach and we will endeavour to get Anita over here to conduct a seminar. More details later as we progress towards this end.

As you know all the swims we did in Hobart for our State Championships were sent to NSW for the National Postal Swim and at the National Council Meeting the NSW delegates reported that they were concerned the entries were filled out incorrectly and incomplete as well as some people doing more than 5 swims. It was found that 1700 swimmers sent in cards and over 10,000 cards were received. It has taken some time to re-sort the cards so the results of the National Postal event for '88 will be late. Results will be published as soon as we receive them.

A 5 year Aerobic review was presented to the National Council Meeting by Judy Ford of the ACT Branch and in included in this newsletter. All the information, rules and point score system is included, but the biggest change from the last Aerobic Point score system is the age group and that is:- that it has been changed from a 10 year to a 5 year incrument. The times and point score has been adjusted so have a look at this and if you are unsure, please ask.

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THE DEVONPORT DEVILS

I must remind all Club members while we are on subject of aerobics that you have only 5 months to complete this years swims. The Aerobic year finishes on the 30th September each year, so if you wish to gain some poings for the club and improve your aerobic capacity, just ask and there will be someone only too happy to time your swims for you.

Our Chris Branson chaired the first Tas. State Branch Meeting at Ross.

The items that you may be interested in that were discussed at the meeting:-

* a proposal that our Club conduct a long distance swimming event at Lake Euganana,
* that our Club put forward a submission that the State also introduce an annual relay competition to be run in November. The Relay competition would be used to compete against the other clubs and to submit these swims to the Speedo Grand National Relay competition.

Our new State Secretary, Trish Beveridge, in conjunction with the State Branch will be preparing a questionnaire to be forwarded to all Tasmanian members for their viewpoint on various matters. If you have any matters you wish to change, ask, implement, re-introduce etc. I would ask you to let Carmel know so this questionnaire can be put together. Matters such as:- "Do we want medals for 1st, 2nd, 3rd in each age group/event men/women in future?" "How you would like the State Swims run?" Order of events?, relays?, more meetings? These issues can be Club, State or National, please put your ideas and thoughts together and let us know.

A tentative date has been set for the Winter Short Course Championships - 20/21 August, and this will be confirmed (hopefully) at the State Branch Meeting on Sunday 15th May. We have sponsorship for this event which will mean the State Branch can hire the pool for a longer period and swimmers will be able to rest between swims and relays. The swims will be held 3-6p.m. Saturday 20th August, 9-12midday Sunday 21st August. The programme will be discussed at the next Branch meeting. We will also enjoy swimming in warmer water as the Tas. Branch is to ask the Launceston Council to bump up the Temperature to 26^{o}.

Would you like to do some Royal Life Saving Awards?, if so there will be sessions each Saturday afternoon at the Ulverstone Pool commencing Saturday 14th May, 1988. Contact Chris Holloway for further details.

We have several videos of the Masters Games, Summer and Winter Championships available to any member who wishes to see themselves or other swimmers. They are available from the Secretary for members perusal.

The Club has been asked if we can assist with officials, time keepers etc during a State Special Olympics swimming carnival at the Ulverstone Pool on the 21st May. Can you help? If so let me know soon so I can pass on the message to the organisers.

To keep the Club financial, our committee decided to conduct several small raffles in an attempt to clear our Port left over from the Masters games, also we have quite a few 't' shirts still available, so we may raffle some of these as well. We would rather raffle the port on the 'outside' rather than keep draining members purses, so if you have a situation where you can sell tickets within a large employment area let us know and help your Club. These raffles will be short and sharp so keep your eyes open for them and give yourself a chance to pick up a few bargains. OUr first raffle run last Friday night which was our first Pub night was a bag of apples and was won by Heather Reid. Not bad for 25¢ eh Heather?

Don't forget our Pub night each month on the first Friday. Next one will be on the 3rd June, '88. It's a good night to meet members, relax and have a <u>few</u> drinks.

As promised our "60's" Night will be in Burnie on the 9th July, '88. A bus will pick up members from the Gateway along Steele Street from Fenton Street and through Don Road, Forth, Leith and Ulverstone along the highway. This is an excellent fundraiser for our Club, so make sure you can make it for a top night out. The last one we had was great - you only have to ask those who went. Cost will be $15 per head plus BYO grog. This covers food and bus ride and you will be dropped off at your front

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door after, so you and leave your car at home. Pick up time at the Gateway Hotel will be 6.45p.m.

A sub-committee was set up at our April Club meeting to seek ways of fund raising to off set registration and entry fees for the World Swimming Championshipss in Brisbane and the Central Australian Masters Games in Alice Springs in October '88. It has been estimated thet it will soct approximately $1,000 to cover costs for the 10 swimmers attending one or both of these swim meets.
The sub-committee is proposing a progressive dinner, which will be on Saturday 18th June. More details in our next newsletter as to where courses etc. will be.

I have inserted the rules of the Ulverstone Pool in this newsletter. We are not facing any difficulties with management or the Council, but I feel we should all know what is expected of us and this will ensure we are given a favourable hearing each year when hire times are submitted.

Our Coach and Fitness Director, Trish Beveridge is organising stroke correction each Sunday between 4-5.30p.m. for ½hr. This extra time has been acquired for swimming improvement sessions, so if this is what you would like, come along and make full use of Trish's experience as Coach. Our times at Ulverstone are being well attended but there is still room for more swimmers on Sunday.

The National Council have introduced a certificate which will be available from the State Secretary and is for any person who swims 25m or more of any stroke as an incentive for those who don't swim the 400m aerobic awards and apply and receive award patches. There is also an award patch for anyone who clocks up 1,000,000m. A recording card is available at the Ulverstone Pool, so if you wish to go for the million metres, you can record any swims either in training, aerobics or just swimming. It's up to you to record your distance accurately and keep swimming and recording.

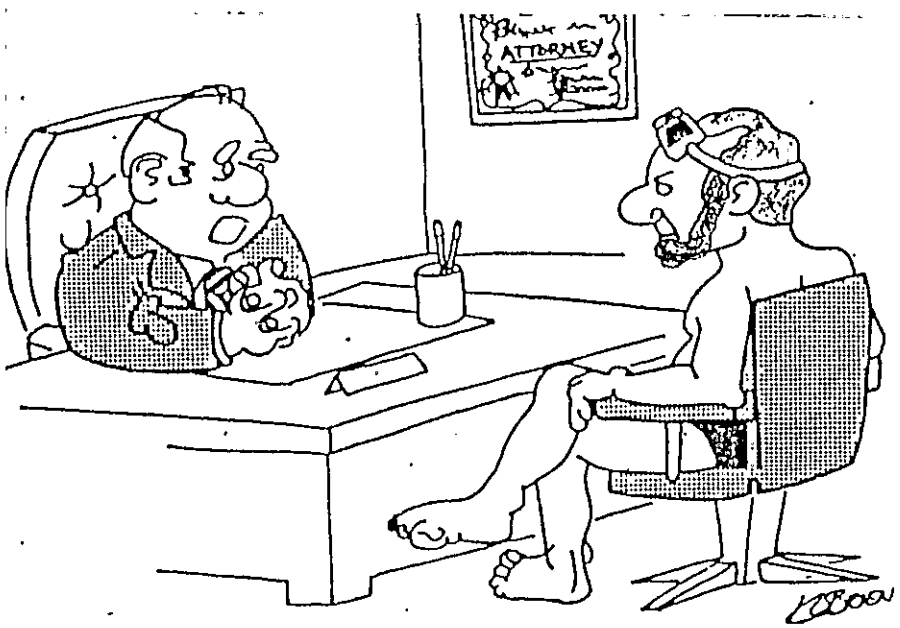
With the Winter Championships in August, it's about time we started thinking about some training sessions, so ww have been able to co-opt our Coach, Mr. Tony White to crack the whip again for us. So now is the time to build up your endurance and be determined to keep the Winter Championship Pennant secure in Devonport.

Our proposed trip to Savage River for a 'swim' and Pieman River cruise may have to wait until September because of our fundraising and swim championships, so we will keep this club activity open for the time being and will check out dates from time to time, so we don't get crowded with "do's"!!!!

See you at the pool.

Regards,

Chris,



"TO BE HONEST STEVEN, I'M NOT SURE YOUR WIFE BEATING YOU IN THE HUNDRED FREE IS SUFFICIENT GROUNDS FOR DIVORCE."

INTRODUCTION

The National Aerobic Trophy is offered as an alternative to competition, to encourage all swimmers to improve their fitness and endurance. Point scores and times have been supplied for all strokes and distances set down in the Rules for this Trophy.

Please ensure all Rules are complied with and all submissions are on the correct forms. Forms are available on request from your Branch Secretary. Clubs must send submissions to their Branch Recorder as soon after 30th September as possible. Some Branch Recorders request submissions at intervals during the year. Branches will be notified of the name and address of the National Aerobic Recorder and the final closing date for submissions for the National Aerobic Trophy each year.

The winner of the National Aerobic Trophy is the Club in Australia scoring the highest number of points gained by its members, after all the Rules are complied with. The National Aerobic Trophy is presented each year at the National Presentation Dinner.

National Award Badges are available for all Aerobic Trophy swims, after payment of the appropriate fee, provided the Rules of the Trophy are adhered to. The exception to this is the 1500m swim. (See Rule 10) Badges are available from your Branch, or if the Branch does not keep them, from the National Office.

The forms have been restyled for consistency and ease of computerization. Stocks of these will be available after re-printing. However, please continue to use the available forms.

Good luck with your endurance swimming. It is a great way to see your fitness and style improve.

Judy Ford

National Aerobic Recorder

First printed	1982
Reprinted	1983
Reprinted	1985
New Edition	1988

RATIONALE

Comparisons were made of the effects of age, stroke, sex, distance and category on the times recorded by our members. From this, a base value was determined for both men and women for the 400m freestyle. (The necessity for 5 year age groups soon became obvious.)

Four levels have been used in all events with the lowest being open ended. These were calculated by adding 30% to the base time to give top level points, 60% to give second level and 90% to give third level. This method has its drawbacks, but until such time as we have a computer whiz who can develop the necessary softward, we shall have to rely on our calculators.

One interesting point to note is the relative slowness of men's backstroke when compared to women's at any distance.

Pointscores for events have been altered, but the Review Committee decided not to place extra emphasis on butterfly and medley by allocating extra points. Hence, the same points are allocated for all 400m events and for all 800m events. Top level points now add to a maximum of 150.

Times for events are quite different for some age groups. Younger age groups will find their times faster or distances longer (1 hour swim), whereas times for older age groups have been relaxed. This is because all age groups now have to be within 30% of the base time to receive top points. Previously, younger age groups needed only to be within 50% and older age groups had as little as 10% leeway!!

As a result, at first glance times in older age groups seem very slow. However, there is still plenty of challenge for average competent swimmers and perhaps more of our older swimmers will be tempted to "have a go", and hence improve their fitness.

Double checks were done using 100m split times for each distance for a particular stroke to be certain that swimmers were not expected to swim faster in a 5000m than in a 3000m swim for example. All these figures are available at the Council meeting for anyone interested.

The Review Committee did not end up deciding what to do about longer distance events for older age groups. Each year more people are participating in the longer swims and it was felt that we would be in a better position in 5 years time, and be able to make a more informed decision.

Should this Review be accepted, we wish to make the following recommendations:

* The forms should be professionally designed and drafted so they are easily understood and logically set out.

* The booklets should be typed, printed and distributed prior to 30th September 1988.

* That a further Review should be undertaken after five full years of the new times, in the 1994-95 Aerobic year.

* That someone or a group be authorised to undertake the typing, printing, etc., of the new booklets.

NATIONAL AEROBIC TROPHY

AIM:

To promote aerobic fitness by providing an incentive (in the form of club points) for members to swim longer distances. In this way, due recognition will be given to the aerobic fitness aspect of swimming as points are awarded according to relative degrees of fitness.

INCENTIVE:

The incentive or credit for improving aerobic fitness by swimming distances is offered on two levels.

(i) INDIVIDUAL LEVEL where swimmers are encouraged to train for and attempt the existing AUSSI National Awards. i.e. 400m, 800m, 1500m, 3000m, 5000m and 1 Hour swim.

(ii) CLUB LEVEL. While members are improving their aerobic fitness by swimming longer distances, they can score points for their club.

SWIMMING ABILITY:

The pointscoring system assumes the person has an average level of swimming efficiency and technique. A person with poor technique may swim slower times than another for the same award, even though they may be of similar fitness. It may appear that such a person is disadvantaged by the points system, however:

(a) it is believed that this person will be the 'exception' rather than 'the rule'.

(b) credit is being given for swimming performance based on swimming fitness.

(c) we are a swimming association and one of our aims is to improve swimming ability.

Correct swimming strokes must be maintained throughout the swim and in all strokes, turns, touches and finishes. Clubs must disqualify swimmers who do not swim in accordance with AUSSI Rules in the same manner as in competition swim meets.

THE TROPHY WINNER:

A trophy shall be awarded each year to the club scoring the highest number of points gained by its members swimming the awards using the following pointscoring tables and complying with the conditions set out in this document for each award.

POINTSCORING TABLES:

The point system allocates points for swims based on the time taken to cover the distance. As a person's level of fitness improves then his/her time for this distance should decrease. Also as fitness increases, a person is able to put in more effort to achieve these faster times. Points are allocated on the amount of effort expended to swim these times.

Note again that a person's style of swimming must not be grossly inefficient.

It is recognised that aerobic fitness decreases with age, (not necessarily due to lack of training), therefore, these tables allow for that decrease.

It is also recognised that women have a lower aerobic power due to many factors other than training, and an allowance for this has also been made.

The 400m and 800m swims, in comparison with the other swims, should really score less points. However, as they have to be swum five (5) times, this score has been arrived at.

NOTES FOR RECORDERS:

1. Please make sure all entries are complete and on the official forms before sending them to the Branch Recorder.

2. Mark whether the entries are for the National Aerobic Trophy only, or for a National Award Badge as well.

3. If a badge is required, please include the appropriate fee.

4. Please ensure the average time for the five 400m and 800m swims is filled in on the forms.

5. If a swimmer intends to attempt more than one award swim on the same day, to avoid disqualification please note start time of each swim on the form.

6. All forms are requested in Club order,
in Alphabetical order;
in Swim order according to the Pointscore booklet.

7. Please send all individual forms and Summary Sheets to your Branch Recorder by 14th November.

8. Branch Recorders to forward Summary Sheets, after checking to the National Aerobic Recorder by 14th December.

NATIONAL AEROBIC TROPHY RULES

RULES OF AUSSI

These Rules are binding on all Branches and all affiliated Clubs. They may be altered and added to only by the National Council.

1. Only registered AUSSI members are eligible to gain points for their club.

2. Points for the Aerobic Trophy will be scored between 1st October of one year and 30th September of the following year.

3. Award attempts must be:

(a) recorded on the official recording form (including the information summare of name, age, sex, club, registration number, average time, etc.)

(b) organised by the Club, not individuals.

(c) have at least ONE (1) club official (a committee member or a person nominated as an official) present to certify correctness of timekeeping and verify awards.

4. Submission of award and points forms:

(a) Forms must be submitted to Branch Recorders as directed. The Branch Recorder, after processing relevant details, will forward forms to the National Aerobic Recorder when requested.

(b) If a National Award Badge is required, the submission must be accompanied by the appropriate fee and fulfil all relevant Rules.

5. To allow a swimmer to gain maximum fitness and maximum points, attempts are to be swum individually and not collectively. If a swimmer nominated for a distance and does not make that distance, then credit is given for the lesser distance successfully completed.

6. All distances must be swum in a pool/swimming area where the distance between laps is no shorter than 25 metres.

7. For the number of times that awards can be swum in the year October 1 to September 30, please see the Conditions for each award. If a swimmer improves his/her time for an award during the year so mentioned, further submissions may be forwarded to the Recorder, but only the fastest submission will be accepted for point allocation.

8. If a swimmer changes into another age grouping during the 400m and 800m attempts, the age is that at three of the swims.

9. All distances must be completed in the times set out in the points charts for each award.

10 Conditions for Awards. Only swimmers who comply with the following Conditions for each award will score points for their Club.

11 If a swimmer transfers between clubs during an aerobic year, the points accumulated from all completed events remain with the former club.

(Note: even if four swims have been attempted in a 400m or 800m event, it is still deemed to be incomplete.)

CONDITIONS FOR AWARDS POINTS ALLOCATION

400m and 800m

1. The time taken is the AVERAGE of five (5) swims and this average time must be entered on the form. Points are allocated according to sex, age, stroke and average time swum.

2. There must be five (5) NON-STOP SWIMS. Each of these must be swum in a DIFFERENT month of the specified year.

3. The award can be swum only ONCE in each of the FOUR STROKES plus a MEDLEY in any year. e.g. a maximum of five 400m and five 800m swims.

4. 100m split times are to be entered on the forms.

1500m

1. The swim must be NON-STOP and points are allocated according to sex, age, stroke and time swum.

   To qualify for the National Award Badge for 1500m the time swum also has to equal, or be less than, 50 times the swimmers best 50m time for that stroke in that year. Hence, forms should be submitted to Branch Recorders as close to September 30 as possible so that the final 50m time for the season is known.

2. The award can be swum only ONCE in each of the three strokes: freestyle, backstroke and breaststroke.

3. 100m split times are to be entered on the forms.

3000m and 5000m

1. These distances must be swum in accurately measured pools.

2. The distance must be covered NON-STOP.

3. The award can be swum only ONCE in each of the three strokes: freestyle, backstroke and breaststroke.

4. 100m split times are to be entered on the forms.

1 HOUR SWIM

1. The time set is 1 Hour.

2. The distance credited is to the nearest 50m completed. (i.e. it is rounded down to the nearest 50m).

3. The objerct is to cover as much distance as possible by swimming NON-STOP for the hour.

4. Entries must be on the official form andmay be swum at any time during the specified year.

5. The award can be swum only ONCE in each of the three strokes: freestyle, backstroke and breaststroke.

6 100m split times are to be entered on the forms.

WOMEN 400 m

Age group	Freestyle	Backstroke	Breaststroke	Points	Butterfly	I.M.	Points
20-24	< 6.22	< 7.55	< 8.17	4	< 9.02	< 7.51	4
	6.22 – 7.50	7.35 – 9.20	8.17 – 10.11	3	9.02 – 11.07	7.51 – 9.39	3
	7.51 – 9.19	9.21 – 11.05	10.12 – 12.06	2	11.08 – 13.12	9.40 – 11.25	2
	9.20 +	11.06 +	12.07 +	1	13.13 +	11.29 +	1
25-29	< 6.27	< 7.42	< 8.35	4	< 9.10	< 7.57	4
	6.27 – 7.57	7.42 – 9.28	8.35 – 10.31	3	9.10 – 11.17	7.57 – 9.47	3
	7.58 – 9.26	9.29 – 11.15	10.35 – 12.32	2	11.18 – 13.24	9.48 – 11.37	2
	9.27 +	11.16 +	12.33 +	1	13.25 +	11.38 +	1
30-34	< 6.35	< 7.51	< 8.45	4	< 9.22	< 8.06	4
	6.35 – 8.06	7.51 – 9.39	8.45 – 10.36	3	9.22 – 11.31	8.06 – 9.55	3
	8.07 – 9.38	9.40 – 11.28	10.37 – 12.48	2	11.32 – 13.41	9.56 – 11.51	2
	9.39 +	11.29 +	12.49 +	1	13.42 +	11.52 +	1
35-39	< 6.50	< 8.05	< 9.05	4	< 9.41	< 8.23	4
	6.50 – 8.24	8.05 – 10.03	9.05 – 11.10	3	9.41 – 11.55	8.23 – 10.19	3
	8.25 – 9.59	10.04 – 11.53	11.11 – 13.16	2	11.56 – 14.09	10.20 – 12.15	2
	10.00 +	11.54 +	13.17 +	1	14.10 +	12.16 +	1
40-44	< 7.03	< 8.23	< 9.22	4	< 10.01	< 8.40	4
	7.03 – 8.40	8.23 – 10.19	9.22 – 11.31	3	10.01 – 12.19	8.40 – 10.40	3
	8.41 – 10.18	10.20 – 12.15	11.32 – 13.41	2	12.20 – 14.38	10.41 – 12.40	2
	10.19 +	12.16 +	13.42 +	1	14.39 +	12.41 +	1
45-49	< 7.25	< 8.49	< 9.52	4	< 10.32	< 9.07	4
	7.25 – 9.07	8.49 – 10.51	9.52 – 12.05	3	10.32 – 12.55	9.07 – 11.14	3
	9.08 – 10.50	10.52 – 12.53	12.06 – 14.25	2	12.56 – 15.23	11.15 – 13.20	2
	10.51 +	12.54 +	14.26 +	1	15.24 +	13.21 +	1
50-54	< 7.52	< 9.22	< 10.29	4	< 11.10	< 9.40	4
	7.52 – 9.41	9.22 – 11.31	10.29 – 12.52	3	11.10 – 13.44	9.40 – 11.54	3
	9.42 – 11.30	11.32 – 13.41	12.53 – 15.18	2	13.45 – 16.19	11.55 – 14.09	2
	11.31 +	13.42 +	15.19 +	1	16.20 +	14.05 +	1
55-59	< 8.18	< 9.53	< 11.02	4	< 11.47	< 10.12	4
	8.18 – 10.13	9.53 – 12.10	11.03 – 13.37	3	11.47 – 14.30	10.12 – 12.34	3
	10.14 – 12.03	12.11 – 14.26	13.38 – 16.07	2	14.31 – 17.14	12.35 – 14.55	2
	12.04 +	14.27 +	16.08 +	1	17.15 +	14.56 +	1
60-64	< 8.44	< 10.29	< 11.43	4	< 12.31	< 10.51	4
	8.44 – 10.51	10.29 – 12.54	11.43 – 14.26	3	12.31 – 15.25	10.51 – 13.22	3
	10.52 – 12.53	12.55 – 15.20	14.27 – 17.05	2	15.26 – 18.18	13.23 – 15.52	2
	12.54 +	15.21 +	17.07 +	1	18.19 +	15.53 +	1
65-69	< 9.13	< 10.58	< 12.15	4	< 13.05	< 11.20	4
	9.13 – 11.15	10.58 – 13.23	12.15 – 14.55	3	13.05 – 15.59	11.20 – 13.51	3
	11.16 – 13.17	13.24 – 15.49	14.57 – 17.40	2	16.00 – 18.52	13.52 – 16.21	2
	13.18 +	15.50 +	17.41 +	1	18.53 +	16.22 +	1
70-74	< 9.51	< 11.43	< 13.06	4	< 13.59	< 12.07	4
	9.51 – 11.53	11.43 – 14.05	13.06 – 15.49	3	13.59 – 16.53	12.07 – 14.38	3
	11.54 – 13.55	14.09 – 16.34	15.49 – 18.31	2	16.53 – 19.46	14.39 – 16.55	2
	13.56 +	16.35 +	18.32 +	1	19.47 +	16.56 +	1
75 +	< 10.35	< 12.35	< 14.04	4	< 15.01	< 13.01	4
	10.35 – 12.37	12.35 – 15.00	14.04 – 16.43	3	15.01 – 17.55	13.01 – 15.32	3
	12.38 – 14.39	15.01 – 17.26	16.44 – 19.29	2	17.56 – 20.48	15.33 – 18.02	2
	14.40 +	17.27 +	19.30 +	1	20.49 +	18.03 +	1

MEN 400 m

Age group	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.	Points
20-24	< 5.32	< 7.04	< 7.21	< 7.51	< 6.48	4
	5.32 – 6.48	7.04 – 8.42	7.21 – 9.02	7.51 – 9.39	6.49 – 8.22	3
	6.49 – 8.05	8.43 – 10.19	9.03 – 10.44	9.40 – 11.25	8.23 – 9.57	2
	8.06 +	10.20 +	10.45 +	11.29 +	9.58 +	1
25-29	< 5.35	< 7.09	< 7.26	< 7.56	< 6.52	4
	5.35 – 6.53	7.09 – 8.48	7.26 – 9.09	7.56 – 9.46	6.52 – 8.27	3
	6.54 – 8.10	8.49 – 10.27	9.10 – 10.52	9.47 – 11.35	8.28 – 10.02	2
	8.11 +	10.28 +	10.53 +	11.36 +	10.03 +	1
30-34	< 5.42	< 7.18	< 7.35	< 8.05	< 7.00	4
	5.42 – 7.01	7.18 – 8.59	7.35 – 9.20	8.05 – 9.57	7.00 – 8.37	3
	7.02 – 8.20	9.00 – 10.32	9.21 – 11.05	9.58 – 11.49	8.38 – 10.14	2
	8.21 +	10.33 +	11.06 +	11.50 +	10.15 +	1
35-39	< 5.54	< 7.32	< 7.51	< 8.22	< 7.16	4
	5.54 – 7.15	7.32 – 9.17	7.51 – 9.39	8.22 – 10.18	7.16 – 8.56	3
	7.16 – 8.37	9.18 – 11.01	9.40 – 11.25	10.19 – 12.13	8.57 – 10.37	2
	8.38 +	11.02 +	11.29 +	12.14 +	10.38 +	1
40-44	< 6.05	< 7.48	< 8.06	< 8.39	< 7.30	4
	6.05 – 7.30	7.48 – 9.36	8.06 – 9.58	8.39 – 10.38	7.30 – 9.14	3
	7.31 – 8.54	9.37 – 11.24	9.59 – 11.51	10.39 – 12.36	9.15 – 10.57	2
	8.55 +	11.25 +	11.52 +	12.37 +	10.58 +	1
45-49	< 6.25	< 8.13	< 8.32	< 9.06	< 7.53	4
	6.25 – 7.54	8.13 – 10.06	8.32 – 10.30	9.06 – 11.12	7.53 – 9.42	3
	7.55 – 9.22	10.07 – 12.00	10.31 – 12.29	11.13 – 13.18	9.43 – 11.32	2
	9.23 +	12.01 +	12.30 +	13.19 +	11.33 +	1
50-54	< 6.48	< 8.43	< 9.03	< 9.40	< 8.22	4
	6.48 – 8.22	8.43 – 10.43	9.03 – 11.09	9.40 – 11.51	8.22 – 10.18	3
	8.23 – 9.57	10.44 – 12.44	11.10 – 13.14	11.52 – 14.07	10.19 – 12.13	2
	9.58 +	12.45 +	13.15 +	14.08 +	12.14 +	1
55-59	< 7.12	< 9.12	< 9.35	< 10.12	< 8.50	4
	7.12 – 8.51	9.12 – 11.20	9.35 – 11.43	10.12 – 12.31	8.50 – 10.53	3
	8.52 – 10.31	11.21 – 13.25	11.44 – 14.00	12.32 – 14.55	10.54 – 12.55	2
	10.32 +	13.26 +	14.01 +	14.56 +	12.56 +	1
60-64	< 7.35	< 9.46	< 10.02	< 10.50	< 9.23	4
	7.35 – 9.23	9.46 – 12.02	10.03 – 12.29	10.50 – 13.20	9.23 – 11.33	3
	9.24 – 11.09	12.03 – 14.17	12.30 – 14.49	13.21 – 15.50	11.34 – 13.43	2
	11.10 +	14.18 +	14.50 +	15.51 +	13.44 +	1
65-69	< 7.59	< 10.12	< 10.36	< 11.20	< 9.49	4
	7.59 – 9.44	10.12 – 12.28	10.36 – 12.57	11.20 – 13.50	9.49 – 11.59	3
	9.45 – 11.30	12.29 – 14.43	12.58 – 15.17	13.51 – 16.26	12.00 – 14.09	2
	11.31 +	14.44 +	15.18 +	16.27 +	14.10 +	1
70-74	< 8.32	< 10.55	< 11.20	< 12.07	< 10.29	4
	8.32 – 10.17	10.55 – 13.11	11.20 – 13.41	12.07 – 14.37	10.29 – 12.39	3
	10.18 – 12.03	13.12 – 15.26	13.42 – 16.01	14.38 – 17.07	12.40 – 14.49	2
	12.04 +	15.27 +	16.02 +	17.08 +	14.50 +	1
75+	< 9.10	< 11.43	< 12.11	< 13.00	< 11.16	4
	9.10 – 10.55	11.43 – 13.59	12.11 – 14.32	13.00 – 15.30	11.16 – 13.26	3
	10.56 – 12.41	14.00 – 16.14	14.33 – 16.52	15.31 – 18.00	13.27 – 15.34	2
	12.42 +	16.15 +	16.53 +	18.01 +	15.35 +	1

800m WOMEN

Age Group	Freestyle	Backstroke	Breaststroke	Butterfly	I M	Points
20-24	<13.42	<16.05	<17.33	<19.09	<17.25	5
	13.42 – 16.51	16.05 – 19.47	17.33 – 21.36	19.09 – 23.34	17.25 – 21.26	3
	16.52 – 20.01	19.48 – 23.30	21.37 – 25.39	23.35 – 28.00	21.27 – 25.28	2
	20.02 +	23.31 +	25.40 +	28.01 +	25.29 +	1
25-29	<13.53	<16.19	<18.12	<19.26	<17.40	5
	13.53 – 17.06	16.19 – 20.05	18.12 – 22.24	19.26 – 23.55	17.40 – 21.44	3
	17.07 – 20.18	20.06 – 23.51	22.25 – 26.36	23.56 – 28.24	21.45 – 25.49	2
	20.19 +	23.52 +	26.37 +	28.25 +	25.50 +	1
30-34	<14.10	<16.37	<18.33	<19.51	<17.59	5
	14.10 – 17.26	16.37 – 20.27	18.33 – 22.50	19.51 – 24.26	17.59 – 22.08	3
	17.27 – 20.43	20.28 – 24.17	22.51 – 27.06	24.27 – 29.00	22.09 – 26.17	2
	20.44 +	24.18 +	27.07 +	29.01 +	26.18 +	1
35-39	<14.40	<17.14	<19.14	<20.32	<18.37	5
	14.40 – 18.03	17.14 – 21.12	19.14 – 23.41	20.32 – 25.17	18.37 – 22.54	3
	18.04 – 20.26	21.13 – 25.11	23.42 – 28.07	25.18 – 30.01	22.55 – 27.12	2
	20.27 +	25.12 +	28.08 +	30.02 +	27.13 +	1
40-44	<15.09	<17.46	<19.51	<21.13	<19.14	5
	15.09 – 18.35	17.46 – 21.42	19.51 – 24.26	21.13 – 26.06	19.14 – 23.41	3
	18.39 – 22.05	21.43 – 25.58	24.27 – 29.00	26.07 – 31.00	23.42 – 28.07	2
	22.09 +	25.59 +	29.01 +	31.01 +	28.08 +	1
45-49	<15.56	<18.42	<20.55	<22.19	<20.16	5
	15.56 – 19.36	18.42 – 23.01	20.55 – 25.44	22.19 – 27.28	20.16 – 24.56	3
	19.37 – 23.17	23.02 – 27.20	25.45 – 30.34	27.29 – 32.37	24.57 – 29.37	2
	23.18 +	27.21 +	30.35 +	32.38 +	29.38 +	1
50-54	<16.51	<19.51	<22.11	<23.40	<21.27	5
	16.51 – 20.45	19.51 – 24.26	22.11 – 27.19	23.40 – 29.07	21.27 – 26.27	3
	20.46 – 24.40	24.27 – 29.00	27.19 – 32.26	29.08 – 34.35	26.28 – 31.21	2
	24.41 +	29.01 +	32.27 +	34.36 +	31.22 +	1
55-59	<17.50	<20.57	<23.23	<24.59	<22.40	5
	17.50 – 21.57	20.57 – 25.37	23.23 – 28.04	24.59 – 30.49	22.40 – 27.54	3
	21.58 – 26.04	25.38 – 30.17	28.05 – 34.10	30.50 – 36.31	27.55 – 33.07	2
	26.05 +	30.18 +	34.11 +	36.32 +	33.08 +	1
60-64	<18.58	<22.14	<24.51	<26.33	<24.06	5
	18.58 – 23.20	22.14 – 27.32	24.51 – 30.35	26.33 – 32.40	24.06 – 29.39	3
	23.21 – 27.43	27.33 – 32.29	30.36 – 36.19	32.41 – 38.48	29.40 – 35.13	2
	27.44 +	32.30 +	36.20 +	38.49 +	35.14 +	1
65-69	<19.56	<23.10	<25.59	<27.45	<25.11	5
	19.56 – 24.12	23.10 – 28.24	25.59 – 31.43	27.45 – 33.52	25.11 – 30.44	3
	24.13 – 28.28	28.25 – 33.31	31.44 – 37.27	33.53 – 40.00	30.45 – 36.18	2
	28.29 +	33.32 +	37.28 +	40.01 +	36.19 +	1
70-74	<21.11	<24.51	<27.47	<29.40	<26.55	5
	21.11 – 25.33	24.51 – 29.59	27.47 – 33.31	29.40 – 35.47	26.55 – 32.25	3
	25.34 – 29.56	30.00 – 35.06	33.32 – 39.15	35.48 – 41.55	32.29 – 38.02	2
	29.57 +	35.07 +	39.16 +	41.56 +	38.03 +	1
75+	<22.46	<26.41	<29.50	<31.51	<28.55	5
	22.46 – 27.08	26.41 – 31.49	29.50 – 35.34	31.51 – 37.58	28.55 – 34.28	3
	27.09 – 31.31	31.50 – 36.56	35.35 – 41.18	37.59 – 44.06	34.29 – 40.02	2
	31.32 +	36.57 +	41.19 +	44.07 +	40.03 +	1

800m MEN

Age Group	Freestyle	Backstroke	Breaststroke	Butterfly	I.M.	Points
20-24	<11.52	<14.58	<15.35	<16.39	<15.06	5
	11.52 – 14.37	14.58 – 18.26	15.35 – 19.10	16.39 – 20.27	15.06 – 18.35	3
	14.38 – 17.21	18.27 – 21.53	19.11 – 22.46	20.28 – 24.17	18.36 – 22.04	2
	17.22 +	21.54 +	22.47 +	24.18 +	22.05 +	1
25-29	<12.01	<15.10	<15.45	<16.49	<15.15	5
	12.01 – 14.48	15.10 – 18.40	15.45 – 19.23	16.49 – 20.42	15.15 – 18.46	3
	14.49 – 17.35	18.41 – 22.10	19.24 – 23.01	20.43 – 24.34	18.47 – 22.18	2
	17.36 +	22.11 +	23.02 +	24.35 +	22.19 +	1
30-34	<12.15	<15.28	<16.05	<17.02	<15.32	5
	12.15 – 15.04	15.28 – 19.02	16.05 – 19.47	17.02 – 21.06	15.32 – 19.07	3
	15.05 – 17.54	19.03 – 22.37	19.48 – 23.30	21.07 – 25.03	19.08 – 22.42	2
	17.55 +	22.38 +	23.31 +	25.04 +	22.43 +	1
35-39	<12.41	<15.59	<16.37	<17.43	<16.07	5
	12.41 – 15.36	15.59 – 19.41	16.37 – 20.27	17.43 – 21.49	16.07 – 19.50	3
	15.37 – 18.32	19.42 – 23.22	20.28 – 24.17	21.50 – 25.54	19.51 – 23.34	2
	18.33 +	23.23 +	24.18 +	25.55 +	23.35 +	1
40-44	<13.05	<16.32	<17.11	<18.20	<16.38	5
	13.05 – 16.66	16.32 – 20.21	17.11 – 21.09	18.20 – 22.34	16.38 – 20.29	3
	16.67 – 19.59	20.22 – 24.10	21.10 – 25.09	22.35 – 26.47	20.30 – 24.19	2
	19.59 +	24.11 +	25.08 +	26.48 +	24.20 +	1
45-49	<13.47	<17.24	<19.06	<19.17	<17.30	5
	13.47 – 16.55	17.24 – 21.25	19.06 – 22.16	19.17 – 23.44	17.30 – 21.33	3
	16.56 – 20.05	21.26 – 25.26	22.17 – 26.24	23.45 – 28.11	21.34 – 25.35	2
	20.06 +	25.27 +	26.25 +	28.12 +	25.36 +	1
50-54	<14.38	<15.25	<19.12	<20.29	<18.34	5
	14.38 – 18.00	15.25 – 22.42	19.12 – 23.38	20.29 – 25.12	18.34 – 22.51	3
	18.01 – 21.20	22.43 – 26.59	23.39 – 28.03	25.13 – 29.56	22.52 – 27.08	2
	21.20 +	27.00 +	28.04 +	29.57 +	27.09 +	1
55-59	<15.25	<19.31	<20.18	<21.39	<19.55	5
	15.25 – 19.02	19.31 – 24.02	20.18 – 24.59	21.39 – 26.38	19.38 – 24.10	3
	19.03 – 22.39	24.03 – 28.32	25.00 – 29.40	26.39 – 31.38	24.11 – 28.41	2
	22.35 +	28.33 +	29.41 +	31.39 +	28.42 +	1
60-64	<16.26	<20.43	<21.36	<22.58	<20.49	5
	16.26 – 20.11	20.43 – 25.31	21.36 – 26.27	22.58 – 29.16	20.49 – 25.38	3
	20.12 – 23.58	25.32 – 30.16	26.28 – 31.25	29.17 – 33.34	25.39 – 30.26	2
	23.59 +	30.17 +	31.26 +	33.35 +	30.27 +	1
65-69	<17.09	<21.38	<22.29	<24.02	<21.47	5
	17.09 – 20.56	21.38 – 26.25	22.29 – 27.26	24.02 – 29.20	21.47 – 26.36	3
	20.57 – 24.43	26.26 – 31.11	27.27 – 32.24	29.21 – 34.38	26.37 – 31.24	2
	24.44 +	31.12 +	32.25 +	34.39 +	31.25 +	1
70-74	<18.20	<23.09	<24.03	<25.41	<23.16	5
	18.20 – 22.07	23.09 – 27.56	24.03 – 29.00	25.41 – 30.59	23.16 – 28.05	3
	22.08 – 25.54	27.57 – 32.42	29.01 – 33.58	31.00 – 36.17	28.06 – 32.53	2
	25.55 +	32.43 +	33.59 +	36.18 +	32.54 +	1
75+	<19.42	<24.51	<25.51	<27.34	<25.00	5
	19.42 – 23.29	24.51 – 29.35	25.51 – 30.48	27.34 – 32.52	25.00 – 29.49	3
	23.30 – 27.16	29.36 – 34.24	30.49 – 35.46	32.53 – 38.10	29.50 – 34.37	2
	27.17 +	34.25 +	35.47 +	38.11 +	34.38 +	1

WOMEN 1500m

Age Group	Freestyle	Backstroke	Breaststroke	Points
20-24	<26.26	<31.29	<33.56	7
	26.26 – 32.32	31.29 – 38.45	33.56 – 41.46	5
	32.33 – 38.38	38.46 – 46.01	41.47 – 49.35	3
	38.39 +	46.02 +	49.36 +	2
25-29	<26.48	<31.55	<35.11	7
	26.48 – 32.59	31.55 – 39.17	35.11 – 43.18	5
	33.00 – 39.10	39.18 – 46.39	43.19 – 51.26	3
	39.11 +	46.40 +	51.27 +	2
30-34	<27.21	<32.33	<35.53	7
	27.21 – 33.39	32.33 – 40.03	35.53 – 44.10	5
	33.40 – 39.58	40.04 – 47.34	44.11 – 52.27	3
	39.59 +	47.35 +	52.28 +	2
35-39	<28.19	<33.43	<37.13	7
	28.19 – 34.51	33.43 – 41.30	37.13 – 45.49	5
	34.52 – 41.23	41.31 – 49.16	45.50 – 54.24	3
	41.24 +	49.17 +	54.25 +	2
40-44	<29.14	<34.48	<38.22	7
	29.14 – 35.58	34.48 – 42.50	38.22 – 47.14	5
	35.59 – 42.43	42.51 – 50.51	47.15 – 56.05	3
	42.44 +	50.52 +	56.06 +	2
45-49	<30.45	<36.36	<40.26	7
	30.45 – 37.50	36.36 – 45.02	40.26 – 49.46	5
	37.51 – 44.56	45.03 – 53.29	49.47 – 59.05	3
	44.57 +	53.30 +	59.06 +	2
50-54	<32.38	<38.51	<42.54	7
	32.38 – 40.10	38.51 – 47.49	42.54 – 52.48	5
	40.11 – 47.41	47.50 – 56.47	52.49 – 62.42	3
	47.42 +	56.48 +	62.43 +	2
55-59	<34.26	<41.00	<45.13	7
	34.26 – 42.22	41.00 – 50.27	45.13 – 55.39	5
	42.23 – 50.19	50.28 – 59.55	55.40 – 66.05	3
	50.20 +	59.56 +	66.06 +	2
60-64	<36.36	<43.32	<48.03	7
	36.36 – 45.02	43.32 – 53.34	48.03 – 59.09	5
	45.03 – 53.29	53.35 – 63.37	59.10 – 70.14	3
	53.30 +	63.38 +	70.15 +	2
65-69	<38.16	<45.32	<50.14	7
	38.16 – 46.42	45.32 – 55.34	50.14 – 61.20	5
	46.43 – 55.09	55.35 – 65.37	61.21 – 72.25	3
	55.10 +	65.38 +	72.26 +	2
70-74	<40.53	<48.39	<53.43	7
	40.53 – 49.19	48.39 – 58.41	53.43 – 64.49	5
	49.20 – 57.46	58.42 – 68.44	64.50 – 75.54	3
	57.47 +	68.45 +	75.55 +	2
75-79	<43.56	<52.15	<57.40	7
	43.56 – 52.22	52.15 – 62.17	57.40 – 68.46	5
	52.23 – 60.49	62.18 – 72.20	68.47 – 79.51	3
	60.50 +	72.21 +	79.52 +	2

MEN 1500m

Age Group	Freestyle	Backstroke	Breaststroke	Points
20-24	<22.55	<29.19	<30.29	7
	22.55 – 28.13	29.19 – 36.05	30.29 – 37.31	5
	28.14 – 33.30	36.06 – 42.51	37.32 – 44.33	3
	33.31 +	42.52 +	44.34 +	2
25-29	<23.12	<29.41	<30.50	7
	23.12 – 28.34	29.41 – 36.32	30.50 – 37.57	5
	28.35 – 33.55	36.33 – 43.23	37.58 – 45.04	3
	33.56 +	43.24 +	45.05 +	2
30-34	<23.38	<30.19	<31.29	7
	23.38 – 29.06	30.19 – 37.18	31.29 – 38.45	5
	29.07 – 34.33	37.19 – 44.18	38.46 – 46.01	3
	34.34 +	44.19 +	46.02 +	2
35-39	<24.28	<31.17	<32.33	7
	24.28 – 30.06	31.17 – 38.30	32.33 – 40.03	5
	30.07 – 35.45	38.31 – 45.44	40.04 – 47.34	3
	35.46 +	45.45 +	47.35 +	2
40-44	<25.16	<32.22	<33.38	7
	25.16 – 31.06	32.22 – 39.50	33.38 – 41.23	5
	31.07 – 36.55	39.51 – 47.19	41.24 – 49.09	3
	36.56 +	47.20 +	49.10 +	2
45-49	<26.36	<34.05	<35.26	7
	26.36 – 32.45	34.05 – 41.57	35.26 – 43.36	5
	32.46 – 38.53	41.58 – 49.49	43.37 – 51.47	3
	38.54 +	49.50 +	51.48 +	2
50-54	<28.14	<36.05	<37.36	7
	28.14 – 34.45	36.05 – 44.29	37.36 – 46.16	5
	34.46 – 41.16	44.30 – 52.49	46.17 – 54.57	3
	41.17 +	52.50 +	54.58 +	2
55-59	<29.51	<38.13	<39.44	7
	29.51 – 36.45	38.13 – 47.02	39.44 – 48.54	5
	36.46 – 43.38	47.03 – 55.52	48.55 – 58.05	3
	43.39 +	55.53 +	58.06 +	2
60-64	<31.39	<40.34	<42.05	7
	31.39 – 38.58	40.34 – 49.55	42.05 – 51.47	5
	38.59 – 46.16	49.56 – 59.17	51.48 – 61.30	3
	46.17 +	59.18 +	61.31 +	2
65-69	<33.06	<42.22	<44.01	7
	33.06 – 40.25	42.22 – 51.43	44.01 – 53.43	5
	40.26 – 47.43	51.44 – 61.05	53.44 – 63.26	3
	47.44 +	61.06 +	63.27 +	2
70-74	<35.23	<45.20	<47.04	7
	35.23 – 42.42	45.20 – 54.41	47.04 – 56.46	5
	42.43 – 50.00	54.42 – 64.03	56.47 – 66.29	3
	50.01 +	64.04 +	66.30 +	2
75+	<38.01	<48.39	<50.36	7
	38.01 – 45.20	48.39 – 58.00	50.36 – 60.18	5
	45.21 – 52.38	58.01 – 67.22	60.19 – 70.01	3
	52.39 +	67.23 +	70.02 +	2

WOMEN 3000m

Age group	Freestyle	Backstroke	Breaststroke	Points
20-24	<57.20	<64.58	<69.52	9
	57.20 – 70.34	64.58 – 79.57	69.52 – 86.00	7
	70.35 – 83.47	79.58 – 94.56	86.01 – 102.08	5
	83.48 +	94.57 +	102.09 +	3
25-29	<58.07	<65.50	<72.22	9
	58.07 – 71.31	65.50 – 81.01	72.22 – 89.04	7
	71.32 – 84.56	81.02 – 96.12	89.05 – 105.46	5
	84.57 +	96.13 +	105.47 +	3
30-34	<59.17	<67.26	<73.46	9
	59.17 – 72.58	67.26 – 82.35	73.46 – 90.48	7
	72.59 – 86.38	82.36 – 98.04	90.49 – 107.50	5
	86.39 +	98.05 +	107.51 +	3
35-39	<61.26	<69.26	<76.26	9
	61.26 – 75.36	69.26 – 85.28	76.26 – 94.05	7
	75.37 – 89.47	85.29 – 101.30	94.06 – 111.43	5
	89.48 +	101.31 +	111.44 +	3
40-44	<63.23	<71.36	<78.44	9
	63.23 – 78.00	71.36 – 88.08	78.44 – 96.54	7
	78.01 – 92.38	88.09 – 104.40	96.55 – 115.05	5
	92.39 +	104.41 +	115.06 +	3
45-49	<66.41	<75.12	<82.52	9
	66.41 – 82.05	75.12 – 92.34	82.52 – 102.00	7
	82.06 – 97.28	92.35 – 109.55	102.01 – 121.08	5
	97.29 +	109.56 +	121.09 +	3
50-54	<70.47	<79.42	<87.45	9
	70.47 – 87.07	79.42 – 98.05	87.45 – 108.03	7
	87.08 – 103.27	98.06 – 116.28	108.04 – 128.19	5
	103.28 +	116.29 +	128.20 +	3
55-59	<74.41	<84.00	<92.26	9
	74.41 – 91.55	84.00 – 103.23	92.26 – 113.46	7
	91.56 – 109.09	103.24 – 122.46	113.47 – 135.05	5
	109.10 +	122.47 +	135.06 +	3
60-64	<79.22	<88.53	<98.06	9
	79.22 – 97.41	88.53 – 109.23	98.06 – 120.45	7
	97.41 – 116.00	109.24 – 129.54	120.46 – 143.23	5
	116.01 +	129.55 +	143.24 +	3
65-69	<82.58	<92.45	<102.28	9
	82.58 – 101.17	92.45 – 113.15	102.28 – 125.07	7
	101.18 – 119.36	113.16 – 133.46	125.08 – 147.45	5
	119.37 +	133.47 +	147.46 +	3
70-74	<88.40	<98.41	<109.26	9
	88.40 – 106.59	98.41 – 119.11	109.26 – 132.05	7
	107.00 – 125.18	119.12 – 139.42	132.06 – 154.43	5
	125.19 +	139.43 +	154.44 +	3
75+	<95.16	<105.34	<117.20	9
	95.16 – 113.35	105.34 – 126.04	117.20 – 139.59	7
	113.36 – 131.54	126.05 – 146.35	140.00 – 162.37	5
	131.55 +	146.36 +	162.38 +	3

MEN 3000m

Age group	Freestyle	Backstroke	Breaststroke	Points
20-24	<50.17	<60.32	<62.56	9
	50.17 – 61.54	60.32 – 74.37	62.56 – 77.30	7
	61.55 – 73.30	74.38 – 88.36	77.31 – 92.01	5
	73.31 +	88.37 +	92.02 +	3
25-29	<50.52	<61.22	<63.40	9
	50.52 – 62.37	61.22 – 75.31	63.40 – 78.21	7
	62.38 – 74.21	75.32 – 89.41	78.22 – 93.02	5
	74.22 +	89.42 +	93.03 +	3
30-34	<51.51	<62.35	<64.58	9
	51.51 – 63.49	62.38 – 77.06	64.58 – 79.57	7
	63.50 – 75.47	77.07 – 91.33	79.58 – 94.56	5
	75.48 +	91.34 +	94.57 +	3
35-39	<53.35	<64.34	<67.06	9
	53.38 – 66.00	64.34 – 79.28	67.06 – 82.35	7
	66.01 – 78.23	79.29 – 94.22	82.36 – 98.04	5
	78.24 +	94.23 +	98.05 +	3
40-44	<55.24	<66.44	<69.16	9
	55.24 – 68.11	66.44 – 82.08	69.16 – 85.15	7
	68.12 – 80.58	82.09 – 97.32	85.16 – 101.14	5
	80.59 +	97.33 +	101.15 +	3
45-49	<58.22	<70.14	<72.52	9
	58.22 – 71.50	70.14 – 86.21	72.52 – 89.41	7
	71.51 – 85.19	86.21 – 102.32	89.42 – 106.30	5
	85.20 +	102.33 +	106.31 +	3
50-54	<61.54	<74.16	<77.12	9
	61.54 – 76.11	74.16 – 91.25	77.12 – 95.01	7
	76.12 – 90.28	91.26 – 109.33	95.02 – 112.50	5
	90.29 +	109.34 +	112.51 +	3
55-59	<65.27	<75.26	<81.25	9
	65.27 – 80.34	75.26 – 96.32	81.26 – 100.16	7
	80.35 – 95.40	96.33 – 114.33	100.17 – 119.04	5
	95.41 +	114.34 +	119.05 +	3
60-64	<69.24	<83.08	<86.10	9
	69.24 – 85.25	83.08 – 102.19	86.10 – 106.03	7
	85.26 – 101.26	102.20 – 121.30	106.04 – 125.56	5
	101.27 +	121.31 +	125.57 +	3
65-69	<72.35	<96.44	<90.02	9
	72.35 – 88.36	96.44 – 105.55	90.02 – 109.55	7
	88.37 – 104.37	105.56 – 125.06	109.56 – 129.48	5
	104.38 +	125.07 +	129.49 +	3
70-74	<77.36	<91.40	<96.08	9
	77.36 – 93.37	91.40 – 110.51	96.08 – 116.01	7
	93.38 – 109.38	110.52 – 130.02	116.02 – 135.54	5
	109.39 +	130.03 +	135.55 +	3
75+	<83.21	<99.18	<103.12	9
	83.21 – 99.22	99.18 – 118.29	103.12 – 123.05	7
	99.23 – 115.23	118.30 – 137.40	123.06 – 142.55	5
	115.24 +	137.41 +	142.59 +	3

WOMEN 5000m

Age Group	Freestyle	Backstroke	Breaststroke	Points
20-24	<93.64	<110.50	<115.57	10
	93.64 – 120.42	110.50 – 136.24	115.57 – 146.24	8
	120.43 – 143.19	136.25 – 161.59	146.25 – 173.51	6
	143.20 +	162.00 +	173.52 +	4
25-29	<99.22	<112.30	<123.07	10
	99.22 – 122.18	112.30 – 135.27	123.07 – 151.31	8
	122.19 – 145.13	136.28 – 164.25	151.32 – 179.56	6
	145.14 +	164.26 +	179.57 +	4
30-34	<101.19	<114.10	<125.27	10
	101.19 – 124.42	114.10 – 140.30	125.27 – 154.24	8
	124.43 – 148.04	140.31 – 166.51	154.25 – 183.21	6
	148.05 +	166.52 +	183.22 +	4
35-39	<104.54	<118.20	<129.54	10
	104.54 – 129.07	118.20 – 145.39	129.54 – 159.52	8
	129.08 – 153.20	145.40 – 172.58	159.53 – 189.51	6
	153.21 +	172.59 +	189.52 +	4
40-44	<108.09	<120.50	<133.44	10
	108.09 – 133.07	120.50 – 148.43	133.44 – 164.35	8
	133.08 – 158.05	148.44 – 176.36	164.36 – 195.27	6
	158.06 +	176.37 +	195.28 +	4
45-49	<113.39	<127.30	<140.37	10
	113.39 – 139.52	127.30 – 156.56	140.37 – 173.04	8
	139.53 – 166.06	156.57 – 186.22	173.05 – 205.31	6
	166.07 +	186.23 +	205.32 +	4
50-54	<120.29	<135.00	<145.50	10
	120.29 – 148.18	135.00 – 166.10	145.50 – 183.10	8
	148.19 – 176.06	166.11 – 197.19	183.11 – 217.31	6
	176.07 +	197.20 +	217.32 +	4
55-59	<126.59	<142.30	<156.34	10
	126.59 – 156.15	142.30 – 175.23	156.34 – 192.42	8
	156.14 – 185.36	175.24 – 208.14	192.43 – 225.49	6
	185.37 +	208.15 +	225.50 +	4
60-64	<134.47	<150.50	<166.00	10
	134.47 – 165.54	150.50 – 185.39	166.00 – 204.19	8
	165.55 – 197.00	185.40 – 220.28	204.20 – 242.35	6
	197.01 +	220.29 +	242.36 +	4
65-69	<140.47	<156.40	<173.17	10
	140.47 – 173.17	156.40 – 192.50	173.17 – 213.17	8
	173.18 – 205.46	192.51 – 228.59	213.18 – 253.16	6
	205.47 +	229.00 +	253.17 +	4
70-74	<150.17	<166.40	<184.54	10
	150.17 – 184.58	166.40 – 205.07	184.54 – 227.34	8
	184.59 – 219.38	205.08 – 243.35	227.35 – 270.15	6
	219.39 +	243.36 +	270.16 +	4
75+	<161.17	<179.20	<195.04	10
	161.17 – 195.30	179.20 – 219.30	195.04 – 243.47	8
	195.31 – 235.44	219.31 – 260.39	243.48 – 289.30	6
	235.45 +	260.40 +	289.31 +	4

MEN 5000m

Age Group	Freestyle	Backstroke	Breaststroke	Points
20-24	<86.19	<103.20	<107.27	10
	86.19 – 106.14	103.20 – 127.10	107.27 – 132.14	8
	106.15 – 126.10	127.11 – 151.01	132.15 – 157.02	6
	126.11 +	151.02 +	157.03 +	4
25-29	<87.17	<105.00	<108.37	10
	87.17 – 107.25	105.00 – 129.14	108.37 – 133.41	8
	107.26 – 127.33	129.15 – 153.27	133.42 – 158.45	6
	127.34 +	153.28 +	158.46 +	4
30-34	<88.55	<106.40	<110.47	10
	88.55 – 109.26	106.40 – 131.17	110.47 – 136.21	8
	109.27 – 129.58	131.18 – 155.54	136.22 – 161.55	6
	129.59 +	155.55 +	161.56 +	4
35-39	<91.54	<110.00	<114.20	10
	91.54 – 113.07	110.00 – 135.23	114.20 – 140.43	8
	113.08 – 134.20	135.24 – 160.46	140.44 – 167.06	6
	134.21 +	160.47 +	167.07 +	4
40-44	<94.50	<113.20	<117.57	10
	94.50 – 116.43	113.20 – 139.30	117.57 – 145.10	8
	116.44 – 138.36	139.31 – 165.39	145.11 – 172.24	6
	138.37 +	165.40 +	172.25 +	4
45-49	<99.47	<119.10	<123.57	10
	99.47 – 122.48	119.10 – 146.40	123.57 – 152.34	8
	122.49 – 145.50	146.41 – 174.10	152.35 – 181.10	6
	145.51 +	174.11 +	181.11 +	4
50-54	<105.40	<125.50	<131.10	10
	105.40 – 130.03	125.50 – 154.53	131.10 – 161.26	8
	130.04 – 154.26	154.54 – 183.55	161.27 – 191.43	6
	154.27 +	183.56 +	191.44 +	4
55-59	<111.35	<132.30	<135.17	10
	111.35 – 137.20	132.30 – 163.04	135.17 – 170.11	8
	137.21 – 163.05	163.05 – 193.39	170.12 – 202.06	6
	163.06 +	193.40 +	202.07 +	4
60-64	<118.10	<140.50	<146.07	10
	118.10 – 145.26	140.50 – 173.20	146.07 – 179.50	8
	145.27 – 172.43	173.21 – 205.50	179.51 – 213.34	6
	172.44 +	205.51 +	213.35 +	4
65-69	<123.29	<146.40	<152.34	10
	123.29 – 151.58	146.40 – 180.30	152.34 – 187.47	8
	151.59 – 180.28	180.31 – 214.21	187.48 – 223.00	6
	180.29 +	214.22 +	223.01 +	4
70-74	<130.50	<152.30	<162.44	10
	130.50 – 162.16	152.30 – 187.41	162.44 – 200.18	8
	162.17 – 192.42	187.42 – 222.52	200.19 – 237.51	6
	192.43 +	222.53 +	237.52 +	4
75+	<141.25	<167.30	<174.30	10
	141.25 – 174.03	167.30 – 206.10	174.30 – 214.46	8
	174.04 – 206.41	206.11 – 244.49	214.47 – 255.03	6
	206.42 +	244.50 +	255.04 +	4

WOMEN 1 HOUR SWIM

Age Group	Freestyle (m)	Backstroke (m)	Breaststroke (m)	Points
20-24	<2100	<1800	<1700	3
	2100 – 2550	1800 – 2200	1700 – 2050	5
	2600 – 3100	2250 – 2700	2100 – 2500	7
	3150 +	2750 +	2550 +	9
25-29	<2050	<1750	<1650	3
	2050 – 2500	1750 – 2150	1650 – 2000	5
	2550 – 3050	2200 – 2650	2050 – 2400	7
	3100 +	2700 +	2450 +	9
30-34	<2000	<1700	<1600	3
	2000 – 2400	1700 – 2100	1600 – 1950	5
	2450 – 2950	2150 – 2600	2000 – 2350	7
	3000 +	2650 +	2400 +	9
35-39	<1900	<1650	<1550	3
	1900 – 2350	1650 – 2050	1550 – 1900	5
	2400 – 2850	2100 – 2500	1950 – 2300	7
	2900 +	2550 +	2350 +	9
40-44	<1850	<1600	<1500	3
	1850 – 2250	1600 – 2000	1500 – 1800	5
	2300 – 2750	2050 – 2450	1850 – 2200	7
	2800 +	2500 +	2350 +	9
45-49	<1800	<1550	<1400	3
	1800 – 2150	1550 – 1900	1400 – 1700	5
	2200 – 2650	1950 – 2350	1750 – 2100	7
	2700 +	2400 +	2150 +	9
50-54	<1700	<1500	<1350	3
	1700 – 2000	1500 – 1800	1350 – 1600	5
	2050 – 2450	1850 – 2200	1650 – 1950	7
	2500 +	2250 +	2000 +	9
55-59	<1600	<1400	<1250	3
	1600 – 1900	1400 – 1650	1250 – 1500	5
	1950 – 2350	1700 – 2050	1550 – 1850	7
	2400 +	2100 +	1900 +	9
60-64	<1500	<1300	<1200	3
	1500 – 1800	1300 – 1600	1200 – 1400	5
	1850 – 2200	1650 – 1950	1450 – 1750	7
	2350 +	2000 +	1800 +	9
65-69	<1400	<1250	<1100	3
	1400 – 1700	1250 – 1500	1100 – 1350	5
	1750 – 2100	1550 – 1850	1400 – 1650	7
	2150 +	1900 +	1700 +	9
70-74	<1300	<1200	<1050	3
	1300 – 1600	1200 – 1400	1050 – 1250	5
	1650 – 1950	1450 – 1750	1300 – 1550	7
	2000 +	1800 +	1600 +	9
75+	<1200	<1100	<1000	3
	1200 – 1450	1100 – 1350	1000 – 1150	5
	1500 – 1800	1400 – 1650	1200 – 1450	7
	1850 +	1700 +	1500 +	9

MEN 1 HOUR SWIM

Age Group	Freestyle	Backstroke	Breaststroke	Points
20-24	<2350	<1950	<1900	3
	2350 – 2950	1950 – 2350	1900 – 2300	5
	3000 – 3500	2400 – 2900	2350 – 2800	7
	3550 +	2950 +	2850 +	9
25-29	<2350	<1900	<1850	3
	2350 – 2850	1900 – 2300	1850 – 2250	5
	2900 – 3450	2350 – 2850	2300 – 2750	7
	3500 +	2900 +	2800 +	9
30-34	<2300	<1850	<1800	3
	2300 – 2800	1850 – 2250	1800 – 2200	5
	2850 – 3400	2300 – 2800	2250 – 2700	7
	3450 +	2850 +	2750 +	9
35-39	<2200	<1800	<1750	3
	2200 – 2700	1800 – 2200	1750 – 2150	5
	2750 – 3300	2250 – 2700	2200 – 2600	7
	3350 +	2750 +	2650 +	9
40-44	<2100	<1750	<1700	3
	2100 – 2600	1750 – 2150	1700 – 2050	5
	2650 – 3150	2200 – 2650	2100 – 2500	7
	3200 +	2700 +	2550 +	9
45-49	<2000	<1700	<1600	3
	2000 – 2450	1700 – 2050	1600 – 1950	5
	2500 – 3000	2100 – 2500	2000 – 2400	7
	3050 +	2550 +	2450 +	9
50-54	<1900	<1600	<1500	3
	1900 – 2350	1600 – 1900	1500 – 1850	5
	2400 – 2850	1950 – 2350	1900 – 2250	7
	2900 +	2400 +	2300 +	9
55-59	<1800	<1500	<1450	3
	1800 – 2150	1500 – 1800	1450 – 1750	5
	2200 – 2650	1850 – 2200	1800 – 2150	7
	2700 +	2250 +	2200 +	9
60-64	<1700	<1400	<1350	3
	1700 – 2050	1400 – 1700	1350 – 1650	5
	2100 – 2500	1750 – 2100	1700 – 2000	7
	2550 +	2150 +	2050 +	9
65-69	<1600	<1350	<1300	3
	1600 – 1950	1350 – 1650	1300 – 1550	5
	2000 – 2400	1700 – 2000	1600 – 1900	7
	2450 +	2050 +	1950 +	9
70-74	<1500	<1250	<1200	3
	1500 – 1850	1250 – 1500	1200 – 1450	5
	1900 – 2250	1550 – 1850	1500 – 1800	7
	2300 +	1900 +	1850 +	9
75+	<1400	<1200	<1100	3
	1400 – 1700	1200 – 1400	1100 – 1350	5
	1750 – 2100	1450 – 1750	1400 – 1650	7
	2150 +	1800 +	1700 +	9

AUSSI DEVONPOR

Masters Swimming for Fitness and Fun

President: Chris Holloway

Secretary: Carmel Whittle

JANUARY 1988 NEWSLETTER

AQUATHON - 26th January AUSTRALIA DAY at the Henley on the Mersey. At least 14 people are needed to officiate at this event. Please help if you can. Entry forms available from Mark Flanagan. Meeting for those people who can officiate at Mark's residence, 17 Fordham Drive on Thursday 21st January at 8p.m. Phone 24 3001 if you can help on the day, but are unable to make the meeting. The event consists of a 600m swim followed by a 3K run.

OCEANIA MASTERS ONEHOUR SWIM - POSTAL NEW ZEALAND MASTERS
The object of the event is to determine who can swim the greatest distance in one hour. Entry fee of $3 per swimmer. This swim may be used as an aerobic swim. Our Club will conduct this event on Sunday 31st January, at the Devonport Pool commencing at 9a.m. Check AUSSI notice board at Pool for more details.

SUMMER CHAMPIONSHIPS - CLARENCE POOL 26th/27th MARCH
Accommodation has been pencilled in at the Motel Jason for Saturday night for Club members in the form of 5 self-contained units. Please add your name to the appropriate sheet on the notice board at the pool prior to the 20th February if you require accommodation. Programme for championships as well as entry closing date will be displayed on notice board as soon as they are available.

MASTERS GAMES PORT
We still have about 50 bottles of Port left to sell, so please give us a hand to unload these.

TIME TRIALS WITH DCASC
These to commence soon. WAtch notice board for details.

WORLD MASTERS SWIM '88 BRISBANE
Entry forms are now available from me. Cost of accommodation is varied. You will have to decide if you wish to participate in the 2nd WorldFINA/MSI Championships. Jetset tours have package deals available and are listed in the WMS brochure, however these are limited. Return Apex airfares to Brisbane, staying 7 nights is $398. (Prices are bound to increase)

CENTRAL AUSTRALIAN MASTERS GAMES
These Games are to be held in Alice Springs. Return Apex airfares to Alice staying 7 nights is $473. We are investigating accommodation with Alice Aussi and will let you know details later. If you are interested in attending both the World Ch'ships and the Central Australian Games, an airfare of

PTO

$600 will enable you to fly to Brisbane, Alice and Devonport. All airfares quoted are subject to any increase and a likely fee would be approximately 10-12%. If you are interested in this deal, I can give you more details. The swimming section of the CAMG commences 3 days after the Brisbane swim finishes.
We must know very soon if you are interested in any of these swims as accommodation will be a big problem if left too late.
If you wish to travel and make your own arrangements, we can give you more information, but as you may be aware, staying as a group will cost a lot less.

MILLION METER BADGES
These are available from the State Branch. To qualify for this award swimmers must log on a recording card distances swum when training competing or just social swimming. There is no time limit on how long it takes to complete the distance, i.e. the award may take more than one season. If anyone is interested, let me know and I will endeavour to get recording cards for you.

REGISTRATION
The new financial year commenced on the 1st January so MEMBERSHIP FEES ARE NOW DUE! Fee is the same as last year $20, so that's very reasonable. Remember, if you intend entering the Summer Championships in March, then you must be registered at least two weeks prior to the Championships.

Next meeting will be held on Wednesday 3rd February, '88 at 2/125 James Street, Devonport at 8 p.m. See you there.

Darnel.

Ulverstone Branch

AUSSI DEVONPORT

Masters Swimming for Fitness and Fun

President: Chris Holloway Secretary: Carmel Whittle

FEBRUARY 1988 NEWSLETTER

Hello again,

Now that the Christmas, New Year and holiday activities are over and we settle into another year, there are a few important points to convey to all members. Membership and registration fees are due from the 1st January each year and as the Summer Swimming Championships fall close to this date, it is important that these fees are paid promptly, so that there are no hassles..

Your Club has one meeting each month, the first Wednesday each month at 8pm and shortly after the meeting we hope to produce these newsletters to inform you of forthcoming activities etc. During the summer months newsletters will be available from the Secretary, 2/125 James Street, D'port, or at the kiosk at the Devonport Olympic Pool for all D'port members. We will post out newsletters to members in the Latrobe, Sheffield, Ulverstone, Penguin and Burnie areas and during the winter months, these newsletters will be available from the Ulverstone pool only. There will be no post outs during the winter months.

SUMMER CHAMPIONSHIPS

As you are aware we hold the trophy and I'm sure we all would like to retain it so we need all the swimmers we can get and that means paying your membership fees of $20.00, filling out your race cards and having them placed with our Club Recorder on or before the 28th February at the Pool or at Helen Myers residence, 171 Madden St. D'port. Once your cards are placed with the club, they must be forwarded to the Meet Director in Launceston before the 4th March, and sent back to the State Recorder to be checked and set for our programme. So if you intend swimming in Hobart you can see why we are anxious about entering your cards early. Cards are available from kiosk at Pool. Cost of entering the State Swim is $5.oo plus $2.00 per event. Total swims for individuals is 5 and all cards are forwarded to Sydney for the Postal '88 Bicentennial National Club Swim.
Accommodation information, programme of events are on our notice board at the Pool.

WORLD MASTERS SWIM '88 - CENTRAL AUSTRALIAN MASTERS GAMES

Some details were in your last newsletter, but time is marching on and its time some decisions were made. A meeting has been set for all those still thinking about these two swims to commit themselves so arrangements can be made. There will be a meeting at 2/125 James St. D'port at 8pm on Wednesday 9th March.

TIME TRIALS WITH DCASC 12th February, '88 6pm
These time trials have been arranged for us all to get some competition swims in before our Ch'ships.

THE DEVONPORT DEVILS

Cost is $1.00 for 3 swims, everybody is welcome.

...2/

TRANS MERSEY SWIM - APEX REGATTA 7TH MARCH '88

Following discussions with the Regatta C'tee and the DSLSC, it has been agreed to allow a change in age grouping from the past of U/14, U/16 and Open to a more favourable and fairer grouping of U/14, U/16, U/20, 20-29, 30-39, 40+ for both men and women. As we have initiated this change to bring adult swimming and our Club into focus more with the public, it would be great to see it supported by as many AUSSI swimmers as possible. There is no entry fee and can be entered on the day with Mr. Phil Spicer at the ground.

SOCIAL FUNCTIONS AND GET TOGETHERS

During the summer months our Club does not have as many social activities as the winter months seems to hold, so we are trying to put together an Almanac of events so that these 'do's' can be part of your year's activities. Until such times as this can be planned we will rely on this newsletter for information.

You will all remember the bus trip to Burnie, and Frank Webb's generosity..... well, its on again, only this time it'll be a 60's nite, music and dress. More details later.

The Presentation luncheon on Sunday 27th March after the Ch'ships will be at a cost of $20.00 per head (and body) approx. (at this stage childrens cost are not known, but we'll let you know. I may be correct in saying that baby sitters will be available) Medals and Trophy will be presented to all recipients at this function. Venue unknown.

David Yeomans has kindly invited AUSSI members and friends to a BYO (food & drink) poolside BBQ on Saturday 12th March, '88 from 4pm. Bring your bathers and towel and give David and Elizabeth's new pool a try out. Thank you David and Elizabeth.

AQUATHON

Has been swum, run and won. Congratulations to Mark Flanagan for an excellent event which netted our Club over $150.00 profit. This event will be run again next year, so keep the date open so you can have a go as an individual or in a team. Thanks also must go to the helpers on the day from Mark and Chris. Thank you all.

AEROBIC YEAR 1ST OCTOBER '87 - 30TH SEPTEMBER '88

Is also underway. There may be some changes to the format this year, as yet we have not heard exactly, but will let you know as soon as we know. Remember our Club is the top Aerobic Club in Tassie, so keep swimming for us and yourselves.

WINTER SWIMMING '88 ULVERSTONE POOL

Will commence immediately after Easter, we have the 8-9pm Friday time slot, but we are negotiating with the Ulverstone Council and the UASC for Monday and Wednesday nights. We had hoped to have Monday 8-9pm and Wednesday 6-7.30pm (an extra ½ hr) but as yet cannot confirm the days or times. We will let you know in next months newsletter.

Regular Sunday morning swimming and 6-8am weekday mornings. Try to get to the pool on Sunday mornings even if you don't swim, to have a yarn etc. and remember the Club has hired a lane for the season and is available for all. Now is a good time to start your Championship training.

GOSSIP

Birthday people for February '88. Happy birthday from all your mates. David Yeomans 3rd, Chris Holloway 16th, Graeme Jones 18th, Ian Roberts 20th, Lynne thow 27th, Stephen Foster 7th and congratulations to Stephen recently wedded to Dana. Missed out on the Masters Games, Stephen said 'What a shame"!!!

Did you hear about the RACT man who locked his keys in his own van? WHO DOES HE CALL????

Regards

Leonard.

State Branch

AUSSI DEVONPORT

Masters Swimming for Fitness and Fun

President: Chris Holloway

Secretary: Carmel Whittle

MARCH 1988 NEWSLETTER

Central Australian Masters Games - Alice Springs: World Championship Swim - Brisbane. WOULD YOU LIKE TO GO?
A meeting to discuss these 2 swims will be held at 2/125 James Street, Devonport at 8p.m. on Wednesday 9th March. If you are interested please attend as this maybe the last chance to secure accommodation as it will be very busy in Brisbane with Expo '88, world swimming, water polo and diving plus school holidays.

BBQ at David & Elizabeth Yeomans on the 12th from early afternoon till whenever. BYO food and drink. Cooking facilities will be on site. Bring your bathers and towel AND save some food and energy for the next day for a picnic at Rocky Cape.
Steve Smith will supply a big BBQ plate for us to cook on so bring a picnic basket etc. and meet us all at either East or West beach depending on the weather. These two beaches are only a few minutes apart so you may have to look at either beach for Steve's van.
See notice board at the pool for more details or phone 24 6156

4th State Summer Championships Hobart 26/27th March, '88. 25 'Devils' will be attending this event and on paper looks like a good team and I'm sure all will be trying very hard to retain the Shield.
Relay teams are listed but are subject to change on the day.

Speaking of relays - Hec Beveridge, Frank Webb, Jim Gore and Chris Branson won the 160+ Mens Freestyle relay in the Speedo Grand Aussi Postal relay competition - their time 2.05.09. Congratulations men on a fine effort.
Devonport Devils entered 11 teams and were placed either 1st, 2nd, 3rd or 4th. 1 first, 4 seconds, 5 thirds and 1 fourth.

Times have been secured for this years winter swimming at Ulverstone. These are Monday, Tuesday and Friday evenings from 8-9pm. We are all a bit disappointed in not being able to get the times we would have liked, so at this stage we will have to make the best of it and we will try to get the Wednesday 6-7 time slot later on in the year. The first night's swimming will be on Monday 11th April which is just after Easter. Swimmers are reminded that they must be financial after 3 swims at the Ulverstone Pool for you to be covered by our Insurance.

A reminder that we still have stocks of Club 't' shirts @ $16 ea. We would like to clear these as soon as possible, so if you haven't a Club 't' shirt, how about making enquiries to get one.
Australian Masters Games Port still available and to clear this we are dropping the price to $6 ea, so if you know someone who is having a birthday soon.....

This newsletter will be out after the D'port Triathlon has been run, and from all committee and fellow

Club members, a great big congratulations to all fellow Aussi members who swam, cycled or ran in this event.
Also to those who swam the Mersey at the Regatta - well done and thanks also to the helpers for your support on the shore.

For those who still remember the 5Km and 10Km swim at Lake Euganana - what do you think of the Devonport Devils conducting something similar around November again? Prize money for winners, sponsorships, lots of promotion for Aussi. This event could be run over 1 or 2 days having for example 1,3,5,7 and 9 Km swims for Saturday and 2,4,6,8 and 10 Km swims for Sunday.
Sounds like a lot of work, but we have already done it once with the AMG, and if presented and promoted well could turn into a National event.

For those who would like to do some Life Saving during the winter months, there may be an opportunity to update your awards. More information later.

Birthday people for March: Happy birthday from all Aussi mates - Pat Mackie 4th, Carmel Whittle 8th, Stephen Eustace 16th, Barrie Hall 26th, Stephen Turner 31st.

Just a reminder for those who receive a newsletter in the mail, this will be the last one until the summer season, so if you want to keep up with the news you will have to come along to Ulverstone to pick up the next newsletter.

Regards,

Carmel

P.S. Summer swim commences at 4 p.m. at the Clarence Pool, Hobart with warm up at 3.30p.m.

Motel Jason, for those who have accommodation booked with club, is 103 East Derwent Highway, Lindisfarne.

Annual General Meeting of the State Branch Aussi will be held at theHotel Beltana, East Derwent Highway, Lindisfarne on Saturday 26th March commencing at 1 p.m. We would like as many members as possible to attend this meeting.

Next Club Aussi meeting will be held on Wednesday 6th April at 2/125 James Street, Devonport commencing at 8 p.m.

AUSSI DEVONPORT

Masters Swimming for Fitness and Fun

President: Chris Holloway

Secretary: Carmel Whittle

APRIL NEWSLETTER

Firstly you may wish to know that the Tasmanian Branch of AUSSI, at its recently held Annual General Meeting, elected Chris Branson as its new President, also Trish Beveridge climbs back into the breach as Secretary, Chris Holloway remains Recorder and Barrie Hall is the new Treasurer, Hec Beveridge Coaching & Fitness Director and Perri Brereton from Hobart Publicity. Welcome and congratulations to the newly elected Executive from the 'Devils'.

The 2nd FINA/Masters World Championships and Central Australian Masters Games is still on. If you are interested in EITHER please let us know. There will be a meeting at Kathy & Steve Smith's residence, 70 Watkinson Street, Devonport on Sunday 17th April at 8 p.m.

By know you will know that Hobart won its first State Summer swim, which was held in Hobart. Results may be obtained from Club Recorder, Helen Myers. Congratulations to the Hobart Masters Club for a fine effort.

A film night has been organised which includes a video of the swim in Hobart and will be after the first Friday night swim (15th) at Trish & Hec Beveridge's home, 21 Wiena Crescent, Miandetta. Bring along some supper and whatever and relive the glorious moment as the Devils came second in the Championships!!!!

The fees for this years swimming at Ulverstone will be $1.20 per swimmer plus $2.00 for non members, and remember we require all swimmers to be financial after 3 swims at Ulverstone. We have 2 week night sessions this year and I must press home that we are to have full co-operation from swimmers as we may have full lanes, so it is important that we all fit in and work together and enjoy our swimming.
Our third swim will be on a Sunday from 4p.m.-5.30p.m., which will suit a lot of people. Hopefully we can use part of the Sunday session as stroke correction for those who wish to participate, as well as time for those who like to swim forever.

We have a proposal for a weekend away sometime during the winter and that is a trip to Savage River for 'training'!!! - in the 25m pool, a Pieman River cruise etc. etc. etc., details later on this one and don't forget about our 60's night at Frank Webbs restaurant in Burnie. A firm date next newsletter.

Pub nights are on again. The first Friday night each month at the Forth Pub. This has been designed as a get together to meet old and new members out of the water.

Winter Championships are in August '88 and are usually held in Launceston. We hold the Championship Pennant and we don't want to lose it. Hobart and Launceston Clubs will be out to get us, so let's get training.

THE DEVONPORT DEVILS

Regards,

Carmel

AUSSI DEVONPOR

Masters Swimming for Fitness and Fun

President: Chris Holloway

Secretary: Carmel Whittle
24 8164.

SEPTEMBER 1988 NEWSLETTER

There were several important items discussed at our last Club meeting:-

Savage River Trip - this does not appear ti be a 'goer' as I've only received two replies for this trip.

Moonlight Bowl - the scheduled date for this function has once again come and gone. We will try a third attempt to get a moonlight bowl organised. More info at a leter date.

Ulverstone Pool - - the Ulverstone Council has increased the hourly rate of hire as from the 1st September, therefore we have found it necessary to increase our pool fee to $1.50 per person per swim, effective immediately.

- we are seeking your preference for time slots at the Ulverstone Pool for next winter, Would you like a 1½ hour session on a tuesday night as well as on Sunday. It is envisaged that we will apply for the same swimming days as this winter, but would like to know if you would like an earlier session on Tuesday e.g. 6.30pm-8pm. Please make your preferences known to me as this makes my job easier when applying for time slots.

- we will be closing our Ulverstone Pool sessions on Friday 7th October. This will also be our final pub night at the Forth Hotel for this winter.

Devonport Olympic Pool - The Devonport Pool will open on Saturday 8th October. It was decided at our meeting to have an Aussi swim each Sunday morning between 8am-10am during the summer season, first one to be on 14th October. As we tend to become rather fragmented during the summer I would urge all members to make an effort to attend this organised Aussi swim time. We would also be interested to know if an organised swim time would be agreeable to members on a Wednesday evening at 6pm. More information on that in future newsletters.

Aerobic Swims - On our calender of events for this month is scheduled a 5000m swim on Sunday 25th. Carine Aussi of WA is once again organising a 3000m postal swim. T shirts are available for each swimmer and the leading swimmer in each age group/sex will have his/her shirt endorsed with "AGE FROUP CHAMPION" to further emphasis thier achievement. This year's event is a fund-raising event for Australia's World Champion Marathon Swimmer Shelley Taylor-Smith. All proceeds from the swim will be donated to Shelley to help her offset expenses in defending her World titles in Madrid and Manhattan. As this swim must be completed in September, it is proposed that we will conduct this swim on Sunday 25th in conjunction with the 5000m swim. The cost to members wishing to enter the 3000m postal swim organised by the Carine Club is $10.

Summer Cahmpionships - the Devonport Devils has written to the State Branch requesting to host the State Summer Championships in March. Hopefully, if accepted, the home town advantage will see a successful result for our Club.

THE DEVONPORT DEVILS

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Record Charts - updated State/National record charts are available from State Recorder, Chris Holloway on request.

State Relay Competition - this event has been scheduled for Saturday 19th November. We are putting forward a proposal to the State Branch that registered 1988 members be eligible to swim in relays in November and that any results sent to the National Recorder for the Speedo Grand National Relay Competition, that all those members must be financial for 1989. Remember both the financial and the aerobic year ends on the 30th September.

Farewell - An open invitation has been extended to all Devonport Devils by Helen (Goog) Myers to say farewell to Mark Flanagan following our swim on Friday 23rd September. Mark will be leaving us for a six month stint in the Antarctic. The farewell will be held at Goog's residence, 171 Madden Street, Devonport.

Christmas Eve - Trish & Hec Beveridge have kindly made their home available for drinks and nibbles to Aussi members on Christmas Eve. Keep this date in mind. Christmas is not that far away.

Three Year Plan - The State Branch is currently formulating a three year plan. This is to plot the future of Aussi in this State. From time to time your opinions will be sought on various items and I urge all members to put their views forward. Remember we are working for you.

Regards,

Carmel

state. Branch

AUSSI DEVONPORT

Masters Swimming for Fitness and Fun

President: Chris Holloway

Secretary: Carmel Whittle
24 8164

OCTOBER/NOVEMBER 1988 NEWSLETTER

We're back!
The seasoned World and Central Australian Masters Games swimmers arrived back in Tasmania last Monday to the cold and windy conditions, something that one has to get used to after experiencing temperatures between 25-40°C each day. Apart from the beautiful weather and the experience of a life time, meeting so many people from all over the World on our trip, the Devils left their mark in both Brisbane and Alice Springs, and to find out how, you'll just have to ask someone who went or save your pennies to get to Brazil and find out for yourselves what it's all about.

There were 25 countries represented at the World Masters Swim at the Chandler Pool in Brisbane, a total of 3500 swimmers, and to give you some idea of the size of the Meet - the largest ever held, in the 50m Freestyle, it took 3 hours to complete the 194 heats. A total of 1946 swimmers. The oldest competitor was 94 years. Some of the countries listed in our programme were Fiji, Guam, Hong Kong, Israel, Ireland, Lebsnon, Taiwan ROC being the smaller countries to Japan, USA and Australia having the largest contingent.

The swimmers mixed together exchanging gifts, t shirts, badges, addresses etc. throughout the days of the swimming events as if they were one huge happy family. The larger USA & Japanese clubs were turned out in uniform with their tracksuits and bags etc. as you would see in any highly organised event such as an Olympic Games. A brilliant spectical that will not be topped for a long time.

The organisers of this huge event were absolutely tremendous, being 'on deck' it seemed from 7.30a.m. until 10-11 at night, not once getting cross with anyone, putting up with time delays such as false starts etc, and I'm sure they can hold their heads high in pride with the organisation and attitude.

Our Devonport Devils members who swam in Brisbane were not able to bring back a medal but most of us recorded some personal best times, something we can be proud of under the conditions, as it became very tiring having to get to the pool at 7.30 a.m. and as Royce Bracken did - swam his 400m Freestyle at 1.15 a.m. the next morning. The long days took their toll as people tried to relax under the shade of trees and get in a sleep or rest before their next event. I'm sure that everybody who attended will agree that it was worth it.

Alice Springs Central Australian Masters Games

We flew out of Coolangatta on Monday morning early 7.45a.m. quite used to these early mornings and jetsetted our way to Sydney where we met up with Jim Gore and then winged our way to 'Alice'. Well, if we thought it was hot in Brisbane, 40°C greeted us as we walked across to the airport lounge from the plane and cramped into the tiniest airport in Australia along with dozens of other already sweaty people. Aboard the bus and off to our accommodation. After a game of musical rooms, we settled in only to organise another early morning rise, 3.30a.m. for a trip to the infamous "rock" to try to avoid

the heat of the day - but it didn't work. At 9 a.m. in blazing sun we tackled the 40° slopes armed with 5-6 litres of water for the estimated 1 hour climb. We all managed to arrive at the top and we've got photos to prove it.

As the swim section of the Games didn't get under way until Thursday we had plenty of time to acclimatise and sight see which was a tremendous experience that we all enjoyed very much.

The first day of the Swim Meet took us a bit by surprise after coming from the WMS as this was so casual and the water was just right for us - cool. Unfortunately the recording of this event left a lot to be desired and became a farce, the organisers allowing swimmers to change events, enter on the day etc. OUr protests echoed loudly and we were told to "never come back again". You can be sure we will enlighten the organisers of our feelings. Several team members missed out on a medal because of the poor recording system, but teamed up with Jodi Harrison and John Welsh of Hobart Masters, our medal tall reached 35+.
Combined relay events also helped as we were able to recruit two very fast free-stylers from Melbourne and Adelaide and with the Tassie swimmers, became known as the "Southern Sleaze Balls".

Trish Beveridge won the bravery award for her 200m Butterfly and won a Gold Medal for her effort. Kathy Smith with stiff opposition collected a Bronze as did Jim. Gore and David Briggs' supreme effort in his freestyle event came in second for Silver. Congratulations to these swimmers. A top effort in all the relay events saw ourselves miss out on only 2 relay events in the 120+. (More photos to see)

Times for all our swims are not available to me at this stage, but an updated record sheet may be available at the relay competition in Launceston for you all to see.

Speaking of relays
We must have a 100% effort for our first State Relay competition which will be held on Sunday 20th November in Launceston from 11a.m. - 1 p.m. Please note the change of day and time brought about by a clash with a Northern Districts Meet. Warm up at 10.30a.m. BBQ lunch afterwards at a cost of $2 per person, meat and bread supplied, bring your own salads to share. Ring 2H8164 to confirm that you will swim.

Annual General Meeting
Our AGM is upon us again and will be held on Wednesday 16th November at the Formby Hotel, Devonport 7.30p.m. Counter tea from 6p.m.
Meeting time will be 7.30p.m. Please make an effort to attend and make our Club's activities worthwhile.

A reminder that we have been invited to fortnightly time trials held at the Devonport Pool from 8 a.m. We are required to supply 4 timekeepers at each time trial, as well as have a turn as duty club. I urge you all to participate in these trials so you can gain some "match" practice. The next time trial will be on Saturday 12th November. Cost for race cards is 10¢ each and a programme for each time trial will be posted on the day.

We have been given a time slot from 9a.m.-10a.m. each Sunday from now on which can be used by all Aussi members for training, distance and aerobic swims, so once again try to attend so we can stay together through the summer and to keep up with coming events. All notices will be on the Notice Board as well as newsletters available from the Pool Staff in the kiosk. Just ask.

Our Christmas Dinner is still on and because of the relays being changed is now on Saturday 26th November **at the** Jade Palace. Please indicate your intention to attend to the Secretary so as final numbers may be given to the restaurant.

There are several 't' shirts and club bathers still available to members if they wish to purchase these and support the Club. They will be available at the pool each Sunday. The cost of 't' shirts is $16, mens bathers $17, Womens bathers $29. We also have 12 bottles of Masters Games Port left - how about a quick sale at $6 each for Xmas pressies? (Vintage almost 12 months old).

Several swimmers have not finalised their aerobic swim times. They are:- Barrie Hall 400m Free for July, Malcolm Wells 800m Free 2 times missing, Hec Beveridge 400m Free 2 times missing, David Briggs 400m & 800m Free missing, Rod Bird 400m Free missing, Trish Beveridge 400m Back time missing.

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Would these swimmers please check with Helen (Goog) Myers, 171 Madden Street, D'port our Club Recorder and confirm whether these swims were done or not (last chance)

I would like to take this opportunity to welcome new member Camelia Newey to our Club. Camelia hails from Queensland Club, Townsville Masters and will be, I am sure a valuable member of our Club.

As mentioned previously the first State Relay competition will be held in Launceston on the 19th November. This competition was the brainchild of our Club and the State Branch has asked the Club to obtain a suitable perpetual trophy. If you have any ideas please phone me on the number included on this newsletter - FAST!!!

CALENDER OF EVENTS UNTIL END OF 1988

November	Sunday 6th	Aussi swim session Dev. Olympic Pool 9a.m. Social get together, Aerobic swims, training etc.
	Saturday 12th	Combined time trials; all Aussi swimmers welcome Starts 8 a.m. sharp. Cards must be in Marshalls hands by 7.45a.m.
	Sunday 13th	Aussi swim session. After swim, how about a breakfast sausage sizzle at the pool? (weather permitting). Club to supply the goodies.
	Wednesday 16th	Annual General Meeting 7.30p.m.at the Formby Hotel, D'port Counter Tea from 6p.m.
	Sunday 20th	State Relay Competition Launceston 10.30 warm up State Branch Meeting BBQ to follow swim $2 per person.
	Saturday 26th	a.m. Combined time trial p.m. Devonport Devils Christmas Dinner Jade Palace 7.30p.m.
	Sunday 27th	Aussi swim session 9a.m.
December	Sunday 4th	Aussi swim session 9a.m.
	Wednesday 7th	Devonport Devils Club meeting. Venue to be advised
	Saturday 10th	Combined time trials
	Sunday 11th	Coogee-Randwick ½ hour swim. $5 per swimmer. GReatest distance in ½ hour per age group.
	Sunday 18th	Aussi swim session
	Saturday 24th	Christmas Eve get together at Trish & Hec Beveridge's. Drinks & nibbles
	Sunday 25th	Merry Christmas from the President, Secretary and committee to all Aussi Club members and friends.

Regards, Hallaway

ADVANCE NOTICE

3RD FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS

RIO DE JANEIRO, BRAZIL
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For further enquiries and full brochure, please contact Peter Bent at:

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