

# SWIM-MASTER

EXTRA THE OFFICIAL PUBLICATION OF THE AAU MASTERS SWIMMING COMMITTEE DECEMBER 1972

## 85th AAU Convention In Kansas City



"WHAT HAPPENED TO THE CROWD THAT ATTENDED THE COCKTAIL PARTY AND DANCE LAST NIGHT?"

The National AAU Convention was held in Kansas City this year. Some of our Masters swimmers attended their first AAU Convention. The Masters Swimming Committee was to meet at 8 P.M. on Thursday, November 30th. Ransom Arthur, John Spanuth and I went to the room listed on our Aquatic Program and were greatly disappointed at the size of the group - just we three! We waited awhile and then someone found us and informed us that everyone was in another room - the room listed on our overall schedule. Approximately 50 people attended the meeting including Mildred and Ham Anderson from Houston, Dorothy Donnelley from Connecticut, Watson Lawrence from Chicago, Bill Williams from Denver, Ray Jutkins from Los Angeles, Olive Mucha from Portland and George Ressigie from North Carolina. As you can see, the United States was well represented.

Ransom gave a short report. Swim-Master reported approximately 800 subscriptions. We held both Short Course and Long Course National Championships in 1972. The 1973 Short Course meet has not yet been awarded but the 1973 Long Course Masters Swimming Championships was awarded to the Central AAU and will be held sometime in August at the new 50 meter indoor pool at the University of Illinois, Circle Campus.

The AAU Secretary, Richard Harkins, was kind enough to arrange for guest passes to the pool at the Kansas City Club so that some of us could get in a little training during Convention week. The 1973 National AAU Convention will be held in Montana next October. Please plan to attend.

The major portion of our meeting consisted of the items of legislation. They were all discussed and voted upon. We thank Watson Lawrence for his contribution to get this "extra" Swim-Master published so that the new rules could be viewed by all and the Top Ten Times. The new rules as incorporated in our existing rules will read as follows:

### MASTERS SWIMMING

#### A. OBJECTIVES OF MASTERS SWIMMING PROGRAMS:

1. To offer the opportunity to continue conditioning or reinstitute conditioning in those over 25 years of age who were formerly athletes or swimming enthusiasts.
2. To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
3. To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.
4. To enhance fellowship amongst participants in masters programs.
5. To stimulate interest in masters programs at all levels of involvement—physical educators, clubs, organizations, recreation directors, communities, medical societies, and higher educational institutions.
6. To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems, and other preventable debilitating processes.

#### B. GOALS OF MASTERS SWIMMING PROGRAMS:

1. To outline safe masters programs in swimming for individuals over 25 years of age, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.
2. To propose proper swim training for older age groups.
3. To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.
4. To set up proper age and ability groupings in the establishment of masters swimming programs, with well planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.
5. To promote adequate medical examination, and certification of participants for masters programs, and suggest minimal requirements (standardized or otherwise).
6. To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present research programs in these areas.

#### C. RULES FOR MASTERS SWIMMING:

1. REGISTRATION - Masters competition is open to all registered athletes possessing a regular AAU card or a Masters AAU registration card (Only those swimmers who are professional for some reason should register as a masters swimmer and persons registered with masters registration cards may compete in masters swimming events only). These cards are available from the AAU District Registration Chairman.
2. AGE GROUPS:
  - a. Group I - 25-34, 35-44, 45-54, 55 and older for individual events. Relays, 25 and over, 35 and over, and 45 and over.
  - b. Group II - 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80 and over for individual events.

Relays, 25 and over, 35 and over, and 45 and over.

- c. National Championship meets shall consist of the age groupings in Group II above.
3. ELIGIBILITY - The eligibility of a participant for a particular age group will be determined by his age as of the first day of the meet.
4. SWIMMING RULES - Articles I, II and III of the AAU Swimming Rules to govern all Masters competitions with the following exceptions:
- a. Times shall not be subject to the provisions of Article XXI, Section A-11 of PART TWO - as it concerns placement in such race.
  - b. Times may be submitted for MASTERS records only.
  - c. Breaststroke kick may be used when doing the butterfly.
  - d. Age groups and sexes may be combined so that no swimmer has to swim alone and lanes may be filled.
5. TIMES - The ten best times nationally in each division shall be published annually for the events listed under Section 6 below.
- a. All times must be made in actual sanctioned AAU competitive meets (Senior events, Masters events, or sanctioned International competition.)
  - b. Times are to be forwarded not later than September 15 of each year to the National Masters Chairman and the National Masters Archivist. Times to be submitted for national records are to be sent to the National Masters Archivist within 30 days from date accomplished.
  - c. Each association is responsible for reporting the top ten times in each event made in its association area only, even though the times were made by swimmers from other associations.
  - d. All times shall be submitted on the special standard time card.
6. EVENTS - The following events may be conducted for each age group:
- | <u>SHORT COURSE (25 yds)</u> | <u>LONG COURSE (50 mtr)</u> |
|------------------------------|-----------------------------|
| 50-100-200-500-1650 Free     | 50-100-200-400-1500 Free    |
| 100-200 Backstroke           | 100-200 Backstroke          |
| 100-200 Breaststroke         | 100-200 Breaststroke        |
| 50-100 Butterfly             | 50-100 Butterfly            |
| 100-200 Ind. Medley          | 200 Individual Medley       |
| 200 Medley Relay             | 200 Medley Relay            |
| 200 Free Relay               | 200 Free Relay              |
| 200 Free Relay Mixed         | 200 Free Relay Mixed        |
| (2 female & 2 male)          | (2 female & 2 male)         |
- (25 & over age group only) (25 & over age group only)

NOTE: It is not necessary to conduct all of the above events in meets. However, each age division shall include the shorter distance freestyle, backstroke, breaststroke and butterfly event plus the individual medley and relays.

7. NATIONAL CHAMPIONSHIP MEETS:

- a. National AAU Masters Swimming Championships shall be awarded in the following categories:
  - 1.) Men's & Women's Short Course Swimming Championships.
  - 2.) Men's & Women's Long Course Swimming Championships.
- b. Starting in 1973, the Short Course meet shall be held between April 15 and May 30.

- c. Starting in 1973, the Long Course meet shall be held between July 15 and September 15.

NOTE: Check National Senior LC dates and National Junior Olympic dates for conflict.

- d. The following rotation system shall be used when awarding the National Championships:

YEAR	ZONE I (west)	ZONE II (central)	ZONE III (east)
1973	Short Course	Long Course	
1974	Long Course		Short Course
1975		Short Course	Long Course
1976	Short Course	Long Course	
1977	Long Course		Short Course
1978		Short Course	Long Course

- 1.) If an adequate facility is not available in the zone designated to receive the meet, either one of the other zones may bid for the meet.
  - 2.) Meets may be awarded three years in advance.
- e. Competitors may not swim in more than five (5) individual events in the national meet but shall not swim in more than 3 individual events per day. Competitors may swim in any number of relays.
  - f. Entry fees for National Championship meets shall be \$2.00 for individual events and \$5.00 for relays. The entry fee shall remain the property of the National AAU. A \$10.00 per person surtax per swimmer may be charged (for national championship meets only). Five dollars of the fee shall be used by the meet sponsor to pay meet expenses and at least \$5.00 shall be used to provide each contestant with a free banquet ticket for the Saturday evening banquet.
  - g. THREE DAY PROGRAM FOR CHAMPIONSHIP MEETS (Women's events shall precede Men's)
    - FIRST DAY - 1650 yd free or 1500 mtr free
    - SECOND DAY - To be submitted later
    - THIRD DAY - To be submitted later
8. ALL AMERICAN TEAM - An All American team shall be selected each year. Any individual who has won a total of four (4) events in the Short Course and/or Long Course National AAU Masters Swimming Championships shall automatically qualify for the All American Masters Swimming Team. At least one man and women in each age group (Group II age groups) shall be named to the team. The Masters Swimming All-American Selection Sub-Committee shall select a person or persons so that every age group is represented and may name additional people to an age group with automatic qualifiers should the circumstances warrant it.
9. MEDICAL EXAMINATION - Each competitor is strongly encouraged to have a complete medical evaluation before beginning Masters training. In addition, it is also recommended that each competitor have a physical check up immediately prior to Masters competition in order to insure his physical readiness for participation. Medical evaluation forms are available upon request by writing to the National AAU Aquatic Office.