

DIXIE ZONE NEWS

JANUARY - MARCH 1998

LMSC NEWS

FLORIDA - MORNING RITUAL by I.B. Cold - Around this time of year, things get to be a little interesting around the pool deck, especially in the pre-dawn hours. Inevitably, the pitch black and chilly north wind give way to the eternal question: do I stand around and freeze in my sweats, or, do I risk jumping in and submitting myself to a water temperature that could well be below the comfort zone?

Since standing around ceases to be an option once the coach issues the warm-up, we are all forced to take the plunge, whether we like it or not. That's when a previously somnambulant group suddenly turns lively - and thus, the morning rituals begin.

The brave ones are the first ones in. They're the ones who, I presume, hurtle off the edge first with an attitude somewhere along the lines of "expect the best, prepare for the worst." I watch them with a mixture of contempt, horror and fascination. Contempt, because my getting in has just been hastened due to their early entry; horror, because I can't believe someone would go so willingly without first sticking a toe in to test the water; and fascination, because on the days that the pool really is on the icy side these people, by their flagrant nonchalance, would lead you to believe they couldn't care less if they had to backstroke their way through icicles so long as they could swim.

I, on the other hand, could, would, should and *do* care that the water temperature has dipped below the 80 degree mark. And I want everyone to know about it. I consider it my duty to scream once I resurface after entering. This serves at least two purposes that I know of. For starters, it reminds me that I am still alive, and that I have not succumbed to a fate of sudden death by hypothermia. It also serves as a warning to the oddest of species I know, the deck sitter. The deck sitters are the ones who sit on the edge of the pool in their suits shivering. They're the people you want to slap silly, shake them vigorously and say, "What are you doing? Either put your clothes back on or jump in and get your *#& moving!" I figure my scream will inspire them to do one or the other.

Then there's the coach, who watches all this...And says nothing. Who I am confident will someday be rewarded with a Nobel prize for a profound contribution to science. The subject: Winter Morning Swim Practice and its Strange Effect on Human Behavior. (Swimming outdoors at the ISHOF pool at 6 AM - I can relate to this. Ed.)... **MERGER PLANNED** - The members of **Suncoast Masters Swimming** have decided to merge with **Swim**

Florida Masters. The high quality athletes from both teams will create a "medium size team" to be reckoned with at the next Nationals!

FLORIDA GOLD COAST - The Long Distance Swimming Committee has appointed Randy Nutt as Dixie Zone's member/representative. Anyone interested in bidding for a National Championship Long Distance or Open Water event please contact Randy for assistance. (OW events appear in the Calendar.) 524-755-3318 (H) 305-753-5337 (Mobile)...The 1st Annual South Florida Ocean Mile Swim Series "98" is now over. The swims were conducted off the beaches of Delray Beach, Boca Raton, Deerfield Beach and Hollywood Beach. None of these races were USMS sanctioned...Harvey and Sandy Jackson are in Perth, Australia attending the World Championships to watch their daughter Trina swim on the 800 Free Relay...The 62nd Annual College Swim Coaches Forum just ended with about 1400 swimmers using the two pools at the ISHOF plus 3 high school pools. There were 522 swimmers that swam in the ISHOF Mile Swim on Dec. 30th...Stu Marvin and wife Meg expect their first child in early February...Two records were broken at the Coral Springs Holiday Classic over the 25 meter course. The Mavericks men's 280-319 relay team broke the World Record in the 200 m Medley Relay and June Krauser broke the USMS 50 m Butterfly record.

GEORGIA - SWIMMING COMPETITION PRODUCES MANY REWARDS by Bruce Hallowell - "We need your age," the team manager explained. These were magical words indeed for a 64-year-old novice swim team member. To be asked to be included on a relay team with experienced, top performing swimmers from a premier Georgia team provided this old man with a high no drug could induce. Swimming in U.S. Masters competition has been an experience quite unlike the hard-nosed business world from which I retired two years ago. Teammates and competitors alike are supportive, helpful and genuinely well-wishing, often offering tips and encouragement that lead to improved performance. Beginners struggling to complete that first event are cheered on with the same enthusiasm as the ex-Olympian striving for a new record. The rewards: a physical conditioning that retards the aging process, camaraderie with people of diverse social background or status (the pool is a great equalizer), the hard-won strip of ribbon that says you finished what you started and the sharing of the experience afterward. If my enthusiasm for a sport that has been around forever is tiresome, please forgive me. (By the way, we won both relay team events entered.)

NORTH CAROLINA - JOBS WELL DONE - On behalf of all North Carolina Masters Swimming, I extend our thanks to Ceil Blackwell and Krista Phillips, our outgoing president and vice president. As many know, Ceil had made substantial contributions to the LMSC of NC and Raleigh Area Masters. Through Ceil's leadership, a framework was established that allows a "state" team to be formed which enables NC Masters to swim for North Carolina at out-of-state meets while maintaining local team identity for in-state meets. Ceil also headed the modernization of the "Across the Lanes" newsletter and development of the NCMS logo. Note: this was written by the new chairman, Don Gilchrist. In the Officer's list printed in this newsletter and prepared by the Blacks the new NC officers are not listed. They are President, Don Gilchrist, WYM, POB 3955, Wilmington, NC 28406 (910) 313-0541 and vice-president is Jerry Clark, CSM, 3107 Cloverfield Rd., Charlotte, NC 28211, (704) 366-2405.

SOUTH CAROLINA - ELECTRIC CITY MEET - by Steve Wycoff - The 15th Annual Electric City Masters Swim Meet was also designated this year as the Dixie Zone Short Course Meters Championships. One hundred forty-seven swimmers from age 20 to 89 representing 25 teams and six states competed in this year's meet. The Parris Island Masters team coached by Dick Fetters was once again the team champion with 2,005 points. Second through fifth places went to Team Greenville (861), North Carolina (663), Georgia (523), and the Florida Maverick Masters (331). The host Anderson Masters finished 6th with 295 points. Two American and World record applications will be forwarded for consideration from the meet. Heather Hageman (26) from Charlotte, NC swam a 26.63 lead off leg in the 200 meter mixed freestyle relay and John Kortheuer (66) from Charlotte, NC swam a 37.61 in the 65-69 50 meter breaststroke. Congratulations to Heather and John on their great swims. Our triple header socials were once

again a gig hit: Ice cream at the pool on Saturday, dinner on Saturday night and sandwiches at the end of competition on Sunday. At the drawing on Saturday night, a new grand prize was introduced --- a life-size head statue of ELVIS!! Joe Kurtzman of Charleston was the very deserving winner of the first annual ELVIS award. The Anderson Masters also said good-bye to Tomi Richards who has done such a wonderful job putting together the socials and being the master of ceremonies. Tomi is now residing in Port Orange, FL. Good luck Tomi. We miss you already.

SOUTHEASTERN - AUBURN'S RUDY - When a college swimmer joins a Master's program after graduation it's not so unusual. Adam Dawkins swam with the Auburn Masters then entered the University and walked on to the swimming team. His effort became an inspiration to all as he lowered his personal bests in the 100, 200 and 500 freestyle events every time that he competed. At a special presentation during the last dual met of the season, Rowdy Gaines recognized Adam for his hard work and positive attitude. He has gone on to Indiana University Medical School.

SOUTHERN - The Crawfish Masters amassed 1,417 points in capturing first place at the 1997 Southern Masters Short Course Meters Championships. Finishing second to the Crawfish as Elmwood Sharks with 823 points, and third was Greater New Orleans Masters with 707. The meet was held on Dec. 13-14 at the UNO Lakefront Arena pool. Eighty-six swimmers from 14 teams participated in the annual affair. Twenty-two Crawfish made the trip to the Crescent City. Thanks to Joel Jacobs for hosting the well-attended meet lunch on Sat.... The Crawfish Masters challenging end-of-the year workout choices were: 98 x 100, 98 x 75, 98 x 50 or 98x 25. The interval range was between 1:00 (1 hour, 38 minute set) and 1:30 (2 hour, 27 minute set), inclusive. I wonder how they made out?

7th FINA WORLD MASTERS CHAMPIONSHIPS WELCOME TO CASABLANCA

*by Farid El Allam, President of the Organizing Committee
and of the Royal Moroccan Swimming Federation*

Conscious of the extent of its responsibility and the high stakes of such an event, the Organizing Committee of the 7th World FINA Masters Championships is sparing no effort to ensure that the infrastructure accommodating these competitions is totally ready for the month of June 1998.

The commissions, already in place are well underway:

- The repair work on the pools at the Mohamed V Complex has already started.
- Hundreds of entries and hotel reservations have been registered

through the general secretariat of the Organizing Committee.

As soon as the renovation work (locker rooms and sanitary installations) is completed, the pool at the Mohamed V Complex will be better than new.

All participants are welcome for an enjoyable but serious competitions and also to visit a splendid City.

The 7th World FINA Masters Championships will be a very important moment in the history of sport in Morocco.

PRINTING

COMPLIMENTS OF

THE CITY OF FORT LAUDERDALE AND

THE HALL OF FAME AQUATIC COMPLEX

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FITNESS	STEVE WYCOFF	405 BLACKBERRY LN, ANDERSON, SC 29625	(864)225-6447	(864)260-5170	



Georgia Masters Swimming Dixie Zone SCY Championship

March 14-15, 1998

Georgia Masters Killer Whales/Dynamo Masters
St. Patrick's Day Invitational Swim Meet

Dynamo Community Swim Center

Atlanta, Georgia

Meet Director: Lisa Watson

Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC

Sanction No. 458-S02

Location Dynamo Community Swim Center, 3119 Shallowford Road, is located in northeast Metro Atlanta between I-85 and Buford Highway. Traveling south on I-85, go right on Shallowford Road (this is the 2nd exit inside of I-285 -- Chamblee-Tucker Road is the first exit). After passing Dresden Drive (first traffic light), the pool is on the right, just beyond the Chamblee city limits sign.

Facility This 10-lane, 25-yard competition pool was built in 1980 with state-of-the-art equipment to minimize water turbulence and is one of the fastest pools in the Southeast. A 25-yard, 5-lane training pool adjacent to the competition pool is available for warmup. Colorado Electric Timing will be used.

Rules Current 1998 USMS rules.

Schedule Only those swimmers entered in the 1650 may warmup between 9:00 a.m. and 9:20 a.m.; the event starts at 9:30 a.m. Warmups for the other events are between 12:00 p.m. and 12:45 p.m. Meet starts at 1:00 p.m.

Sunday's warmups: 8:30 to 9:15 a.m.; the meet starts at 9:30 a.m.

Seeding Women's events will precede men's. The 500 and 1650 Freestyle events will be deck seeded, with fast heats preceding slow. **1650 limited to first 40 swimmers.** Other events will be seeded slow to fast. NT times will be seeded in slow heats.

Entries All entries must be received by March 5 to allow for computer seeding. **You must submit a copy of your current USMS card for 1998 with your entry! There will be no deck**

entries for individual events. Each swimmer is limited to 5 individual events per day. If you enter more than 5, we will take the first 5 events. There are a limited number of spaces available for the 1650 Freestyle, on a *first come, first served* basis. You may wish to designate an alternate event and include a self-addressed, stamped envelope for confirmation. Relays will be deck entered. All relay participants must be registered for the meet.

Fees \$1 Dixie Zone fee. \$8.00 general surcharge for electronic timing and heat sheet; \$3.00 per event; \$5.00 per relay entry. Submit all fees with your entry. Sorry, no refunds!

Instructions:

1. Complete attached entry form. Make yourself a copy & sign the required liability release (bottom of entry form).
2. USMS Registration is required. **Include a copy of your current USMS card with your entry form.** If your registration is pending, bring your card to the meet. **Remember, you must bring your card to the meet if you did not include a copy with your registration.**
3. Make checks payable to **Georgia Masters** and mail the enclosed to:
Lisa Watson
804 Howell Court
Duluth, Georgia 30096
Phone: (770) 497-1901
E-mail: LWATSON@Hermes.GC.PeachNet.EDU
4. Entries must be received by March 5, 1998. Late entries and entries without valid USMS numbers will be returned.

Awards Will be given for the high-point out-of-state and in-state teams. Awards will be given to the high-point swimmer in each age group. You must swim a minimum of 5 individual events to qualify. Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.

Social Details at the meet! For a nominal charge of \$10.00, join us for carbo-loading, good food, and attitude adjustment.

Note Masters Swimming is a strenuous athletic activity and each participant is advised to consult his/her physician before undertaking the program.

Due to stipulations in the DYNAMO's Swim Center's insurance policy, you must be registered with USMS to participate in the meet. **NO CHILDREN or NON-REGISTERED GUESTS** will be allowed in either pool during the weekend.

Lodging

Traveling south on I-85 from I-285, the hotels are located two exits south of Shallowford Rd on N. Druid Hills; right turn at the exit.

Red Roof Inn 1960 N. Druid Hills Rd, Atlanta, GA 30329; (404) 321-1653 or (800) THE-ROOF.

Hampton Inn 1975 N. Druid Hills Rd, Atlanta, GA 30329; (404) 320-6600.

T-shirts T-shirts and other swim items will be sold at the meet.

Georgia Masters Swimming

Dixie Zone SCY Championship ENTRY FORM

St. Patrick's Day Invitational Swim Meet
Atlanta, Georgia -- March 14-15 1998

Name: _____ Sex: _____ Age: _____ DOB: _____
Address: _____ City/State: _____ Zip: _____
Telephone: _____ Work phone: _____
USMS #: _____ Team: _____ Team Abbr: _____

Instructions: You may tape a copy of your USMS card to the upper left corner of this entry form. You must include a copy of your card with your entry! Write seed times next to event. Circle event number (women in F column; men in M column)

Saturday, March 14

Sunday, March 15

F	Seed Time/Event (yards)	M	F	Seed Time/Event (yards)	M
1	_____ 1650 free	2	23	_____ 500 free	24
3	_____ 50 breast	4	25	_____ 200 IM	26
5	_____ 200 fly	6	27	_____ 100 free	28
7	_____ 100 back	8	29	_____ 200 back	30
9	_____ 50 free	10	31	_____ 50 fly	32
11	_____ 400 IM	12	33	_____ 200 medley relay	34
13	_____ 200 free relay	14	35	_____ 200 mixed medley	
15	_____ 200 mixed free		37	_____ 200 breast	38
17	_____ 100 breast	18	39	_____ 50 back	40
19	_____ 200 free	20	41	_____ 100 fly	42
21	_____ 100 IM	22	43	_____ 400 free relay	44
			45	_____ 400 mixed free	

No deck entries. Maximum of 5 events per day. The 1650 is available only to the first 40. Warm-ups for 1650: 9 to 9:20 a.m. Event starts at 9:30a.m. Warm-ups for rest of Saturday's events begin at noon; events start at 1p.m. Warm-ups for Sunday begin at 8:30 a.m.; events start at 9:30 a.m.

FEES

Number of Events: _____ x \$3.00 _____
Number for Social: _____ x \$10.00 _____
Meet Surcharge: (heat sheet & electronic timing) \$8.00
Dixie Zone Fee \$1.00
Total Amount Enclosed: _____

Make checks payable to
Georgia Masters & mail to:
Lisa Watson
804 Howell Court
Duluth, GA 30096
E-mail: LWATSON@
Hermes.GC.PeachNet.EDU

Release from Liability:

"I the undersigned participant, intending to be legally bound, do hereby certify that I am physically fit and have not been informed otherwise by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Masters Swimming program or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in masters swimming. In addition, I hereby agree to abide and be governed by the rules and regulations of USMS."

Signature: _____

Date: _____

CALENDAR

1998

- JAN** PST One Hour Swim - Joann Leilich, 7209 Hansford Ct., Springfield, VA 22151 703-354-2130
 17-18 SCY Tampa Meet - Milt Bedingfield 813-632-7750
 24 CLINIC - 11 AM - Plantation Pool, Plantation FL - Raimund Mazuolis 954-424-8327
 31/Feb 1 SCY Charlotte, NC - MAC Sunbelt Meet - Rick Fenton 704-846-5335
- FEB** PST Fitness Challenge - Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 504-766-5937
 7 SCY Delray Beach Senior Games - Abbey Murrell 561-243-7358
 14-15 SCY Charleston, SC - Palmetto Masters Meet - Marty Hamburger 803-886-9695
 14-15 SCY Cat Masters Valentine Meet - Nancy Durstein, 1191 Mineola Ct., Palm Harbor, FL 34683 813-784-5780
 27-Mar 1 SCY Masters Challenge - Ft. Lauderdale - Stu Marvin, 501 Seabreeze Blvd., Ft. Lauderdale, 33316 954-468-1582
 28 SCY Greensboro, NC - Frank Clark Meet - Jennifer Kowalsky 910-272-2017
- MAR** 6-8 SCM Winter Swimming Invitational - Puerto Rico Masters Swimmers League, PO Box 194201, San Juan PR 00919-4201 - Entry deadline is February 27, 1998
 14-15 SCY DIXIE ZONE SCY CHAMP - Lisa Watson, 804 Howell CT, Duluth GA 30136 770-497-1901
 27-29 SCY St. Petersburg, FL - Nancy Eaddy 813-347-0565
- APR** 18-19 SCY Raleigh, NC - NC Masters Champs. - Sharon Barrell 919-834-6518
 18-19 SCY 9th Annual Craige Memorial Meet - Ft. Pierce, FL
 23-26 SCY YMCA MASTERS CHAMP - Stu Marvin, ISHOF Aquatic Complex, 501 Seabreeze Blvd, Ft. Lauderdale, FL 33316 954-468-1582
 25-26 SCY Pensacola, FL
- MAY** 7-10 SCY USMS NAT SC CHAMP - Indianapolis, IN - IUPUI Pool - Judy Goldstein 317-253-8289
 23 OW Pensacola 5K
 23-24 LCM Montgomery, AL
 30 LCM Athens, GA
- JUN** 6 LCM Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach FL 33444 561-278-7174
 13 OW 2- MI CABLE & 3.6 MI CHAMP. - Atlanta, GA - Bill Black 770-698-8020
 13 OW 12.5 mi Swim Around Key West - S.A.S.E. to Coral Springs Masters c/o J.P.C., PO Box 8086 Coral Springs FL 33065
 13-14 LCM Sarasota, FL
 19-30 LCM VII FINA MASTERS SWIMMING WORLD CHAMP - Organizing Committee, Avenue des F.A.R. - Tour Habous 13eme etage, Casablanca, MORROCCO FAX: (212-2) 31.11.76
 20 LCM Georgia Tech - Atlanta, GA
 27-28 LCM DIXIE ZONE CHAMPIONSHIPS - Greenville, SC
- JUL** 4 OW 1-MI OPEN WATER CHAMPIONSHIPS - Greenwich Swim Committee
 11 LCM Coral Springs Relay Carnival - Michelle Bekoff 954-897-3940
 LCM Maryland Farms, TN - Dates TBA
 LCM St. Petersburg, FL - Dates TBA
- 31-AUG 2 LCM Pool Championships - Coral Springs, FL - Michelle Bekoff 954-897-3940
- AUG** 1 OW 6+ MILE CHAMPIONSHIPS - Santa Cruz Masters
 8 OW 1-3 MILE CHAMPIONSHIPS - Nevada Masters
 10-15 LCM 1998 WORLD MASTERS GAMES - For instant athlete registration and confirmation call - 1-800-98-GAMES (1-800-984-2637)
 20-23 LCM USMS NAT LC CHAMP - Stu Marvin, ISHOF Aquatic Complex, 501 Seabreeze Blvd., Ft. Lauderdale, FL 33316 954-468-1582
 LCM Baton Rouge, LA - Dates TBA
- SEP** 5 SCM Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444 561-278-7174
 13 OW 5K NATIONAL CHAMP - Lake Lanier, GA
- 30-OCT 4 USMS CONVENTION, Cincinnati OH
- OCT** 10-11 SCM DIXIE ZONE CHAMPIONSHIPS - Orlando, FL
 17-18 SCY Montgomery, AL
- NOV** 1 OW 3rd St. Croix 5 mile Coral Reef Swim - Patty Sperber 800-524-2026 - St. Croix US Virgin Islands
 7 SCM Scott Barlow, Aqua Crest Pool, 2503 Seacrest Blvd, Delray Beach, FL 33444 561-278-7174
 7-8 SCM Anderson, SC
 15 SCM Coral Springs, FL - Brute Meet (200 fly, 400 IM, 1500 Free) - Michelle Beckoff 954-897-3940
- DEC** 5-7 SCM Coral Springs, FL - Michelle Beckoff 954-897-3940

FINA WORLD MASTERS CHAMPIONSHIPS CASABLANCA 1998

ORGANIZING COMMITTEE MEMBERS

Chairman : Ahmed Zaki; Vice-Chairman : Mohamed Mekaoui; Secretary General : Farid El Allam; Financial Directors : Zhoueir El Moufti, Driss Talaa; Commercial Director : Kamal Lahlou; Officials' Director : Mohammed Atouani; Infrastructure Directors : Azzedine Zidouh, Mohamed Billaz

SITES

Swimming : Complexe Sportif Mohammed V (main pool - 8 lanes - 2 m. deep)

Diving and Synchronized Swimming : Complexe Sportif Mohammed V (diving pool)

Water Polo : Complexe Sportif Mohammed V (main and stadium pool)

Open water swimming : Atlantic Ocean at Mohammedia Town Beach (35 minutes from Casablanca) - Temperature between 20 and 24 °

AGE RESTRICTION OF PARTICIPANTS (1)

SWIMMING - 25 years

DIVING - 25 years

SYNCHRONIZED SWIMMING - 25 years

OPEN WATER SWIM - 25 years

WATER-POLO - 30 years

(1) as of this date 31 December 1998

FEES

Individual Registration : US\$ 30.00 per competitor
Additional event fees :

- Diving : US\$ 7.00 per event
- Open Water Swimming : US\$ 30.00 per event
- Swimming Individual Events : US\$ 7.00 per event
- Swimming Relay Events : US\$ 28.00 per event
- Synchronized Swimming : US\$ 7.00 per event
- Water Polo : US\$ 390.00 per team

SCHEDULE OF EVENTS AND AGE GROUPS

1. SWIMMING

June 17 and 18

Training

June 19

200 m	Individual Medley
50 m	Butterfly
100 m	Freestyle

June 20

200 m	Breaststroke
400 m	Freestyle

June 21

400 m	Individual Medley
100 m	Breaststroke
200 m	Mixed Medley Relay

June 22

200 m	Backstroke
50 m	Breaststroke
100 m	Butterfly

June 23

200 m	Freestyle
50 m	Backstroke
200 m	Mixed Freestyle Relay

June 24

200 m	Butterfly
50 m	Freestyle
100 m	Backstroke

June 25

800 m	Freestyle
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Age groups

Individual events : 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and five year age groups as high as necessary.

Relay events : based on the total age of team members in whole years : 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 and forty year increments as high as necessary.

2. DIVING

June 17 and 18

Training

June 19

W - 1 m	25-49, 65-80+
M - 3 m	25-49, 65-80+

June 20

W - 1 m	50-64
W - 3 m	35-49, 65-80+
M - 1 m	65-80+
M - 3 m	50-64

June 21

W - 3 m	25-34, 50-64
M - 1 m	25-64

June 22

W - Platform	25-80+
M - Platform	25-80+

Age groups

Springboard events : 1 and 3 m - 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 and five year age groups as high as necessary

Platform events : 5 m, 7.5 m & 10 m - 25-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70-74, 75-79, 80+ and five year age group as high as necessary

3. SYNCHRONIZED SWIMMING

June 23-24

Training

June 25 :

Figures

June 26 :

Solo and trios

June 27 & 28 :

Duets and teams

Age group

Figures : 25-29, 30-39, 40-49, 50-59, 60-79 and over

Solo & Duet events : 25-29m 30-39, 40-49, 50-59, 60-79, 80 and over

Trio & Team events : 25-34, 35-49, 50-64 and over

4. OPEN WATER SWIM

June 26

15h00 - 5 km

Age groups : 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, and five year age groups as high as necessary.

5. WATER POLO

June 26

Training

27 to 30

During 4 days : Competitions

Age groups : The age of the youngest member of the team determines the age group of the team. The following age group apply for men, mixed and women's teams : 30+, 35+, 40+, and five year intervals as high as necessary.

VII FINA WORLD MASTERS CHAMPIONSHIPS 19 - 30 JUNE 1998 - CASABLANCA, MOROCCO QUALIFYING TIME STANDARDS

Qualifying Time Standards will apply to the following events and age groups. The Referee will have the right to withdraw a swimmer from a heat if he/she is excessively delaying the meet. Medals will not be awarded to those individuals exceeding the qualifying times.

WOMEN	200 FREE	400 FREE	800 FREE	200 BACK	200 BREAST	200 FLY	200 I.M.	400 I.M.
25 - 29	2:51.20	6:07.75	13:00.04	3:20.38	3:40.80	3:12.45	3:15.92	6:57.51
30 - 34	2:55.81	6:07.75	13:00.04	3:20.38	3:42.26	3:24.19	3:17.18	6:58.86
35 - 39	2:55.81	6:12.32	13:09.88	3:26.50	3:46.16	3:36.28	3:24.79	7:19.11
40 - 44	3:17.02	7:04.54	14:41.09	3:47.66	4:08.31	4:03.50	3:44.86	8:15.65
45 - 49	3:22.93	7:15.93	15:38.11	4:00.07	4:14.42	4:26.28	3:56.50	8:38.17
50 - 54	3:40.51	7:57.44	16:24.02	4:11.13	4:28.71	4:51.38	4:07.01	9:10.68
55 - 59	3:54.01	8:18.99	17:10.32	4:34.82	4:41.53	4:59.91	4:29.28	9:57.49
60 - 64	4:06.73	8:49.88	17:46.81	4:41.02	4:56.05	5:18.64	4:37.68	10:23.92
65 - 69	4:24.62	9:33.53	19:27.54	5:08.28	5:32.89	6:30.25	5:14.74	11:27.44
70 - 74	4:47.27	10:15.39	20:56.83	5:26.36	5:47.15	8:09.70	5:37.23	13:30.33
MEN	200 FREE	400 FREE	800 FREE	200 BACK	200 BREAST	200 FLY	200 I.M.	400 I.M.
25 - 29	2:32.69	5:35.20	11:45.21	2:53.50	3:15.06	2:52.46	2:50.52	6:18.66
30 - 34	2:34.00	5:35.20	11:48.61	2:59.25	3:17.96	2:53.05	2:55.42	6:24.81
35 - 39	2:39.19	5:46.34	11:51.10	3:06.40	3:25.08	3:03.86	3:00.44	6:32.68
40 - 44	2:51.13	6:10.18	12:52.82	3:18.47	3:36.87	3:18.48	3:12.96	7:04.08
45 - 49	2:56.18	6:23.30	13:11.82	3:30.26	3:45.81	3:18.68	3:23.54	7:27.02
50 - 54	3:00.83	6:49.28	14:05.34	3:37.28	3:54.72	3:41.38	3:31.25	7:46.48
55 - 59	3:11.09	7:02.53	14:33.25	3:52.96	4:07.29	4:08.96	3:45.24	8:19.38
60 - 64	3:26.35	7:28.64	15:48.05	4:03.50	4:15.28	4:30.83	3:55.34	8:59.11
65 - 69	3:30.87	7:45.15	16:26.83	4:18.52	4:37.29	4:52.24	4:12.76	9:31.27
70 - 74	3:53.14	8:34.57	19:02.90	4:40.24	4:54.11	5:24.97	4:40.02	10:19.58