



Swan Hills AUSSI Masters Swimming Club

11/04/2007

News Sheet #11

Membership Renewal

Please get your membership renewal money in asap. AUSSI Masters fees for the 2007 season are \$66, swimmers that are members of Swan Hills Swimming Club are only required to pay \$52.

Interclub Events for 2007

Targeted events for season 2007 are as follows

Sat/Sun 19/20 th May	States	Challenge Stadium	Long Course
Sun 10 th of June	Mandurah	Mandurah Aquatic Centre	Short Course
Sun 1 st of July	Swan Hills	Swan Park Leisure Centre	Short Course
Sat 6 th of October	Gosnells	Gosnells Leisure Centre	Short Course
Sun 21 st of October	Fremantle	Fremantle Leisure Centre	Long Course

Registrations for the States are via <http://www.aussiwa.com.au/> click on the flashing link and go to Online Registrations. Mandurah events are attached to this Newsletter, when you have chosen your events please email Sandra Mutch with your events and times.

Other events members may be interested in are

Sat 21 st of Apr	400/800	Beatty Park	Long Course
Sun 17 th of June	400/800	Gosnells Leisure Centre	Short Course
Sat 28 th of July	Margaret River	Open event – all short distance	Short Course

To enter these events please give Sandra Mutch with your nominated Swim and entry time.

Postal Swims

Bunbury 3 x 400m Postal Swim

Swim 3 400m events in May or June (or over both months) to be eligible to enter this event. This is the 11th running of this event since I started it as a fundraiser when swimming with the Bunbury Club, so it's sort of a pet event for me.

Swan Hills DO 45

Well our Postal Swim (held over the months of Jan/Feb) is over for the year and the results are on the National website (http://www.home.aussimasters.com.au/html/postal_swims.html). Numbers were up slightly this year, but still nowhere near the first year. As long as we don't lose money on the swim we will continue to run it. Members who swam this year where, Kerry Hutchinson and Sandra Mutch, both weren't lucky enough to snare a spot prize.

Many Club Records set at Melville BACC

Four swimmers swam for us at the Melville BACC, with all swims bar one being new record's, Sandra Mutch equalled Kerry Hutchinson's 50m Freestyle record set last year. Stefan Kohler was in top form also setting a State record in the 50m Butterfly in a time of 29.60s.

We were able to field a relay team in both relay events and won our age group in the 4 x 50m Mixed Medley Relay, mainly due to super human efforts from both men, Stefan Kohler (Butterfly) and Kingsley Bugarin (Freestyle), finishing nearly 5 seconds in front of the second team.

50m BA	35-39	Kingsley Bugarin	36.61	50m FR	45-49	Kohler, Stefan	28.09
50m BR	35-39	Kingsley Bugarin	34.91	200m FR	45-49	Kohler, Stefan	2:26.74
200m BR	35-39	Kingsley Bugarin	2:57.90	50m BU	45-49	Kohler, Stefan	29.60
50m FR	50-54	Mutch, Sandra	37.41	50m FR	55-59	Hutchinson, Kerry	37.71
200m FR	50-54	Mutch, Sandra	3:10.02	200m FR	55-59	Hutchinson, Kerry	3:14.69
50m BA	50-54	Mutch, Sandra	49.51	50m BR	55-59	Hutchinson, Kerry	49.91

4 x 50m Mixed Medley Relay	2:38.61	4 x 50m Mixed Freestyle Relay	2:13.32
----------------------------	---------	-------------------------------	---------

Full results under the Pool Swims Page <http://www.aussiwa.com.au/>



11/04/2007

News Sheet #11

Swan Hills Training times for April are as follows

Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Monday 23rd	Tuesday 24th	Thursday 26th	Friday 27th

Times are 5.30am – 7am, though, we do get into the pool area at 5.15am. The Club is paying for the coach and lane hire of one lane, please feel free to donate a gold coin per session.

Non members are being charged \$45 for the month or \$5 per session to help cover costs. Hopefully Swan Park will have a coach in place soon, if not Daneka has agreed to coach us for another month.

Aerobic Swims

Saturday's 9.15 to ~11.30am – Aerobic Swims/club get together. Come along and do some longer swims and participate in our Aerobic awards, training and stroke correction also if required, leading up to the states we may travel to Belmont Oasis so that we can swim in a 50m pool.

FINA World Masters 2008

Well if ever there was an event that you just have to participate in, it will be this event. On our own doorstep, so no excuse not to. I attended the 2002 event in Christchurch and it was just awesome, OK so ours is in our own backyard so there won't be any sightseeing etc., but just being able to say you competed and possibly stood alongside someone famous.

I have attached the qualifying times to this newsletter and most of us qualify well under the times. You are able to log on now and register to swim <http://www.2008finamasters.org/>

If you know anyone that might be interested in swimming at the Worlds, don't forget to mention to them that they need to be a member of a Masters Club and sign them up with us.

~~~~~  
Do you need bathers?? We have Ladies bathers in racer back style or the Katzoot style, prices range from \$39.20 - \$46. How about a Swan Hills shirt to show off your loyalty at Interclubs? These are available through the Swan Hills Swimming Club, or a new Swan Hills swim cap? Sandra has these for only \$6.  
~~~~~

Have you visited our related websites?? If not here are the addresses for you to add to your favourites.

<http://swanhillsaussi.tripod.com/index.html>

<http://swanhillsswimclub.tripod.com/>

<http://www.aussiwa.com.au/>

<http://www.aussimasters.com.au/>

Our own website that gets updated whenever possible. ☺

Swan Hills swimming Club website

State AUSSI website with lots of useful State info.

The National website - all the Rules, Results & Ranking etc

New Initiative: On-line entry

Visit www.aussiwa.com.au for individual entries & information sheet.

Entries close at 12.00 midnight Wed 2 May 2007.

If without access to Internet or Credit Card facility ask fellow member to complete your registration/payment – no manual entries/payment available



Masters Swimming WA 2007 BE ACTIVE State Swim



Saturday/Sunday 19/20 MAY 2007
Challenge Stadium - Mt Claremont

The 29th State Championships is Masters Swimming WA's premier event. Clubs and members are encouraged to share in the competition and fun - including **Spot prizes and Have-a-go News Mixed Clubs Relay**

Saturday Competition starts @ 10.30 am

9.30 am to 10.15 am – Supervised Warm-up - Please obey Lane Signage
(8.00 am to 9.30 am – Unsupervised Warm-up - Please be courteous to other swimmers)

Event	1	200m	Individual Medley
Event	2	200m	Breaststroke
Event	3	200m	Freestyle
Event	4	100m	Backstroke
Event	5	100m	Butterfly
Event	6	4 x 50m	Freestyle Relay - Mixed
Event	7	4 x 50m	Medley Relay - Women
Event	8	4 x 50m	Medley Relay - Men
Event	9	50m	Breaststroke
Event	10	50m	Butterfly
Event	11	6 x 50m	Have-a-go News Relay HEATS (no points)



Happy Hour on Upper Concourse after Event 11 (5.00 pm approx)

Sunday Competition starts @ 9.00 am

8.00 am – 8.45 am – Supervised Warm-up - Please obey Lane Signage

Event	12	200m	Butterfly
Event	13	100m	Freestyle
Event	14	200m	Backstroke
Event	15	100m	Breaststroke
Event	16	4 x 50m	Medley Relay - Mixed
Event	17	4 x 50m	Freestyle Relay – Women
Event	18	4 x 50m	Freestyle Relay - Men
Event	19	50m	Backstroke
Event	20	50m	Freestyle
Event	21	6 x 50m	Have-a-go News Relay FINAL (no points)



Presentation Function (pre-paid) in Champions Club after Event 21

2007 BE ACTIVE State Swim

Sat/Sun 19/20 May 2007 - Challenge Stadium (8-lane indoor)

Swim Meet Details

Conducted by	Masters Swimming WA as a sanctioned event for members only
Celebrations	<ul style="list-style-type: none"> ➤ 30th anniversary (27th April) celebrations planned ➤ Presentations to 2 new Life Members ➤ Happy Hour on upper concourse after Saturday competition – nibbles & soft drink supplied – cash bar available ➤ Presentation Function in Champions Club (upstairs) after Sunday competition – hot/cold finger food, hot drinks and soft drinks supplied – cash bar available
Spectators	Free entry

Online Entries

<https://www.registernow.com.au/secure/Register.aspx?ID=533>

Entries Open	Monday 2 April 2007
Entries Close	Online Registration - closes 12 midnight Wednesday 2 May 2007
Registration Fees (includes pool entry and Saturday's Happy Hour)	<ul style="list-style-type: none"> ➤ Sat & Sun competition and Sunday Function \$45.00 ➤ Sat & Sun competition - no Sunday Function \$35.00 ➤ Sunday competition and Function \$30.00 ➤ 1 day (Sat or Sun) competition – no Sunday Function \$20.00 ➤ Sunday function only ticket for family/friends \$20.00
Individual entry process	5 events maximum over weekend (not including Relays) - Registration only available on-line – if members do not have access to internet or credit card facility please have a fellow member register and make payment for you
Process for Club Recorders (or Captains)	<ul style="list-style-type: none"> ➤ On-line registration data (Club competitors list) will be forwarded to Club Recorders or Captains by Sandra Mutch on a daily basis as members register and pay on-line. ➤ Club Recorders/Captains are asked to then enter their competitors into Meet Manager (or Team Manager Lite with assistance from Sandra) as they receive the data so that it is not left until the deadline (2 May 2007). ➤ Once entries close on 2 May 2007 Club Recorders/Captains to forward completed Meet Manager data back to Sandra by Friday 4 May 2007 ➤ Email sandra.mutch@worleyparsons.com (Tel 0417 974 417)
Relay entry process	Club Captains to enter relays with yellow cards on weekend of swim meet and submit to Event office before Event 3 on Sat 19 May and before Event 14 on Sun 20 May
Have a Go News Relay entry criteria/process	<p>Format for this event has changed – to encourage Clubs to mix into teams – form teams and enter swimmer's name, age group & estimated 50m FS time on yellow relay card prior to 1.00 pm Sat 19 May:</p> <ul style="list-style-type: none"> ➤ 6 x 50m mixed clubs relay - any stroke ➤ 6 swimmers from different clubs ➤ swimmers to span 6 different age groups eg. 1 team member from each of 5-year age groups ➤ heats on Sat 19 May with Final on Sun 20 May – if different team members for Final, make change/s by 12pm Sun 20 May at event office ➤ maximum of 4 males in each team ie. must include 2 females

Trophies

Male and Female Swimmers of the Meet	Points scored according to records set (World, National or State) & swim meet results (criteria will be included in swim meet program)
Top Club	Club scoring most points
Top Country Club	Country Club scoring most points
Handicap Trophy	Club scoring most points according to members competing
Have a Go News Mixed Clubs Relay	Winning team to receive prizes donated by Have a Go News



MANDURAH AUSSI MASTERS SWIMMING INC.

P.O. BOX 1307, MANDURAH WA 6210



Mandurah AUSSI Masters invites your members to the 2007 Be Active Club Challenge Series

Date: Sunday 10th June 2007

Time: Warm up 8:15 am Start 9.00am

Venue: Mandurah Aquatic and Recreation Centre, Pinjarra Road, Mandurah
The pool is a 25m indoor pool.

Cost: Pool entry is \$4.00 per competitor and spectator payable at the pool.

The order of events will be:

1. 100m Freestyle
2. 100m Breaststroke
3. 100m Backstroke
4. 50m Freestyle
5. 50m Breaststroke
6. 50m Butterfly
7. 100m Individual Medley
8. 4 x 50m Men's Freestyle Relay
9. 4 x 50m Women's Freestyle Relay



The following Clubs will be participating:

Swan Hills	Melville	Fremantle	Belmont
Rockingham	Armadale	Whitford	Stadium Snappers Bold Park

There will also be a Postal entry from Albany.

Swimmers may nominate for 3 individual events and must swim in one event to qualify for the relays.

Each club is to time-keep one lane and supply 3 time-keepers and 3 stopwatches. Please bring your own relay cards, which can be filled out on the day. If required, copies of the enclosed nomination form can be made.

You are invited to join us for lunch afterwards at the swimming pool at a cost of \$3. Tea and coffee will be provided. To help with catering could you please indicate total numbers when sending in the nomination forms.

Preliminary Standard Qualifying Times

XII FINA World Masters Championships 2008, Perth (AUS)

Discipline	Age Groups															
	25	30	35	40	45	50	55	60	65	70	75	80	85	90		
50 Freestyle	30:50	31:30	32:40	34:00	35:00	36:50	38:50	40:50	43:00	46:00	52:00	1:06:00	1:17:00	1:28:00		
100 Freestyle	1:09:00	1:11:00	1:12:70	1:15:00	1:19:00	1:23:00	1:27:00	1:33:00	1:39:50	1:51:00	2:05:00	2:24:00	2:58:00	3:28:00		
200 Freestyle	2:31:00	2:34:00	2:36:00	2:41:00	2:46:00	2:56:00	3:11:00	3:25:00	3:40:00	4:00:00	4:28:00	4:46:00	5:33:00	6:40:00		
400 Freestyle	5:25:00	5:30:00	5:35:00	5:40:00	5:56:00	6:10:00	6:35:00	7:00:00	7:46:00	8:40:00	9:20:00	10:35:00	11:50:00	13:00:00		
800 Freestyle	11:30:00	11:40:00	11:45:00	11:55:00	12:30:00	13:20:00	14:10:00	15:20:00	16:20:00	18:00:00	19:40:00	21:30:00	24:00:00	27:50:00		
50 Backstroke	36:50	37:50	39:20	41:00	42:50	44:50	46:50	50:00	53:00	58:00	1:07:00	1:16:00	1:33:00	1:56:00		
100 Backstroke	1:18:00	1:21:50	1:27:00	1:30:00	1:35:00	1:39:00	1:47:00	1:58:00	2:07:00	2:17:00	2:35:00	2:50:00	3:46:00	4:30:00		
200 Backstroke	2:50:00	2:52:00	2:59:00	3:07:00	3:20:00	3:24:00	3:45:00	4:05:00	4:23:00	4:43:00	5:20:00	6:13:00	8:00:00	9:45:00		
50 Breaststroke	39:50	40:50	41:50	42:60	45:00	47:50	49:50	52:00	55:00	1:00:00	1:08:00	1:20:00	1:51:00	2:22:00		
100 Breaststroke	1:26:00	1:29:00	1:33:00	1:36:00	1:40:00	1:46:00	1:54:00	2:00:00	2:10:00	2:22:00	2:43:00	3:10:00	4:25:00	5:30:00		
200 Breaststroke	3:09:00	3:13:00	3:17:00	3:26:00	3:35:00	3:45:00	4:00:00	4:13:00	4:36:00	4:58:00	5:36:00	6:25:00	8:00:00	9:40:00		
50 Butterfly	33:00	33:50	35:00	37:00	38:50	40:00	42:00	46:00	50:00	56:50	1:08:50	1:36:00	2:16:00	2:58:00		
100 Butterfly	1:13:00	1:15:50	1:19:00	1:23:00	1:27:00	1:32:00	1:44:00	1:54:00	2:07:00	2:16:00	3:02:00	3:37:00	4:40:00	5:50:00		
200 Butterfly	2:55:00	3:00:00	3:05:00	3:13:00	3:21:00	3:40:00	4:00:00	4:17:00	4:50:00	5:20:00	6:10:00	7:07:00	9:05:00	11:10:00		
200 Individual Medley	2:48:00	2:52:00	2:58:00	3:08:00	3:19:00	3:25:00	3:35:00	3:55:00	4:15:00	4:37:00	5:18:00	5:47:00	7:38:00	9:20:00		
400 Individual Medley	6:20:00	6:25:00	6:30:00	6:40:00	7:00:00	7:30:00	8:00:00	8:40:00	9:35:00	10:28:00	12:55:00	14:00:00	14:50:00	17:50:00		

Discipline	Age Groups															
	25	30	35	40	45	50	55	60	65	70	75	80	85	90		
50 Freestyle	35:50	36:50	38:00	40:00	42:00	44:70	48:00	51:00	55:50	1:00:00	1:05:00	1:15:50	1:37:00	2:00:00		
100 Freestyle	1:18:50	1:23:00	1:24:50	1:28:00	1:36:00	1:43:00	1:49:00	1:56:00	2:07:00	2:14:00	2:32:00	3:00:00	3:30:00	4:15:00		
200 Freestyle	2:46:00	2:53:00	3:03:00	3:13:00	3:30:00	3:47:00	3:58:00	4:10:00	4:28:00	4:42:00	5:10:00	6:17:00	7:04:00	8:30:00		
400 Freestyle	5:52:00	6:05:00	6:20:00	6:40:00	7:15:00	7:45:00	8:10:00	8:45:00	9:30:00	10:15:00	11:25:00	13:10:00	14:40:00	16:50:00		
800 Freestyle	12:50:00	13:00:00	13:30:00	14:20:00	15:30:00	16:30:00	17:20:00	18:30:00	19:50:00	21:30:00	24:40:00	26:40:00	29:50:00	36:00:00		
50 Backstroke	41:50	43:50	46:00	49:00	52:00	54:50	57:50	1:01:50	1:06:50	1:12:00	1:20:00	1:37:00	2:30:00	3:05:00		
100 Backstroke	1:32:00	1:36:00	1:42:00	1:48:00	1:53:50	2:02:00	2:11:00	2:20:00	2:31:00	2:40:00	3:00:00	3:40:00	4:15:00	5:30:00		
200 Backstroke	3:15:00	3:18:00	3:30:00	3:45:00	3:56:00	4:15:00	4:30:00	4:43:00	5:14:00	5:34:00	6:05:00	7:12:00	9:08:00	10:15:00		
50 Breaststroke	46:00	48:00	50:00	52:00	54:00	58:00	1:01:00	1:04:00	1:11:00	1:17:00	1:30:00	1:50:00	2:25:00	3:15:00		
100 Breaststroke	1:43:00	1:45:00	1:49:00	1:55:00	2:02:00	2:08:00	2:17:00	2:26:00	2:40:00	2:55:00	3:30:00	4:30:00	5:25:00	6:40:00		
200 Breaststroke	3:38:00	3:42:00	3:50:00	4:02:00	4:12:00	4:25:00	4:40:00	5:00:00	5:25:00	5:50:00	6:35:00	7:50:00	10:00:00	11:50:00		
50 Butterfly	38:50	40:00	42:50	45:00	48:00	50:00	55:00	1:00:00	1:08:00	1:20:00	1:38:00	2:43:00	3:38:00	4:40:00		
100 Butterfly	1:28:00	1:31:50	1:37:00	1:44:00	1:53:00	2:07:00	2:17:00	2:32:00	2:53:00	3:25:00	3:55:00	4:55:00	5:50:00	8:30:00		
200 Butterfly	3:18:00	3:28:00	3:38:00	3:50:00	4:12:00	4:42:00	4:57:00	5:30:00	5:55:00	7:00:00	8:20:00	9:40:00	11:30:00	15:00:00		
200 Individual Medley	3:11:00	3:19:00	3:29:00	3:37:00	3:50:00	4:10:00	4:20:00	4:40:00	5:12:00	5:40:00	6:20:00	7:20:00	8:44:00	10:05:00		
400 Individual Medley	6:50:00	7:05:00	7:20:00	7:50:00	8:27:00	9:10:00	9:50:00	10:25:00	11:30:00	13:44:00	15:55:00	17:30:00	19:00:00	23:20:00		