

FROM THE CHAIR by Janet Renner

Aloha All,

I hope this newsletter finds you, your family and friends safe and recovering from the tragic events that have shook our nation this fall. The trauma suffered has touched upon our masters community where we lost two of our members in one of the fateful flights on 9/11 and a third member on the American Airlines that went down recently. Their swim club, "Asphalt Green" based in Manhattan, has set up a scholarship fund on their behalf. Anyone wishing to contribute can find more information via the USMS.org website.

By the looks of this newsletter you can see we are expanding and working very hard to serve our local masters swimmers and promote our sport throughout our state.

Our organization has been working very hard on many tasks this year. Two immediate goals for our organization are to provide on our LMSC website the name, city, club and registration number for all registered swimmers in our LMSC, as well as create an email database so that future communications can be disseminated more efficiently than the hard copy of the newsletter.

We have also be very busy organizing the 2002 USMS National Short Course Championships which will be held May 14-17th at University of Hawaii and an ocean swim in Waikiki will be held on May 18th. Our website, www.hawaiimastersswim.org, has the current information and the entry form will be posted on the usms.org website

continued on page 2 - "From the Chair"

Hawaii Masters Swimming Association Board

Chairperson: Janet Renner (808) 573-8656 jrenner@maui.net	VP Oahu: Diane Stowell (808) 955-3534 ddl2srf@lava.net	VP Big Island: Mark Noetzel (808) 881-4053 mnoetzel@hpa.edu
Web Master Mette Moffett (808) 537-5488 mette@hotu.com	Registrar: Jeri Wade (808) 261-9809 djwade@worldnet.att.net	
Treasurer: Jerry Stowe (808) 891-2022 bjstowe@juno.net	Top Ten: Jim Mellon (808) 935-0428 mellon@hawaii.edu	Legal Counsel: James Krueger (808) 244-7444 mauswim@gte.net
VP Maui/Editor: Malcolm Cooper (808) 572-0955 malcolmy@email.msn.com	VP Kauai: Kim Hester (808) 332-7703 hesterra@verizon.net	

May 2002 Short Course Masters Nationals in Honolulu by Amy Patz

Aloha Hawaii Masters!

As many of you may have heard, Hawaii was selected to host the 2002 Short Course Masters National Championships. Janet Renner and Amy Patz are Co-Meet Directors for this exciting event, and we want to share some information with you about the meet and how you can get involved.

Where? Duke Kahanamoku Aquatic Complex, on the campus of University of Hawaii at Manoa.

When? May 14-17, 2002 will be the pool meet, and May 18 will be the open water swim off Waikiki Beach.

Who Can Swim? Everyone who is a USMS member in 2002 can swim up to **four** pool events in this Nationals Swim meet, plus can compete in the open water swim. If you meet certain qualifying standards (times listed on our website), you may swim up to **six** pool events plus the open water swim.

Who Will Be Here? Masters swimmers of all ages and abilities will be coming from all different parts of the mainland to compete at this Nationals event, and there may be some international competitors. Although it is hard to predict, we are aiming for attendance of approximately 1,200 swimmers. It is a very exciting meet with some of the top swimmers in the country and National records are sure to fall. Plus, you will meet interesting people from all over the country.

continued on page 3 - "Masters Nationals"

Inside This Issue			
1	From the Chair	4	Stroke Changes - (see also p6)
1	Masters Nationals	5	Masters Swim Clubs in Hawaii
2	LMSC News & Tidbits	6	Why Swim at Masters Nationals?
4	LC Nationals - Results & Records	7	2002 USMS Registration Form

very shortly. Co-meet director, Amy Patz, has contributed a wonderful informational article to this newsletter.

Have you visited our website lately, www.hawaiimastersswim.org? We have a new webmaster, Mette Moffett of Kailua Masters. I think you'll agree she has done a fabulous job in bringing our site up to date. We have attempted to include all current club information on the site. Please review it and if you see any incorrect information or think we should add something of interest to the swimming community, please let her know.

Kauai needs our support. Are you aware that the Kauai swimming program headed by Coach Orlando Anaya has recently been charged a monthly fee increase of 266% to use the pool. As a result the programs have suffered tremendously, and the masters program is no longer. There are swimmers, and they want to swim, but the cost is too great. What Kauai needs from us is ideas, support what ever we can do to assist them in getting a quality facility built on their island that does not charge exorbitant fees to use. If you can help, please contact Kim Hester the Kauai Vice President of our LMSC.

The annual national convention was postponed as a result of 9/11 and was recently held in Louisville, Kentucky. Following are some the highlights from the convention. The House of Delegates approved or announced the following:

1) For the 2002 USMS Short Course National Championships being held at University of Hawaii the maximum number of non national qualifying time standard events that can be entered was increased from 3 to 4 events. This means you may enter up to 4 events without meeting the national qualifying time standard, and a maximum of 6 events with at least 2 events meeting the national qualifying time standard. This is only valid for our meet.

2) The FINA Bureau has accepted our request for a variation to the butterfly rule to allow Masters swimmers to use a breaststroke kick for the period 20 September (when the

Fukuoka amendment came into force) until 23 May (when the Masters Congress amendment will come into effect). This exception means that we return to the rules prior to September 20, which allowed the breaststroke kick to be used in the butterfly for all events. Records set during the intervening time will be acceptable with either kick as long as they otherwise qualify.

3) USMS has changed its minimum age of membership to 18 effective November 18, 2001. Registrars may begin to accept members immediately. They must, however, insure that the registration form is dated on or after the potential members 18th birthday. We cannot accept forms signed while the person is 17. Members can compete in USMS meets when they meet the requirements for being considered 19 for a given meet. For short course yard meets, a member can compete as long as their 19th birthday occurs on or prior to the last day of the meet. For both short course and long course meter meets, an 18 year-old member may compete in the year in which his/her 19th birthday occurs. In all cases, they will be competing as 19 year-olds for the purpose of individual and relay age group determination. Registrars currently using the USMS registration software will receive a new version shortly. They can currently register 18 year-old members but the cards will print with a "Not Valid Until" statement on the card.

4) Any hosts of USMS sanctioned events with foreign swimmers wishing to enter should contact the National Office for property documentation.

Are you a top ten swimmer, national record holder or world record holder? If so be sure to check the History Archives on the USMS website to make sure they have a picture of you. Lastly some trivia for you all: our LMSC membership for the year is at 556 members. The national organization has 40,533 members with 504 clubs.

I wish you all a safe, healthy and happy holiday season and encourage you all to keep on swimming and volunteer to help us host an awesome National Championship in May.

**Swimmingly yours,
Janet**

LMSC News & Tidbits

HAWAII RECORDS ON WEBSITE

Within the next few weeks, the Hawaii master's yards records should make its debut on the Hawaii LMSC website (www.hawaiimastersswim.org). Our new webmaster, Mette Moffett, will start with the short course yards records; the long course and short course meters records will follow. Check it out!

To check out master's national records, go to www.usms.org. The USMS website also has the Top Ten times in each age group for the past several years. For world records, go to www.fina.org.



CLUB AFFILIATION FOR 2002 REGISTRATION

If you will be competing at the 2002 USMS SC National Championships in Oahu or any other national or international meet this coming year your LMSC board HIGHLY RECOMMENDS you register your club affiliation with Hawaii Masters - acronym HIMA. This will allow you to participate in relays at these meets with other members of Hawaii Masters

The registration form can be downloaded off our website at <http://www.hawaiimastersswim.org> and is on the last page of this newsletter



continued on next page - "LMSC News"

What is the Order of Events?

USMS sets the order of events, so at this point, they are set in stone. Men's heats are the even heats, women are the odd heats.

Tues: 1000 and 1650

Wed: 400 IM, 50 Back, 200 Free, 100 Breast, 200 Fly, 200 Medley Relay, 200 Free Relay.

Thurs: 500 free (men only), 50 Fly, 200 Breast, 100 Back, 50 Free, 200 IM, 200 Mixed Medley Relay.

Fri: 500 Free (women only), 100 IM, 100 Fly, 50 Breast, 200 Back, 100 Free, 200 Mixed Free Relay.

Sat: Open Water Race in Waikiki!

How Do I Enter? An entry form and meet information will appear in the January/February issue of Swim Magazine. You may mail in that entry form, or download it, or enter online at www.usms.org.

Is There a Website? Yes, our local masters swim committee has put a great section regarding Nationals on our own website: www.hawaiimastersswimming.org; or check www.swimming.org & www.usms.org - both have the official entry form.

Do you Need Volunteers? Yes, definitely! We have been working hard to organize Nationals, and will need volunteers to help us continue to organize the meet, and to help us run a great meet. Areas of need during the meet include registration, awards distribution, timing, and hospitality. We also will need a lot of help before the meet, such as people to help stuff goodie bags, prepare the pool for the meet, and organize the hospitality and awards. We are also still looking for people who are interested in playing a larger role in organizing the meet. Our organizing committee has great people on it thus far, but we do still have a few unfilled positions. Volunteering for Nationals at any level is a unique opportunity to get involved in an exciting National event.

How Else Can I Help Out? We plan to run a first-rate meet! In order for us to keep our costs down, we are trying to get as many of our expenses covered as possible. If you know of any company or individual that would like to donate money or goods in exchange for advertising at our meet, please let us know! Goods we will need include: food for the hospitality area, such as snack foods, lunches, and drinks; plant rentals, or other ways to beautify the pool area; leis for VIP donors and possibly record breakers. Remind potential donors that masters swimmers make great future customers!

For More Information:

Email patz@hawaii.edu, or call 808-956-7510 (Honolulu) and ask for Amy.

Or

Email jrenner@maui.net, or call 808-573-8656 (Maui) and ask for Janet.

**YOU'LL WANT TO REGISTER WITH TEAM HAWAII MASTERS IF YOU'LL BE COMPETING IN NATIONAL OR INTERNATIONAL MEETS**

Team Hawaii Masters is a symbolic club uniting our masters swimmers in Hawaii to compete in National and International events as one team. By unifying our efforts we will gain greater recognition throughout the swimming world by competing together in individual and relay events thereby scoring points to allow us to compete for the team high point trophies at these type of meets. More importantly registering with this club will encourage and promote comraderie among our Hawaii masters swimmers when competing in these larger meets.

Special for the 2002 USMS Short Course Masters Nationals we have acting as honorary Head Coach Al Minn of Aulea, and Coach Joe Lileikis of UH Masters and Coach Steve Borowski of Kona Aquatics organizing our team for relays and assisting with all coaching duties throughout this meet. Your LMSC anticipates supporting the team with attire and caps for this meet. The details to be decided in the near future. For more information please contact Steve (swim@kona.net) or Joe (swimjl@aol.com) and refer to our website for updates.



2002 USMS SC National Championship **National Qualifying Times** are online at <http://www.hawaiimastersswim.org>

**TIDBITS**

Jim Mellon noticed an interesting tidbit about Dorene Marumoto from Honolulu on p.9 of the Sept/Oct SWIM magazine. ("You'll Get a Kick Out of This...") Although she's self-described as just "a beginning adult swimmer," the 47 year old swimmer set a Guinness world record for kicking 123 lengths of a 50 meter pool over an 8½ hour period. In the article she acknowledged "I know lots of real swimmers could go a lot faster, but no one's done it." What a kick!

**From: UH Swim Coach Mike Anderson**

Hello everyone from the land of the Rainbow Warrior. I wanted to take a few lines and touch on a couple of items. First, **thank you** to all our **boosters and friends** who have helped with the first two meets of the college season. The Senior Meet on Oct. 12th and the Arizona Meet on Oct. 19th went off smoothly with your help (plus the potluck was superb!).

Our next 3 meets are: Friday, Nov. 9, at 6 pm, Senior Meet; Sat./Sun., Dec. 1,2, Senior Meet; Friday, Dec. 14, Oregon State Dual Meet. Remember, masters swimmers are eligible to swim in Senior Meets. See Joe Lileikeis at UH Masters, or Amy Patz (patz@hawaii.edu) for an application.

Secondly, I would like to invite every one to show their aloha and support the UH Swimming and Diving Boosters Club. Memberships are available at several levels and you receive goodies for your support! Again, see the UH masters coaches for a membership form and help us win a National Championship!

2001 Long Course Summer Nationals Results by Jim Mellon

Several Hawaii swimmers had outstanding performances at the USMS long course national championships held in Federal Way, WA, in August. Swimming in the 40-44 age group, Brett Phillips captured four gold medals, a silver and a bronze. His 4:15.57 in the 400 free set a **new world and national record**. Diane Stowell also broke a national record, only to finish 2nd by one-tenth of a second in the race. Her 1:39.30 in the 100 breaststroke broke the national record she set in 1999. Diane came home with a total of five silver medals. Ernie Leskovitz won three goals medals and a silver, setting four new state records in the process.

At the World Police and Fire Games in Indianapolis in June, Peer Blichfeldt, 40-44 age group, broke two Hawaii records. At the Humu Master's meet held in Kailua in August, Kendra Yanney set two new records, while Beth Blichfeldt, Cheryl Henry, and Nancy Staal set one each. Below is a summary of the Hawaii LMSC records that have been set since the last newsletter.

- **Beth Blichfeldt**, 75-79
50 m breast, 1:05.95 (*previous 1:48.09, L. Jerry Bennett, '84*)
- **Peer Blichfeldt**, 40-44
50 m free, 26.14 (*previous 26.59, Bruce Clark, '86*)
50 m back, 32.50 (*previous 32.75, Bill Earley, '78*)
- **Cheryl Henry**, 35-39
50 breast, 42.13 (*previous 42.64, Cheryl Henry, '00*)
- **Ernie Leskovitz**, 65-69
400 m free, 5:24.01 (*previous 5:38.79, James Welch, '83*)
800 m free, 11:26.18 (*previous 12:19.35, Peter Powlison, '87*)
100 m fly, 1:21.91 (*previous 1:37.33, Mo Mathews, '92*)
200 m IM, 3:01.06 (*previous 3:02.81, Peter Powlison, '87*)
400 m IM, 7:15.16 (*previous 7:22.92, Mo Mathews, '92*)
- **Brett Phillips**, 40-44
200 m free, 2:01.83 (*previous 2:06.06, Brett Phillips, '01*)
400 m free, 4:15.57 (*previous 4:32.44, Mike Sherrill, '94*)
800 m free, 8:56.20 (*previous 9:37.49, Mike Sherrill, '92*)
200 m back, 2:19.63 (*previous 2:30.74, Brett Phillips, '01*)
200 m fly, 2:36.75 (*previous 3:23.00, Art Welch, '73*)
200 m IM, 2:17.95 (*previous 2:29.21, Mike Sherrill, '94*)
400 m IM, 4:55.54 (*previous 5:18.05, Brett Phillips, '01*)
100 yd breast, 1:08.08 (*previous 1:08.18, Roy Davis, '82*)
200 yd breast, 2:21.42 (*previous 2:27.64, Roy Davis, '82*)
200 yd fly, 2:06.73 (*establishes new record*)
- **Nancy Staal**, 35-39
50 m free, 30.31 (*previous 30.65, Peggy With, '80*)
- **Diane Stowell**, 65-69
100 m free, 1:20.63 (*previous 1:21.30, Diane Stowell, '99*)
800 m free, 13:10.19 (*previous 13:11.77, Diane Stowell, '99*)
100 m breast, 1:39.30 (*previous 1:40.81, Diane Stowell, '99*)
200 yd free, 2:50.29 (*previous 3:06.96, Joan Osborne, '82*)
- **Kendra Yanney**, 19-24
400 m free, 5:39.69 (*previous 5:41.60, Tracy McCarthy, '97*)
400 m IM, 6:20.52 (*previous 6:30.89, Kim Kozuma, '88*)



Stroke Rule Changes

[edited] From: USMS Rules Committee 9/16/01

During the FINA World Championships, several changes were enacted to the technical rules of swimming which USA-Swimming, in turn, enacted to become effective on September 20, 2001. Therefore, in accordance with 601.4.5B, the USMS rules of competition are also changed as of that date.

These changes are permissive relative to our current rules. Therefore, anyone following our current rules will continue to be legal under the new rules. (You will have received separate action with respect to FINA's changing the butterfly rules.) The changes include:

- Allowing the elbows to be above the surface of the water on the final stroke prior to the turn, during the turn and at the finish. Previously, only the last stroke prior to the finish could have the elbows above the water. [breaststroke]
- During the butterfly swim, the swimmer must be on the breast. Previously, the swimmers shoulders also needed to be in line with the surface of the water.
- A backstroke swimmer may be submerged at the finish of the race.

Below is a copy of the USMS rules that reflect these changes.

101.2. BREASTSTROKE

101.2.1—Start

The forward start shall be used.

101.2.2—Stroke

From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and the last stroke at the finish of the prescribed distance. The hands shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except during the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, in that order, except after the start and each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke.

101.2.3—Kick

All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outward during the propulsive part of the kick movement. A scissors, flutter, or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.

101.2.4—Turns

At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during

continued on next page - "Stroke Rule Changes"

Stroke Rule Changes - continued from previous page

any part of the last complete or incomplete stroke cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in article 101.2.2 must be attained from the beginning of the first arm stroke.

101.2.5—Finish

At the finish, the body shall be on the breast and the touch shall be made with both hands at, above, or below the water surface. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch.

101.3. BUTTERFLY

101.3.1—Start

The forward start shall be used.

101.3.2—Stroke

After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. The swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring the swimmer to the surface. (**Note:** After the start and after each turn, only one breaststroke kick is allowed prior to the arm pull that brings the swimmer to the surface.) It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the body shall be kept on the breast. Both arms must be brought forward over the water and pulled back simultaneously.

101.3.3—Kick

All up and down movements of the legs and feet must be simultaneous. The position of the legs or the feet need not be on the same level, but they shall not alternate in relation to each other. The breaststroke or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. However, when the breaststroke or whip kick is used, the arms must be recovered over the top of the water with each breaststroke or whip kick, except after the last such kick before the turn or finish. A scissors kicking movement is not permitted.

101.3.4—Turns

At each turn the body shall be on the breast. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

101.3.5—Finish

At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

101.4. BACKSTROKE

101.4.1—Start

The backstroke start shall be used.

101.4.2—Stroke

Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on the back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water.

101.4.3—Turns

Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. Once the body has left the position on the back, any kick or arm pull must be part of the continuous turn action. The swimmer must have returned to a position on the back upon leaving the wall.

Note: The swimmer who turns past vertical and, in a continuous motion, grabs the wall before pushing off with the feet while on the back is considered to have executed a "continuous turning action."

101.4.4—Finish

Upon the finish of the race, the swimmer must touch the wall while on the back. The body may be submerged at the touch.



Masters Clubs of Hawaii

Hilo Aquatic Club: 969-3937 Kawamoto Swimming Pool	Jon Hayashida jhayashi@hei.com M/W/F 5:30-6:45am	Humu Masters Swim Team: AI 261-5143 June 262-7496 Kailua District Park Pool	Albert Minn M-F 5-7pm T-Th 7-9pm
Kailua Masters: 375-7357 Kailua District Park Pool	Mette Moffett vp@kailuamasters.org M-W-Th 7-8:15pm	Kona Aquatics: 327-2172 Kona Comm Aquatic Center ocean swim Kailua pier Sat 8am	Steve Borowski swim@kona.net M/F 6:15-7:30am W 6-7:15pm
Maui Masters Swim Club: 572-0177 War Memorial/Sakamoto Pool Pukalani Pool	Doug Rice doug@shaka.com M-W 6:45-8:15pm M/T/Th 6-7:30pm Sat 7:30-9am	Mokihana Aquatics: 821-0587 Activities currently suspended	Orlando Anaya aaaaaa@hawaiian.net
Oahu Club Masters Team: 395-3300 Oahu Club	Robin Flanagan flan6@aol.com M-F 12-1pm M/W/F 6:30-7:30pm	Kona Dolphins Swim Club: 322-3655 Kona Comm. Aquatic Center	Michael Sheeler michael@ilhawaii.net T/Th 6:15-8:15am
University of Hawaii Masters: Joe 395-7433 Amy 956-7510 UH-Duke Kahanamoku Aquatic Complex	Joe Leleikis/ Amy Patz patz@hawaii.edu M-F 5:30-7am M-F 6:00-7:15pm M-Th 7:15-8:30pm	Valley Isle Masters Swimmers: 573-8656 Kihei Aquatic Center Lahaina Aquatic Center Pukalani Pool	Janet Renner jrenner@maui.net T/Th 6-7:30am M/W/F 5:45-7:pm T/Th 6:30-8pm M/W/F 5:45-7:15am

Hawaii Masters: Club for State team - no organized workouts

Why Swim at Nationals?

by Cheryl Henry

Why Swim at Nationals?

Have you ever met a group of friends that you only see once every few years, but always stay friends with over the years because you have something in common? These are the type of people who you will meet when you swim at the 2002 Short Course National's on Oahu in May. I swam my first National's in 1993 in California, when I lived there and coached a masters swim team. I had already met a many swimmers at the local meets, but at National's there are many more people, especially in your age group. I distinctly remember the group from Hawaii, because Joe Lileikis out touched one of my swimmers in the 100 free. When I moved to Oahu in February of 1994, I joined the team at UH with coach Joe, and immediately felt at home with all of the masters swimmers. Joe and I went back to Santa Clara National's in 1999, and found we had friends there from as far back as age group swimming, whom we hadn't seen in years.

In July 2000, Diane Stowell, June Ford, Jim Kreuger, and Sheri Lehmer and I competed in the World Championships in Munich. The competition was tough, but the US team all sat together and cheered each other on. It was nice to see the unity of all the swimmers, even though we swam for different clubs. Many of us knew each other from US National's, or recognized each other's names from looking up the results of National's. It was nice to finally put a face with a name.

Every year there are swimmers from the Olympic Club and Texas as well as other states who come to compete in the Maui Channel Relays and Waikiki Roughwater Swim. Each time the friendships are renewed and enhanced. When you sign up as part of Hawaii Masters Team and swim in the 2002 US Short Course National's, you will become a part of this very special group of friends.

Aloha,
Cheryl



Benefits of 2002 Hawaii Masters Swimming Association Membership

- *The opportunity to meet and train with coaches and other swimmers.*
- *The benefit of coaching and training with our member clubs throughout the country requiring USMS membership.*
- *A subscription to SWIM Magazine, a bi-monthly national swimming publication which runs concurrently with your membership.*
- *The Hawaii Masters Swimming Association Biannual Newsletter.*
- *The right to participate in any USMS sanctioned postal, pool, open water event or clinic.*
- *Liability Insurance for your club and meet sponsors.*
- *Secondary accident Insurance.*
- *Borrowing privileges from the USMS video tape and book library.*
- *Information from Hawaii Masters Swimming Association to answer any of your swimming questions.*

Letter from Leo Letendre re FINA Butterfly Rule Change (edited)

Dear LMSC Chairman, Officials Chair and Newsletter Editor;

As many of you know, FINA changed the butterfly rules at their meeting during the World Championships in July. What many of us did not realize was the fact that the FINA rules for the "kid" swimming actually allowed the use of the breaststroke kick in the butterfly. In updating the butterfly rules, they added language that prohibited the use of the breaststroke kick in the butterfly. In forming the Masters rules within FINA, the writers choose to list only exceptions to the "kid" rules in the Masters rules. Since the original "kid" rule allowed the breaststroke kick, no exception was necessary and when they changed the "kid" rule the Masters rule also changed.

The Masters organization within FINA has not yet had time to react to the change. Therefore we are in a state of limbo with respect to knowing what the long term effect of the change will be. The FINA Masters organization will be meeting in November and this change may be addressed at that time. The FINA Masters Congress is in March and a definitive reaction will be available at that time if action does not come sooner.

In the interim, we must deal with the change and accommodate those who might break a world record. Since the rule currently prohibits the breaststroke kick, we will have to certify swims that meet the new requirements.

There is a form that must be submitted by the swimmer to the meet referee prior to the swim. The official must then certify that swim was completed in accordance with the new rule. This will remain in effect from September 20, 2001 until we receive guidance from FINA masters and can react to it.

If you have any questions please feel free to contact me at rules@usms.

A copy of the referenced forms & files may be found in PDF format in the Rule Book section of the web site at <http://www.usms.org/rules/fina2001.shtml>. There's a link to this page from the main Rule Book page and from the home page. It is also in the What's New section.

Thanks,

Leo Letendre
for the USMS Rules committee





**HAWAII MASTERS
SWIMMING ASSN.
2002 Membership
Application**

RENEWAL
My current USMS No.: _____
 NEW REGISTRATION

YOU MUST PAY FEE OF \$20
(Fee allocation: USMS = \$8,
HMSA = \$5, SWIM magazine = \$7)

SEP/OCT 2002 FEE = \$15
(end of year fee)
Membership expires 12/31/02

Make check payable to and mail to:
HAWAII MASTERS SWIMMING ASSN.
c/o Jeri Wade
820 Alahaki St.
Kailua, HI 96734-3838

(808) 261-9809
djwade@att.net

ONE YEAR MEMBERSHIP APPLICATION

Register with same name you will use for competition. Print clearly.

Last Name		First Name		Init	For Office Use
Street			Apt		
City		State	Zip	Phone No ()	
Date of Birth		Age	Sex	Today's Date	
Mo	Day	Yr		Mo	Day Yr
Club or Unattached			E-mail Address		

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed 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. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____

If you coach Masters Swimmers, please check here

I wish to contribute \$1.00 (or \$_____) to the United States Masters Swimming Foundation.

I wish to contribute \$1.00 (or \$_____) to the International Swimming Hall of Fame Foundation.

I have added these amounts to my 2002 registration fees

USMS Registered swimmers are covered with secondary accident insurance.

- 1) in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered.
- 2) in USMS sanctioned meets where all competitors are USMS registered.

Do not use after 10/31/02

For current registration forms contact our registrar Jeri Wade



Hawaii Masters Swimming
P.O. Box 424
Puunene, HI 96784

PLACE STAMP
HERE. THE POST
OFFICE WILL NOT
DELIVER MAIL
WITHOUT POSTAGE

ADDRESS CORRECTION REQUESTED

Mailing Address
Street Number and Name
City, State 98765-4321