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**CHANGE OF ADDRESS**

R.F. CRAIG, HONORARY SECRETARY

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Tel: (01369) 706433

**STOP PRESS!!!**

**CHANGE OF DATE FOR  
THE WINTER  
CHAMPIONSHIPS**

**21 - 23 DECEMBER 1995**

**VENUE :  
TO BE CONFIRMED**

**BP ANNOUNCE TEAM SPORT SCOTLAND**

BP is to continue its grass roots sponsorship of sport by renewing its support for Team Sport Scotland.

This is the 4th year of the partnership the Scottish Sports Council, the governing bodies of sport and BP, resulting in a sponsorship deal worth around £50,000, this amount included a £10,000 award from Sportsmatch - the business sponsorship incentive scheme which matches £ for £ new sponsorship monies for grassroots sport.

The BP sponsorship will go towards an initiative called the BP TourFest 95/96 a series of Team Sport competitions, festivals and camps to be held throughout Scotland over the next year in areas such as Glasgow, Edinburgh, Grangemouth, Aberdeen, Dundee, Fort William, East Kilbride, Largs, Falkirk, Irvine, Perth, Lanarkshire and Struan.

BP TourFest will be key in promoting and provided opportunities for school-aged children to play and enjoy team sports all over Scotland. It is estimated that over 5,000 children will have the opportunity to play and enjoy organised matches, coaching sessions and skill challenges with Scotland's top coaches and sporting stars.

The sports which make up the BP TourFest programme include Girls and Boys Football, Netball, Cricket, Rugby, Volleyball, Swimming, Basketball, Shinty, Athletics and Hockey as well as events for youngsters with a disability. In total, the new sponsorship covers 33 festivals and events.

John Rogers of BP Oil said: "Team Sport has been an exciting and rewarding sponsorship for all those involved. BP firmly believes that in any environment where people are coming together, be it in the workplace or sport - Teamwork is the essential ingredient for success".

The Scottish Sports Council's Chairman Graeme Simmers commented: "By generously making available funds in this way, BP is helping us in our mission to create many more participating opportunities for youngsters involved in sport in all corners of the country".

BP SwimFest events are as follows:-

June 12th & 19th - Lothian (already taken place).  
September 29th - Dollan Aqua Centre, East Kilbride.  
November - Borders & Glasgow (dates to be confirmed).

Anyone interested in observing at the above events please contact either Ian McGregor or Briony Shimmons at the SASA Office.

**"928"**

## SWIMMING DEVELOPMENT OFFICERS APPOINTMENTS

### PERTH AND KINROSS

Frances Smith has been appointed as the full time Swimming Development Officer in the Perth and Kinross area. The post is supported by the Scottish Sports Council, through Team Sport Scotland in partnership with the Local Authority. The main function is to support the development of the foundation and participation programme in each of the four clubs, Perth City, Kinross, Blairgowrie and Aberfeldy.

Frances, a former Scottish international swimmer, is a P.E. graduate having trained at Dunfermline College (now Moray House Institute). She spent 15 years in England, lecturing at P.E. colleges and also coaching at Beckenham and Reading Swimming clubs. On her return to Scotland in 1985, Frances returned to her former club, Warrender, as age group coach and swimming convener. Frances coached many National Champions and Junior Internationalists and was recognised on several occasions by the SSCA as the age group coach of the year. In 1990 Frances was presented with the Scottish Sports Council, female coach of the year award. Frances has also had an impact on the international front, coaching and managing many Scottish teams. In 1991, Frances was a team coach for the GO team at the European Junior Championships in Geneva.

Frances begins on 21 August and I am sure you will agree that she will be bringing a wealth of valuable experience back into Scottish Swimming.

### STRATHKELVIN

Strathkelvin District Council have recently appointed Katie McConachie as their Swimming Development Officer. Katie's new job will be to develop grass roots swimming and to ensure that the area provides a quality "learn to swim programme". Also a structured pathway for swimmers of all ages and ability to be able to participate in any aspect of the sport at any given level. Whilst at present the post is within Strathkelvin when the new unitary authorities are up and running Katie's work will extend to East Dumbartonshire which will have a population base of 110,000 and include the following swimming clubs: Kirkintilloch, Scotia and Milngavie and Bearsden.

Katie is well equipped for her new job. She is a qualified geography teacher (Glasgow University MA Honours Degree) and an outstanding swimming teacher and ASA tutor.

During the past 10 years Katie has taught and coached at Milngavie and Bearsden Swimming Club - Scotland Top Club and also has coached the Scottish Junior Squad 1993/94.

Katie is currently the West District Education Convener and a member of the National Education Committee.

The Scottish ASA wishes both Katie and Francis every success with the challenges of their new jobs.

## NEWS ITEMS

### Long Distance Swimming Committee

East District members of the Committee, Mrs Elizabeth Hastie and Mr Ted Letson have tendered their resignations after a special meeting of the Committee on Monday, 31st July. Mrs Hastie had requested the meeting to discuss a number of issues which her District were unhappy about. The meeting did not resolve the issues.

### Masters Committee National Convener

Mr Donald Muirhead has accepted the post of National Convener for Masters Swimming. Donald is Depute Director for Leisure and Recreation (Indoor) at Inverclyde. He has been a keen supporter of Masters since the first National Championships which were staged at Greenock in 1980. That event was a major success and included 17 Olympic medallists. Since then Inverclyde has hosted many Masters Championships and Donald had already joined the Committee as a co-opted member. He has many ideas and enthusiasm to keep the Masters movement flowing.

### Investors in People

The Association is on course to be the first Governing Body of Sport to qualify for the status of "Investors in People".

### Great Britain Review

The ASA Executive has rejected the proposals for a new Great Britain Association. The consultation exercise carried out in Scotland and Wales did not happen in England. One factor which was not available to the SASA and WASA was the financial information and this appears to have been behind the ASA Executive decision. It is now urgent that systems are put in place to manage Great Britain affairs especially with the imminent appointment of a National Performance Director.

### Synchro Swimming USA

United States Synchronized Swimming are hosting an International Coaching and Judging Seminar for Synchronized Swimming on behalf of FINA. It is to be held in Albany, New York from January 16 - 20, 1996. Further details from Mrs Mary Black FINA ISSC member.

### Chief Referee

Mrs Mary Black was appointed Chief Referee for the Junior World Synchronized Swimming Championships in Bonn in July. Mary was so successful at that event that the FINA Commission - including FINA President Mustapha Larfaoui - invited her to be Chief Referee for the FINA World Cup in Atlanta and the Olympic Qualifying event 1 - 5 August, 1995. Again, Mary was warmly congratulated by all the participants after these events - the Synchro Swimming USA officials were particularly high in their praise for Mary's successful handling of 37 different protests, clarifications etc in the first two days!

### Licence to Synch!

Stuart Martin, Vice Chairman Finance and Administration has been sorting out the problem that Synchronized Swimming has with the requirement to have a license to dub music for their performances. All Synchro Clubs will require to provide details of all the pieces of music that they use and how many times that it is played. Full details will be sent to all the clubs concerned. One of the problems is that two different bodies issue licenses - one for dubbing music and the other for public performances, which includes training sessions.

# DIRECTOR'S PAGE

## FUNDAMENTALS OF COACHING

The Coaches Technical Panel has discussed among many items the General Principles of Coaching. In June the leading coaches in Scotland came together at Stirling University to talk about some of the major coaching issues. The following is a brief out-line of the points that were debated.

### ADAPTATION

CREATING THE NEED FOR MORE ENERGY WITH TRAINING.  
PROVIDING THE PROPER NUTRIENTS TO BUILD AND REPAIR TISSUE.  
PROVIDING THE ATHLETE WITH ENOUGH REST TO BUILD AND REPAIR TISSUE.

### FAILING ADAPTATION

IF YOU MOVE ON TO A HIGHER LEVEL OF WORK BEFORE YOU HAVE FULLY ADAPTED TO CURRENT FITNESS LEVEL.

### OVER TRAINING

ILLNESS AND INJURY  
FAILING ADAPTATION  
SUDDEN INCREASE OF TRAINING  
SUDDEN CHANGE IN THE TYPE OF TRAINING  
ANXIETY

### REVERSIBILITY

ONE TO TWO WEEKS WILL PROVIDE TIME FOR REJUVENATION WHILE NOT BEING SO LONG THAT THE SWIMMERS WILL LOSE A SIGNIFICANT AMOUNT OF CONDITIONING. PROBLEMS ARISE WHEN SWIMMERS TAKE TRAINING BREAKS THAT LAST FOUR WEEKS. THIS CANNOT BE RECOMMENDED FOR SERIOUS SWIMMERS. ALL OF THE TRAINING ADAPTATIONS GAINED DURING THE PREVIOUS SEASON WILL HAVE DISSIPATED BY THE BEGINNING OF THE NEXT SEASON.

### OVERLOAD AND PROGRESSION

SYSTEMATIC MANIPULATION OF THE THREE VARIABLES OF INTERVAL TRAINING.

THE SPEED OF SWIMMING REPEATS ALSO REFERRED TO AS TRAINING.

### INTENSITY

THE NUMBER OF REPEATS, ALSO REFERRED TO AS TRAINING.

### VOLUME

THE REST INTERVAL BETWEEN REPEATS, ALSO REFERRED TO AS TRAINING.

### DENSITY

INCREASES AND/OR DECREASES IN THESE THREE VARIABLES SHOULD OCCUR SLOWLY AND IN SMALL STEPS.

### SPECIFICITY (SWIMMING)

THE MAJOR APPLICATIONS THAT IMPROVE PERFORMANCE TAKE PLACE IN THE MUSCULAR SYSTEM. ADAPTIONS IN THE RESPIRATORY AND CIRCULATORY SYSTEMS WHILE PROBABLY CONTRIBUTING TO IMPROVEMENTS IN PERFORMANCE ARE NOT AS IMPORTANT AS THOSE THAT ARE PRODUCED IN THE MUSCLES.

ONLY MUSCLE FIBRES THAT ARE USED IN TRAINING WILL ADAPT MAXIMALLY.

SWIMMING A PARTICULAR STROKE IN TRAINING IS THE ONLY SURE WAY TO PRODUCE ADAPTATIONS IN ALL OF THE MUSCLE FIBRE THAT ARE USED FOR THAT STROKE.

SWIMMERS SHOULD DO BOTH ENDURANCE AND SPRINT TRAINING IN THEIR MAJOR STROKES.

If you wish to know more of the detail may I suggest that you attend one of the October Fundamentals of Coaching Seminars.

### FINALLY

I realise that success in Swimming requires swimmers having access to plenty of quality pool time approximately 16 - 22 hours per week and some 3 - 6 hours of land work time. At this moment in time I do not wish to dwell on this issue but I can say that there are several developments across the country and through these we are slowly achieving one of the Associations Development Plan objectives of creating between 8 - 12 performance centres or clubs.

*Martyn Woodroffe*  
Director of Swimming.

## COACH EDUCATION SEMINARS

Sunday 8 October 1995

FIFE INSTITUTE GLENROTHES

10.00 a.m. - 3.30 p.m.

Fundamentals of Coaching  
~ M. Woodroffe

Pool Session

Landwork for Youth Swimmers

Sunday 14 October 1995

JOHNSTONE BATHS JOHNSTONE

10.00 a.m. - 3.30 p.m.

Fundamentals of Coaching  
~ M. Woodroffe

Pool Session

Landwork for Youth Swimmers

Saturday or Sunday 21/22 October 1995  
(To be decided)

HAZELHEAD POOL ABERDEEN

10.00 a.m. - 3.30 p.m.

Fundamentals of Coaching  
~ M. Woodroffe

Pool Session

Landwork for Youth Swimmers

COSTS: £10.00 for 1 Club Coach, £15.00 for 2 Club Coaches, £20.00 for 3 Club Coaches.  
Please contact SASA office for further details.

*Martyn Woodroffe*  
Director of Swimming

CALL MARTYN FOR ADVICE ON  
0141 641 8818





## HEARTS AT THE AGE GROUPS

### SCOTTISH NATIONAL AGE GROUP CHAMPIONSHIPS

June 29th - July 2nd

At these Championships, held at the recently opened Scotstoun Leisure Centre in Glasgow, Heart of Midlothian took four Championship Titles.

In the 13 year age group, Kirsty Orr holds two of them and is now the Scottish Champion in both the 100m & 200m breast stroke events. In addition, she won the SILVER medal in the 400 IM, BRONZE in the 200m butterfly, came 4th in the 200 IM and 6th in the 100m butterfly.

The remaining two titles were claimed by the girls 12/under relay team, consisting of Laurie Adair, Suzanne Rae, Emma Horton and Louise Wright. This squad, having already established themselves as the East District Champions, went one step further to become the overall Scottish Champions in both the freestyle and medley relay events.

The 12/U Boys team, consisting of Paul Dagleish, Neil Gillies, Kris Gilchrist and Peter Bristow, won the SILVER medal in both.

Individual SILVER medalists were Paul Dagleish (100m backstroke, 200 IM), Peter Bristow (100m freestyle) and Suzanne Rae (100m breast-stroke).

BRONZE medallists were Siobhan Edgar (100m & 200m butterfly) and Peter Bristow (400m freestyle).

Other medal winners were Laura Calder, Kris Gilchrist, David Bell, Andrew Maguire and Sara Orr.

A vote of thanks goes to the SASA for the success of these Championships. The venue and facilities were excellent, the sessions well organised giving competitors and officials adequate rest between sessions. A tremendous sporting spirit prevailed throughout. A most enjoyable occasion. Roll on next year!

*Pamela Wright*  
Heart of Midlothian ASC



Spectators at the Age Groups 1995

### NORTH DISTRICT SQUADS 1995/96

At the conclusion of the Scottish Age Group Championships, the North District Swimming Committee selected their National North District Squad, Highland and Grampian Regional Squads for the year 1995/96. The top squad has 30 swimmers ranging from 13 years to 17 years plus and the Grampian and Highland Squads have 32 in each group ranging from 12 to 15 years.

The top squad will have two weekend training camps, one in October and one in March which will be followed by a meet to be arranged by the Swimming Committee. The Highland and Grampian Squads will have one training weekend each in November and January with a meet to be arranged.

Also, as part of our development we hope to have coach education as a major factor in our programme. We are very fortunate in our District to receive such excellent support for our training programmes from Councils such as Banff and Buchan who make the facilities available for our training weekends.

### BREMEN BOUND

The National North District Squad 1994/95 are going to a Short Course International Meet in Bremen, Germany, from Thursday 16 November to Tuesday 21 November.

A squad of 38 swimmers and 4 coaches, along with a number of guests, will travel from Aberdeen to Hull by coach, from Hull to Rotterdam by ferry and then by coach to Bremen. The cost of the trip is being borne by the swimmers, North District and the SASA. This is all part of our District Development Programme. We are currently looking for some sponsorship for our squad team kit and would be delighted to discuss a deal with any Company interested.

Please contact:-

Andy Drummond  
North District Secretary  
16 Burnside Drive  
Bridge of Don  
Aberdeen

Telephone: (01224) 702387

## ORKNEY SWIMMERS EXCEL IN GIBRALTAR

At this years bi-annual Inter Island Homes Event staged in Gibraltar the Orkney Team qualified for 10 finals. The Team's Top Performer was Hanson Pottinger, who broke the Games Record **three** times, during the heats and finals of the 50 Freestyle and the 4 x 50 Free relay, taking it from 24.29 to 23.97 in the relay after winning Gold in the individual 50 Free final. His first leg time in the relay set up another Gold along with Peter Eggeling 24.48, Matthew Pye 25.03, and Peter Burgon 24.95 which set a new Games Record of 1/38.43. The same team also went inside the Games Records for the 4 x 50 Medley and the 4 x 100 Freestyle relays, though had to settle for Silver in both events to the Faroes and Guernsey respectively. (Medley Relay - Matthew Pye 29.77, Hanson Pottinger 30.81, Peter Burgon 27.23, Peter Eggeling 24.92, 1/52.29) (Freestyle Relay - Peter Eggeling 55.95, Hanson Pottinger 52.90, Matthew Pye 55.50, Peter Burgon 54.49, 3/38.84.)

Orkney's last medal came from Hanson Pottinger again, this time in the 50 Breaststroke where in the final he equalled the Games Record of 31.04, though again doing a record still didn't win him another gold and had to settle for Silver.

Narrowly missing out on a medal was Peter Eggeling in the 200 Freestyle coming 4th in 2.00.31, also coming 4th was Peter Burgon in the 400 Freestyle.

This years event hit new heights with Jersey dominating, which makes me wonder what they will produce in two years time when the Games are on Jersey. Top swimmer was Simon Millits from Jersey who on Day 2 swam the 400 Freestyle in 4/03. taking 5 seconds off the Games Record and then going straight into the 200 Breaststroke final where he shaved 6 seconds off the Games Record, doing 2/04. With these kinds of performances on show the Orkney Team has a major task ahead especially as they are the smallest island competing in the swimming event. Bearing this in mind, we do have swimming talent in Orkney, as our relay team was the top team and we came home with a repeat of the medals won in 1991 in Aland.

*Peter Burgon*  
Orkney Coach.



ORKNEY ~ ISLAND GAMES TEAM 1995

Back Row ~ Gilliam Smith (Team Manager), Peter Eggeling, Hanson Pottinger, Matthew Pye, Peter Burgon (Coach).  
Front Row ~ Karen Laird, Stephanie Bateman, Rachel Tricket, Caroline Pye.

### SCOTTISH YOUTH SQUAD QUALIFIERS

Swimmer  
Cameron Black  
Bryan Morgan  
Stephen Bonnar  
Daniel Polo Del Vecchio  
Craig Miller  
Jan Edmond  
Michael Cole  
David Leith  
Steven Kidd  
Kevin Anderson  
Ruth Leaver  
Lisa Kent  
Teresa Davies  
Samantha McNeilly  
Lynn McLaren  
Stephanie Mitchell

Club  
Arbroath St Thomas  
Carnegie  
Perth  
Kirkcaldy District  
Glasgow  
Reading  
York  
Warremder  
Glasgow  
Carlisle  
Glasgow  
Cumbernauld  
Coventry  
Bristol  
Carnegie  
Arbroath St Thomas

### Attention former National Squad Members!!!

The SASA is attempting to trace former National Squad members who represented Scotland in the post war years. Many of the files which held information on who achieved what and when were unfortunately destroyed when the Association moved offices from Airthrey Castle, Stirling to Cambuslang in 1991. The Association now feels that it is time to try and piece together the many important facts which help contribute to the history of Scottish Swimming. We need to hear from people who are involved in Scottish Swimming and who have a wealth of knowledge which they can pass on and to contact us at the SASA Office at Cambuslang. Anything can help, it could take the shape of old programmes, documents, record books, club files and even memories of names and dates!

If you are a former participant in the National Squad Programme at any discipline or know of someone who was, please get in touch with us. Your help will be greatly appreciated.

*Neil Murdoch*  
SASA



## TSS UPDATE

Congratulations to the many swimmers and their coaches who produced some outstanding performances at the HIND Scottish National Age Group Championships. I am sure that many goals and targets were achieved and despite the apparent teething problems, Scotstoun looks like it is a "fast" pool.

Most of the feedback directed towards me related to the fact that the Championships could not be used a selection point for the Scottish Youth Squad. The feedback was, of course, directed towards me as I was given the task of reviewing, consulting, planning and appointing staff for the Squad. This process began in February and as many people as possible were involved in the consultation process. Every aspect was analysed in detail and every decision made was seen by a majority of the most knowledgeable people in Scottish Swimming to be in the best long term interests of the swimmers and the sport.

The main controversy was the decision to focus purely on long course swimming. The main reason this was done was in terms of world swimming, it is only long course performances by which we are measured. Of course, this ruled out the HIND Scottish Age Group Championships as a qualifying event. However, it has been agreed that for the next three years at least, they will be long course.

The other areas of feedback was the apparent "short notice" given as far as the selection criteria being published. The simple fact of the matter is that I felt it was essential that we got it right. The consultation process did take time. At every stage I informed Districts as to what was going on and urged them not to delay plans for District programmes. The option I faced was to either delay the implementation of the new programmes until 1996 and continue with last year's policy for another year, or to implement the new programme as early as possible (albeit at short notice for this year). Nearly everybody I consulted urged me to do the latter.

We now have appointed two Scottish Youth Squad Head Coaches and Team Managers, namely Drew Gordon, Billy McGoldrick, Helen Murray and Maureen Campbell. Their role is to implement the programme. I am delighted with the enthusiasm shown for the project and I eagerly await the results of their efforts.

Back to Club matters, I have been receiving a trickle of Club Development Plans. Most of them are ambitious and exciting but most of all realistic and well thought out. In my experience Clubs who produce Development Plans tend to have far more chance of achieving their ambitions. Remember the famous quote:

"Failing to plan is planning to fail!!"

Plans have been received from the following Clubs:

Cumbernauld, Thurso, Dumbarton District Dolphins, Nairn Synchro, Glasgow, Tain, Renfrew District, Dingwall, Arbroath St Thomas and Cupar & District.

Have you got a Development Plan? If so, please send me a copy and I will provide feedback if you wish.

The four District Development "Custodians" have now met: North, Peter Snape; Midlands, Jim Hitchen; East, Brian Campbell and West, Blair Prentice. Their task is now to consult with District Executives and Clubs and Coaches in order to pull together and present the District Development Plan.

As I have said before, it is an exciting time for Scottish Swimming and it is up to YOU to ensure that plans are formulated and implemented.

*Ian McGregor*  
TSS Swimming Co-ordinator

## SASA RAFFLE 1995 LIST OF PRIZE WINNERS

- |   |                                       |
|---|---------------------------------------|
| 1) £1000 Holiday for Two                            | Mrs J. Lafferty, Ellon, Aberdeenshire |
| 2) Weekend Holiday for Two                          | F. Huthison, East Kilbride            |
| 3) Weekend Holiday for Two                          | Karen Wood, Dunfermline               |
| 4) Weekend Holiday for Two                          | Laura Sharp, Glasgow                  |
| 5) Weekend Holiday for Two                          | Tracey Barron, Motherwell             |
| 6) Weekend Holiday for Two                          | Mr Bahl, Aberdeen                     |
| 7) Weekend Holiday for Two                          | M. Lennie, Arbroath                   |
| 8) Weekend Holiday for Two                          | B. Cordiner, Peterhead                |
| 9) Weekend Holiday for Two                          | Sandy Leith, Aberdeen                 |
| 10) Weekend Holiday for Two                         | L. Paris, Motherwell                  |
| 11) Weekend Holiday for Two                         | Claire Geddes, Arbroath               |
| 12) Weekend Holiday for Two                         | L. Taylor, Glasgow                    |
| 13) £250 Travel Voucher                             | J. Gardner, Aberdeen                  |
| 14) Dinner for Two at the<br>Carlton Highland Hotel | Mr P. Lee, Edinburgh                  |
| 15) Dewars Rinks Voucher                            | Jane Brown, Killin, Perthshire        |
| 16) Crystal Glasses                                 | H. Winton, Keith, Banffshire          |
| 17) HIND Sportsbag                                  | Ruth Morrison, Banchory               |
| 18) £25 Travel Voucher                              | K. McLennan, Fraserburgh              |
| 19) Farah Polo Shirt                                | A. O'Neil, East Kilbride              |
| 20) Travel Kit                                      | Sandra Mason, Blairgowrie             |
| 21) Golf Umbrella                                   | J. Whittaker, Kirkcaldy               |
| 22) Golf Umbrella                                   | J. Mowatt, Carnoustie                 |
| 23) Golf Umbrella                                   | Stewart Davidson, Carnoustie          |
| 24) Tennents T-Shirt                                | M. Mackenzie, Hamilton                |
| 25) Selection of McVities Products                  | Grace Denny, Arbroath                 |
| 26) Travel Alarm Clock                              | Nadine Baxter, Livingston             |

# SYNCHRO SCOTLAND

## THE SCOTTISH NATIONAL SYNCHRONISED SWIMMING AGE GROUP CHAMPIONSHIPS

SATURDAY 10 JUNE 1995  
DRUMCHAPEL POOL, GLASGOW

REFEREE: JACKIE BRAYSHAW

JUDGES 12 and under  
13/14 years  
1. Elizabeth Bowman  
2. May Laidlaw  
3. Margaret Dunbar  
4. Gwyn Duncan  
5. Pauline Bowie

FIGURES 12 and under  
102 Ballet Leg Alternate 2.4  
320 Somersault Front Pike 1.7  
344 Neptuneus 1.8  
420 Walkover Back 2.0

FIGURES 13/14 years  
406 Swordfish Straight Leg 2.0  
140 Flamingo Bent Knee 2.4  
321 Somersub 2.0  
301 Barracude 2.0

Name	Club	Fig. 1	Fig. 2	Fig. 3	Fig. 4	Total
1. Michelle MacBean	N.S.S.C.	13.600	9.747	10.560	11.533	57.519
2. Julie MacKintosh	N.S.S.C.	13.680	9.690	10.140	11.400	56.840
3. Cheryl MacKintosh	N.S.S.C.	13.120	9.293	9.840	11.333	55.172
4. Leona Mortimer	E.S.S.S.	13.280	9.407	9.660	10.800	54.616
5. Sara Cope	N.S.S.C.	13.600	8.670	9.780	10.800	54.241
6. Lisa McGhee	E.S.S.S.	13.040	9.577	9.480	10.733	54.215
7. Susan Davidson	N.S.S.C.	13.760	9.520	9.000	10.000	53.519
8. Alana Gunn	E.S.S.S.	12.640	9.463	8.880	10.933	53.058
9. Nicky Crumb	E.S.S.S.	13.200	9.407	9.120	9.800	52.566
10. Lyndsey Wilkinson	N.S.S.C.	13.120	8.727	8.880	10.267	51.891
11. Caroline Ostrowski	E.S.S.S.	12.800	8.953	8.880	10.200	51.687
12. Lucy Clark	G.A.S.C.	12.960	8.783	8.580	10.067	51.127
13. Abigail Stain	E.S.S.C.	10.560	9.010	8.040	10.000	47.608
14. Alexandra Gunn	E.S.S.C.	10.720	8.443	9.000	9.667	45.886

Name	Club	Fig. 1	Fig. 2	Fig. 3	Fig. 4	Total
1. Linda Kane	C.A.S.C.	11.667	14.160	11.733	11.333	58.206
2. Catriona Munro	N.S.S.C.	11.733	14.320	11.267	11.333	57.920
3. Christine Rae	E.S.S.C.	11.800	13.760	11.533	11.267	57.571
4. Fiona Whitehead	E.S.S.C.	11.367	13.840	11.400	11.333	56.952
5. Katey McPherson	E.S.S.S.	11.333	13.760	11.267	11.000	56.143
6. Sharon Purves	E.S.S.C.	11.400	13.600	11.000	10.800	55.714
7. Emma Clark	G.A.S.C.	11.133	13.440	10.933	11.133	55.523
8. Jennifer Hendry	E.S.S.C.	11.267	13.120	11.200	10.867	55.302
9. Jill Scott	G.D.	10.933	13.200	11.200	10.933	55.079
10. Marie Cameron	G.D.	10.800	13.200	10.933	11.067	54.762
11. Emily Dunbar	N.S.S.C.	11.000	12.800	10.933	11.113	54.602
12. Sarah Blackwood	G.D.	10.400	12.160	10.800	11.000	52.810
13. Jennifer Templeman	E.S.S.C.	10.000	12.560	10.933	10.800	52.730
14. Emma Barrett	G.D.	9.933	11.920	10.733	10.467	51.254
15. Heather Smith (b)	G.D.	10.267	11.920	10.000	10.533	50.857
16. Joanne Balmer	G.D.	10.467	11.280	10.267	10.200	50.256
17. Heather Smith (a)	G.D.	9.867	11.840	10.267	10.000	49.969
18. Laura Campbell	E.S.S.C.	9.067	11.520	10.333	10.133	48.873

Name	Club	Fig. 1	Fig. 2	Fig. 3	Fig. 4	Total
1. Pauline McFadyen	N.S.S.C.	17.460	13.370	14.080	12.287	63.530
2. Julie Thomson	E.S.S.S.	16.470	12.670	13.713	12.533	61.540
3. Leanne Brown	E.S.S.C.	16.020	12.740	13.127	11.000	58.763
4. Helen Rae	E.S.S.C.	15.660	11.620	12.487	11.600	57.299
5. Lynne Harper	C.A.S.C.	15.120	11.830	12.100	11.133	55.729
6. Julie Law	C.A.S.C.	15.030	11.760	12.827	11.200	55.374
7. Louise Webster	E.S.S.C.	14.580	12.040	12.247	11.000	55.480
8. Lesley Wishart	E.S.S.C.	14.580	11.270	11.587	11.200	54.041
9. Sarah MacDonald	E.S.S.C.	14.040	11.130	11.953	10.487	53.879
10. Katie Graham	G.D.	13.320	10.150	11.093	10.000	49.492

Name	Club	Fig. 1	Fig. 2	Fig. 3	Fig. 4	Total
1. Sarah Burgon	E.S.S.C.	22.360	19.440	19.133	18.810	73.133
2. Morag Duncan	E.S.S.C.	23.333	18.720	18.480	18.180	68.429
3. Isla Dunbar	E.S.S.S.	23.450	17.280	17.940	18.270	66.904
4. Fiona Cameron	N.S.S.C.	21.117	16.830	18.027	17.730	64.090
5. Susan Bowman	C.A.S.C.	20.427	15.840	13.080	16.280	58.900
6. Lynsey Smerdon	N.S.S.C.	19.600	16.110	16.387	15.030	58.215
7. Lisa Law	C.A.S.C.	20.867	15.210	13.080	15.120	56.937
8. Nicola Brown	E.S.S.C.	19.483	14.130	15.167	15.030	55.487

JUDGES 15/16 years  
17/24

FIGURES 15/16  
125 Eiffeltower 2.7  
342 Heron 2.1  
311a Kip Half Twist 2.2  
406 Swordfish Straight Leg 2.0

FIGURES 17/24  
Group 5  
153 Castle 3.5  
240c Albatross Twirl 2.7  
421 Walkover Back Closing 360 2.6  
355j Porpoise Combined Spin 2.7

Name	Club	Figures 35%	Routine 65%	Total
1. Michelle MacBean	N.S.S.C.	20.132	37.352	57.484
2. Julie MacKintosh	N.S.S.C.	19.897	37.080	56.947
3. Cheryl MacKintosh	N.S.S.C.	19.310	37.346	56.706
4. Leona Mortimer	E.S.S.S.	19.116	35.879	54.995
5. Susan Davidson	N.S.S.C.	18.732	35.836	54.568
6. Lisa McGhee	E.S.S.S.	18.975	34.710	53.685

Name	Club	Figures 35%	Routine 65%	Total
1. Linda Kane	C.A.S.C.	20.372	41.469	61.841
2. Catriona Munro	N.S.S.C.	20.272	41.556	61.828
3. Christine Rae	E.S.S.C.	20.150	40.773	60.923
4. Fiona Whitehead	E.S.S.C.	19.933	40.776	60.709
5. Katey McPherson	E.S.S.S.	19.650	39.260	58.910
6. Sharon Purves	E.S.S.C.	19.500	39.389	58.889

Name	Club	Figures 35%	Routine 65%	Total
1. Pauline McFadyen	N.S.S.C.	22.236	47.104	69.340
2. Julie Thomson	E.S.S.S.	21.539	42.684	64.223
3. Leanne Brown	E.S.S.C.	20.567	42.250	62.817
4. Helen Rae	E.S.S.C.	20.054	40.604	60.658
5. Lynne Harper	C.A.S.C.	19.516	39.780	59.296
6. Julie Law	C.A.S.C.	19.481	38.696	58.147

Name	Club	Figures 35%	Routine 65%	Total
1. Sarah Burgon	E.S.S.C.	23.247	51.436	74.683
2. Morag Duncan	E.S.S.C.	23.050	49.574	73.324
3. Isla Dunbar	E.S.S.S.	23.416	47.016	70.432
4. Fiona Cameron	N.S.S.C.	22.432	47.796	70.228
5. Lynsey Smerdon	N.S.S.C.	20.375	42.900	63.275
6. Susan Bowman	C.A.S.C.	20.582	42.076	62.658

Name	Club	Figures 35%	Routine 65%	Total
1. Michelle MacBean	N.S.S.C.	20.014	38.176	58.190
2. Julie MacKintosh	N.S.S.C.	18.858	35.186	54.044
3. Susan Davidson	N.S.S.C.	18.858	35.186	54.044
4. Sara Cope	N.S.S.C.	18.858	35.186	54.044
5. Alana Gunn	E.S.S.S.	18.331	33.399	51.730
6. Caroline Ostrowski	E.S.S.C.	18.331	33.399	51.730

Name	Club	Figures 35%	Routine 65%	Total
1. Christine Rae	E.S.S.C.	20.042	40.906	60.948
2. Fiona Whitehead	E.S.S.C.	20.042	40.906	60.948
3. Catriona Munro	N.S.S.C.	19.691	40.473	60.164
4. Emily Dunbar	N.S.S.C.	19.691	40.473	60.164
5. Sharon Purves	E.S.S.C.	19.428	39.433	58.861
6. Jennifer Hendry	E.S.S.C.	19.428	39.433	58.861

Name	Club	Figures 35%	Routine 65%	Total
1. Leanne Brown/Helen Rae	E.S.S.C.	20.311	40.776	61.087
2. Julie Law/Lynsey Harper	C.A.S.C.	19.483	36.574	56.057

Name	Club	Figures 35%	Routine 65%	Total
1. Susan Bowman/Lisa Law	C.A.S.C.	20.255	39.304	59.559

Name	Club	Figures 35%	Routine 65%	Total
1. Edinburgh S.S.C.		19.083	36.660	55.743
2. Camock Dolphins		18.096	35.013	53.109

Name	Club	Figures 35%	Routine 65%	Total
1. Edinburgh S.S.C.		19.487	39.239	58.487

## gael-Force-ten The Swimming Development Plan

gael-Force-ten is a coaching action plan for the Highlands. The driving force behind the initiative is the Highland Sports Development Association (HSDA) who have the specific aim of developing sport throughout the Highlands by encouraging joint initiatives between the districts and the region.

gael-Force-ten is a coaching strategy with the outlook being:-

- To provide progressive opportunities for young people to participate in sport at all levels.
- To implement a Coach Scholarship programme.
- To establish a multi agency team to manage and implement the strategy.
- To adopt a focused sport approach phased on a rolling programme.
- To empower sports specific communities to take the lead in developing their own sport with full guidance, support and appropriate remuneration.

Within the focused sport approach, swimming has been included in this exciting new initiative. Over the past few months the Swimming Project Team for the Highlands have been working on producing a Swimming Development Plan. In early August the HSDA accepted our development plan and this will now be implemented throughout the Highlands over the next two years.

The Swimming Development Plan caters for the whole sports development continuum, from foundation through to excellence. Within the development plan this is broken down into INTRODUCTORY, DEVELOPMENT and ADVANCED programmes. Highlighted below are some of the areas to be targeted within these programmes are:

- \* Swim Festivals.
- \* Schools In-service.
- \* Pathways to Performance.
- \* Attraction of New Teachers.
- \* Establish Highland Performance Squads.
- \* Improved Competition Structure.

One specific aim of gael-Force-ten which I have not discussed yet is the area of Coach Scholarships. Over the next two years we have outlined three linking themes for Coach Education:

1. To RECRUIT more swimming coaches from all areas by raising the profile of coaches and recognising their unique contribution.
2. To DEVELOP swimming coaches through a structured programme of education and training which focuses on the individual needs of the coach.
3. To DEPLOY qualified swimming coaches into a progressive and quality swimming development environment which provides opportunities for young people to participate at all levels in sports.

This initiative in the Highlands is a very positive approach to the whole area of swimming development and coach education. Other similar initiatives occurring include IMPACT in Tayside and Active 8 in Grampian. Hopefully in the near future more strategies like the ones mentioned will come to light and assist us with the whole area of swimming development.

*Briony Shimmons*  
National Development Officer

## NATIONAL SEMINAR

The Scottish Amateur Swimming Association and Team Sport Scotland are pleased to announce that they are holding the **FIRST NATIONAL SWIMMING DEVELOPMENT SEMINAR**.

**Vénue : Perth Ice Rink**

**Date : Friday, 8 September, 1995**

The Programme for the day includes:~

<b>Swimming Development in Scotland</b>	<b>Sandy Brunton</b>
<b>Scottish Swimming - Working Together with Local Authorities</b>	<b>Briony Shimmons</b>
<b>A Local Authority Perspective</b>	<b>Danny McGowan</b>
<b>The Complimentary Roles of Specific &amp; Generic Development Officers</b>	<b>Rick Bailey</b>
<b>Association of Swimming Development Officers</b>	<b>Brian McGuinness</b>
<b>The Way Ahead</b> "An opportunity for discussion groups to explore the key issues contributing to total swimming development"	<b>Eddie McConnell</b> <b>Rick Bailey</b> <b>Danny McGowan</b>

If you are interested in receiving full details and an application form.

Please contact: Briony Shimmons  
Holmhills Farm  
Greenlees Road  
Cambuslang  
Glasgow  
Tel: 0141-641-8818



## CHIEF SWIMMING COACH (City of Aberdeen)

**£25,000 - £30,000**

An innovative partnership involving swimming clubs in Aberdeen, the City of Aberdeen District Council, the Scottish Amateur Swimming Association and the Scottish Sports Council has led to the creation of a City of Aberdeen Swimming Development Plan. We now require a dynamic Chief Swimming Coach to take responsibility for implementing the plan by working closely with the swimming clubs and coaches in the City. The Chief Swimming Coach will be expected to coach a group of talented swimmers to the highest level and the District Council and the Scottish Amateur Swimming Association are committed to supporting the Chief Coach in this challenging initiative.

The key duties of the post are:

- to establish and coach a senior squad of swimmers committed to reaching international standards;
- to lead, encourage and support the coaching team throughout the City;
- to work with clubs and coaches to identify talent for the various squad groups;
- to support club development in its widest sense;
- to develop a coach development programme for squad and club coaches.

Application form and job description available from:

Martyn Woodroffe  
SASA Director of Swimming  
Holmhills Farm  
Greenlees Road  
CAMBUSLANG  
G72 8DT



City of Aberdeen

Tel: 0141 641 8818  
Fax: 0141 641 4443



**Closing Date for Applications: 22 September 1995**

## Swimming Technical Officials

## NEWS

## SWIMMING DATES 1995/96

## SWIMMING DATES 1996/97

## SWIMMING DATES 1997/98

Sept 30/01 Inter District	Sept 28/29 Inter District	Sept 27/28 Inter District
Oct 7/8	Oct 5/6	Oct 4/5
14/15	12/13	11/12
21/22	19/20	18/19
28/29	26/27	25/26
Nov 4/5	Nov 2/3	Nov 1/2
10-12 British Grand Prix	9/10	8/9
17-19 British Grand Prix	16/17 British Grand Prix	15/16 British Grand Prix
25/26	23/24	22/23
Dec 2/3 World Short Course	30/01	29/30
9/10	Dec 7/8	Dec 6/7
14-17 ASA Nationals S.C.	14/15 ASA Nationals S.C.	13/14 ASA Nationals S.C.
21-23 SASA Nationals S.C.	21/22 SASA Nationals S.C.	20/21 SASA Nationals S.C.
30/31	28/29	27/28
Jan 6/7 World Cup Hong Kong	Jan 4/5	Jan 3/4 World Championships
12-14 British Grand Prix	11/12 British Grand Prix	10/11 Perth Aus.
20/21	18/19 British Grand Prix	17/18 British Grand Prix
23/24 World Cup Sheffield	25/26	24/25
27/28 World Cup Finland	Feb 1/2	31/01
30/31 World Cup Sweden		
Feb 2-4 British Grand Prix		
3/4 World Cup Paris		
6/7 World Cup Italy		
10 Scottish Schools		Feb 7/8
11 SASA Club Team Champs	8/9	14/15
10/11 World Cup Germany	15/16	21/22 British Grand Prix
16-18 European S.C.	22/23 British Grand Prix	28/01 G.B. Club Team Champs
23-25 British Grand Prix	Mar 1/2 G.B. Club Team Champs	Mar 7/8
Mar 2/3 Cardiff Dragon Meet	8/9	14/15
9/10	15/16	21/22 British Grand Prix
16/17	22/23 British Grand Prix	28/29
20-24 GB Trials	29/30 Edinburgh Meet	Apr 4/5
30/31 G.B. Club Team Champs	Apr 5/6	
Apr 4-6 Edinburgh Meet		11/12 Edinburgh Meet
6/7 GB Junior 8 Nations	12/13 GB Trials?	18/19
13/14	19/20 GB Trials?	25/26
20/21	26/27	May 2/3
27/28	May 3/4	9/10
May 4/5	10/11	16/17
11/12	17/18	23/24
18/19	24/25	30/31
25-27 British Grand Prix	31/01	June 6/7
June 1/2	June 7/8	11-14 Scottish Nationals
8/9	12-15 Scottish Nationals	11-14 Scottish Nationals
12-14 Scottish Nationals	21/22	20/21
15/16	26-29 Scottish Age Groups	25-28 Scottish Age Groups
22/23	July 5/6 Welsh Long Course	July 4-5 Welsh Long Course
27-30 Scottish Age Groups	12/13 European Jun Champs ??	11/12
July 5-7 Welsh Long Course	19/20	18/19
11-14 ASA Nationals	26/27 ASA Nationals	25/26 ASA Nationals
20/21 Olympic Games (20-4)	Aug 2/3 ASA Age Groups	Aug 1/2 ASA Age Groups
27/28 Olympic Games (20-4)	9/10 European Champs ??	8/9
Aug 29-3 ASA Age Groups		
8-11 European Junior Champs	16/17	15/16
12-16 American Nationals	23/24	22/23
17/18	30/31	29/30
24/25	Sept 6/7	Sept 5/6
31/01	13/14	12/13 Commonwealth Games
Sept 7/8	20/21	19/20 Kuala Lumpur
14/15		Dates 8/8/95
21/22		

All dates correct at time of going to print.

## STO NEWS

## 1995 DATES TO NOTE:-

10th September	Meeting of Registered Referees City Mills Hotel, Perth 10.00 a.m.
1st October	STO Annual Seminar Perth Ice Rink 10.30 a.m. and 2.00 p.m.
1st October	Closing date for submission or application forms for November STO Exams
6th November	STO Examinations (Venues arranged throughout Scotland)

## REGISTRATION:-

The total number of Officials registered for 1995 at the end of July was 496. This is 20% down compared to the number registered in 1994. It is hoped some of this shortfall will be made up before the end of the year.

The number of registered Officials in each District is:-

East	139
Midland	86
North	137
West	134

## INTERNATIONAL APPOINTMENTS:-

Following the appointment of Robin Dale to Official at the European Trials in Sheffield in April, Eddie Wilmott officiated at the GB Masters Championships at Crystal Palace National Sports Centre in early June. Peter Syer officiated at the European Youth Olympic Days Games in Bath, in early July and Robin Dale and Peter Syer officiated at the ASA National Championships in the Coventry Sports Centre in late July.

## MEETING OF REFEREES:-

The STO Committee has invited all registered Referees to a meeting in the City Mills Hotel, Perth on Sunday 10th September from 10 a.m. - 1 p.m. Although the arrangements have been made at short notice it is hoped that there will be a good attendance. Those unable to attend will have the opportunity to provide input to the meeting by returning a short questionnaire.

**National Convener : Ed Adam**

18 St. Andrews Drive, THURSO,  
Caithness, KW14 8PY  
Tel: 01847 893335

**Secretary : Peter Syer**

185 Park Road West, Rosyth,  
Dunfermline, KY11 2SZ  
Tel: 01383 415426

**DISTRICT REPRESENTATIVES**

<b>EAST</b>	John Bruce 50 Station Road Roslin Midlothian EH25 9LR	Tel:0131 4401752 (H)
<b>MIDLAND</b>	Jeanette Patterson 45 Pitkerro Drive, Dundee DD4 8AT	Tel:01382 508486 (H)
<b>NORTH</b>	Roy Wilson 72 Leggatt Avenue, Aberdeen, AB1 6UQ	Tel: 01224 874638 (H)
<b>WEST</b>	Alan Fletcher 15 Craigie Hall Way, West Freeland, Erskine. PA8 7DA	Tel: 0141 810 6817 (B)



At the Long Distance Championships held at Loch Lubnaig in July Bill Duke & Dave Balbirnie were manning a rescue boat but had to be rescued themselves when the engine broke down.

**ADVANCE NOTICE**

*Proposed Education Seminars 1995/96*

Date	Subject	Venue
8 October '95	Fundamentals of Coaching Youth to Senior Swimmers	Glenrothes
14 October '95	Fundamentals of Coaching Youth to Senior Swimmers	Johnstone
21/22 October '95	Fundamentals of Coaching Youth to Senior Swimmers	Aberdeen
21 October '95	ISTC Autumn Seminar	Edinburgh
Dec '95 - Jan '96	Event Coaching - Breaststroke	Stirling
17/18 February '96	TSS/SSCA Joint Seminar	Edinburgh
March '96	Event Coaching - Butterfly	Perth
27 April '96	ISTC Spring Seminar	Edinburgh
23 March - 12 April '96	Easter Swim School	Edinburgh

Further details available from your Club Secretary and SASA Office in due course.

**CLUB COACH**



Rutherglen Amateur Swimming Club invites applications for the position of Club Coach. The Coach will have responsibility for all the swimming activities within the club, including supervision of the 10 Club Helpers. The club meets on Tuesdays and Thursdays and has a healthy membership with considerable potential.

**Salary negotiable**

For a copy of the club profile or any other information please apply to:

Sheena G Dyett  
Secretary  
Rutherglen A.S.C.  
86 Snaefell Avenue  
Burnside, Glasgow G73 5BL

**WORLD RECORDS**

Long Course (50m) - As of July 11, 1995

Compiled by ISSA

**MEN'S EVENTS**

50 free	21.81	Tom Jager, USA	Nashville, Mar. 24, 90
100 free	48.21	Alexander Popov, RUS	Montecarlo, Jun. 18, 94
200 free	1:46.69	Giorgio Lamberti, ITA	Bonn, Feb. 15, 89
400 free	3:43.80	Kieren Perkins, AUS	Rome, Sep. 9, 94
800 free	7:46.00	Kieren Perkins, AUS	Victoria, Aug. 24, 94
1500 free	14:26.52	Kieren Perkins, AUS	Victoria, Aug. 24, 94
100 back	53.86	Jeff Rouse, USA	Barcelona, Jul. 31, 92
200 back	1:56.57	Martin Lopez-Zubero, ESP	Tuscaloosa, Nov. 23, 91
100 breast	59.07	Karoly Guttler, HUN	Sheffield, Aug. 3, 93
200 breast	2:10.16	Mark Barrowman	Barcelona, Jul. 29, 92
100 fly	52.84	Pablo Morales, USA	Oriando, Jun. 23, 86
200 fly	1:55.22	Denis Pankratov, RUS	Canel, Jun. 14, 95
200 l.m.	1:58.16	Jani Sievinen, FIN	Rome, Sep. 11, 94
400 l.m.	4:07.10	Tom Dolan, USA	Rome, Sep. 6, 94
4x100 MR	3:32.57	United States, USA	Seoul, Sep. 25, 88
4x100 FR	3:16.53	United States, USA	Seoul, Sep. 23, 88
4x200 FR	7:05.17	United Team	Barcelona, Jul. 27, 92

**WOMEN'S EVENTS**

50 free	24.51	Jingyi Le, CHN	Rome, Sep. 11, 94
100 free	54.01	Jingyi Le, CHN	Rome, Sep. 5, 94
200 free	1:56.78	Franziska van Almsick, GER	Rome, Sep. 6, 94
400 free	4:03.85	Janet Evans, USA	Seoul, Sep. 22, 88
800 free	8:16.22	Janet Evans, USA	Tokyo, Aug. 20, 89
1500 free	15:52.10	Janet Evans, USA	Oriando, Mar. 26, 88
100 back	1:00.16	Chong He, CHN	Rome, Sep. 10, 94
200 back	2:06.62	Kristina Egerzegi, HUN	Athens, Aug. 25, 91
100 breast	1:07.69	Samantha Riley, AUS	Rome, Sep. 9, 94
200 breast	2:24.76	Rebecca Brown, AUS	Brisbane, Mar. 16, 94
100 fly	57.93	Mary T. Meagher, USA	Brown Deer, Aug. 16, 81
200 fly	2:05.96	Mary T. Meagher, USA	Brown Deer, Aug. 13, 81
200 l.m.	2:11.65	Li Lin, CHN	Barcelona, Jul. 30, 92
400 l.m.	4:36.10	Patra Schneider, GDR	Guayaquil, Aug. 1, 82
4x100 MR	4:01.67	China, CHN	Rome, Sep. 10, 94
4x100 FR	3:37.91	China, CHN	Rome, Sep. 7, 94
4x200 FR	7:55.47	German Dem. Republic	Strasbourg, Aug. 18, 87

**WORLD BEST**

50 back	25.13	Jeff Rouse, USA	Edinburgh, Apr. 9, 93
50 breast	27.62	Marc Wiermecke, GER	Warendorf, Jun. 24, 95
50 fly	24.27	Jan Karlsson, SWE	Norrkoping, Jul. 1, 94

**WORLD BEST CLUB RELAY RECORDS**

4x100 MR	3:39.26	Stanford A	Austin, Jul. 30, 93
4x100 FR	3:21.16	Jeff Rouse, Tyler Mayfield, Pablo Morales, Joe Hudepohl Univ. Calif at Los Angeles, USA	Austin, Dec. 8, 85
4x200 FR	7:18.36	Steve Creamer, Craig Oppel, Jon Sauerland, Tom Jager Dynamo Berlin, GDR	Potsdam, Jul. 20, 88
4x100 MR	4:06.55	Shanghai City, CHN	Beijing, Sep. 13, 93
4x100 FR	3:42.38	Yu Li, Di Lu, Wenyi Yang, Jinghui Le Shanghai City, CHN	Beijing, Sep. 11, 93
4x200 FR	8:07.44	Yong Zhuang, Peipei Ye, Wenyi Yang, Jinghui Le Mission Viejo, USA	Brown Deer, Aug. 14, 81



**OLYMPIC GAMES QUALIFYING ENTRY STANDARDS**

**I. SWIMMING**  
Accordingly with FINA Rule SW 3.1.1., qualification times must be achieved within the twelve months preceding the start of the Olympic swimming competition. Consequently, for the Atlanta competitions, this period stretches from 20 July 1995 until 20 July 1996.

**INDIVIDUAL EVENTS**

WOMEN'S EVENTS	S2	S1
50m Freestyle	26.24	27.55
100m Freestyle	56.19	59.00
200m Freestyle	2:01.84	2:07.93
400m Freestyle	4:14.98	4:27.73
800m Freestyle	8:46.36	9:12.68
100m Backstroke	1:03.21	1:06.37
200m Backstroke	2:15.15	2:21.91
100m Breaststroke	1:10.95	1:14.50
200m Breaststroke	2:32.34	2:39.96
100m Butterfly	1:01.69	1:04.77
200m Butterfly	2:14.32	2:21.04
200m Ind. Medley	2:17.90	2:24.80
400m Ind. Medley	4:49.74	5:04.23

MEN'S EVENTS	S2	S1
50m Freestyle	22.90	24.05
100m Freestyle	50.40	52.92
200m Freestyle	1:50.13	1:55.64
400m Freestyle	3:52.87	4:04.51
1500m Freestyle	15:28.57	16:15.00
100m Backstroke	56.62	59.45
200m Backstroke	2:01.46	2:07.53
100m Breaststroke	1:02.72	1:05.86
200m Breaststroke	2:15.59	2:22.37
100m Butterfly	54.59	57.32
200m Butterfly	2:00.65	2:06.68
200m Ind. Medley	2:03.72	2:09.91
400m Ind. Medley	4:22.10	4:35.21

RELAYS	WOMEN	MEN
4x100m Freestyle	3:56.00	3:31.68
4x100m Medley	4:24.64	3:55.55
4x200m Freestyle	8:49.81	7:42.56

S2 = STANDARDS FOR 2 ENTRIES  
S1 = STANDARDS FOR 1 ENTRY

**II. DIVING**

According to the decision taken by the FINA Bureau of Taipei (TFE) in October 1993, the qualifying entry standard points must be achieved at national championships or international competitions organized after the 1st of January of the year preceding the Olympic Games. Therefore, for diving, the qualification period started on 1 January 1995 and will end on 20 July 1996.

DIVING	A	B
Springboard Women	435	405
Springboard Men	540	510
Platform Women	380	330
Platform Men	485	455

**BERLIN ~ JAN - FEB 1996  
EXTRAORDINARY WATERPOLO  
TECHNICAL CONGRESS**

1. An Extraordinary Water Polo Technical Congress will be called in January/February 1996 on the occasion of the Men's Water Polo Olympic Games Qualification Tournament to be held in Berlin (GER). The agenda will include the proposals for Experimental Water Polo Rules and the Interim Guidelines for Disciplinary Action in Water Polo.
2. The Men's Water Polo Olympic Games Qualification Tournament 1996 will be held between 15 January and 15 February 1996 (as above).
3. The application of experimental rules at the first Junior Women's Water Polo World Championships (10-15 July, Quebec City, CAN) was approved.