

NEWSLETTER-PLUS

IN THIS ISSUE: *All-Star Meet Set....Sanction Meeting (A chance to voice your opinion).... Meet Change of Place (2)....Correction on Meet Events....Request for HELPThis Month's Personality....The new Seed Card....and MORE....*

AN OFFICIAL PUBLICATION OF THE NEAAAU SWIMMING COMMITTEE

January, 1979

NEW ENGLAND TO MEET POINTE CLAIRE FOR ALL-STAR COMPETITION

PAUL PARENTEAU, NEW ENGLAND ALL-STAR CHAIRMAN, ANNOUNCED THIS WEEK THAT NEW ENGLAND WILL FACE POINTE CLAIRE ON SATURDAY, APRIL 7TH AT A NEW ENGLAND POOL TO BE ANNOUNCED. THIS WILL BE A THIRD MEETING OF THE TWO TEAMS. TO DATE, POINTE CLAIRE HAS WON BOTH MEETS, BUT WITH RECORDS FALLING AT MEETS EVERY WEEK, PAUL IS CONFIDENT THAT THIS YEAR'S TEAM CAN REVERSE THE PREVIOUS TREND.

The actual meet will be only one part of an ALL-STAR WEEKEND being planned by Paul and his committee. In addition to at least one all social get-to-gether for two different age levels, the Pointe Claire team will be hosted by New England families to encourage an exchange of ideas and new friendships.

Events for the meet have not been finalized, but the team will be chosen from the top finishers at Seniors and Age Groups in the designated events. Families and teams of swimmers likely to be chosen are asked to keep this weekend free so that the best possible team will be available to swim against what promises to be tough competition.

Plans for the social part of the weekend are not yet complete, but a disco-party for the older group has been suggested. Paul would welcome any other ideas as well as suggestions for a pool for the meet.

NOTICE! NOTICE! NOTICE!

THE LOWELL AND ATTLEBORO "B" MEETS PLANNED TO INCLUDE ALL THE AGE GROUP EVENTS IN A TWO DAY WEEKEND TO GET MORE SWIMMERS QUALIFIED FOR THE CHAMPIONSHIPS HAVE A MISTAKE ON THE ENTRY THAT WAS THE FAULT OF THE SWIMMING COMMITTEE. BOTH MEETS OFFER THE 25 BACK AND 50 BREAST FOR 8 & UNDERS. TO SAVE CONFUSION ON THE ENTRIES, AT THE END OF THE MEET ATTLEBORO WILL OFFER A 50 BACK AND LOWELL A 25 BREAST FOR THIS AGE GROUP. THERE WILL BE NO CHARGE FOR THIS EVENT ONLY. TIMES WILL COUNT FOR TOP TEN AND QUALIFYING, BUT WILL NOT COUNT FOR RIBBONS AT THE MEET.

AN ANNOUNCEMENT WILL BE MADE AT BOTH MEETS FOR ANYONE WISHING TO DECK ENTER THESE EVENTS. (50 BACK AND 25 BREAST - 8 & UNDER ONLY.)

NEWSLETTER PLUS STILL ONLY \$5.00/YEAR

SANCTION COMMITTEE MEETING

The Sanction Committee will meet on Thursday, February 8th to discuss the summer season which will be for meets from April 1st to August 31st. The logical schedule has not been set, but teams wishing to bid meets may get the dates open by contacting the swimming office after the 8th. Bids for the next season will be due on March 1st.

See another part of the Newsletter for more about the summer season and the bids for meets.

MISCELLANEOUS

Lil Dembek, OVC Chairman wants to remind coaches that they must request OVC cards. They are not issued automatically.

Clarifications

We have contacted the National Swimming Office about the transfer rule. Swimming World made an error. There must be 120 days waiting period. NO EXCEPTIONS.

High school and college meets below the championship level are eligible for OVC cards if the meet used automatic timing and there was a full complement of officials.

The note about averaging times when using digital watches in the last News+ gave the impression that you could use two timers per lane. This is wrong. This note was assuming that the primary system had failed and there were only two watches for some reason, or that one of three watches was malfunctioning.

According to the order department at the National AAU office rule books should be available in late February. There is an order blank on another page of the Newsletter. We will mail them out as soon as we receive them. However, if you order and do not receive your book at the projected date, PLEASE check around to see if anyone else received theirs before assuming we forgot you. Everything from equipment failure to snowstorms can affect when we get our order from Nat'l.

UNLIKE ALL OFFICES, OURS WORKS ON A PRIORITY BASIS. AT THE PRESENT TIME WE ARE BEHIND BECAUSE OF THE LARGE AMOUNT OF PRINTED MATERIAL WE ARE PRODUCING, COLLECTING AND MAILING OUT. MRS. DEMBEK OF HAMPSHIRE REGIONAL HAS BEEN HELPING OUT ONCE A WEEK FOR THE LAST COUPLE OF WEEKS AND WE THINK WE'LL BE CAUGHT UP BY MID-FEBRUARY. PLEASE DON'T THINK YOU ARE BEING IGNORED. SOME REQUESTS INVOLVE CONTACTING A NUMBER OF PEOPLE AND GOING THROUGH A NUMBER OF FILES. WE ARE TRYING.

AAU registrations must be on the new forms. Contact the AAU office in Boston for the forms. Please remember that this is one of the busiest times of year for this office also and that they are trying to register individuals from all sports not just swimming. Our office does not handle any registrations and we do not have the proper forms in any large numbers. The registration address is:

Mr. Frank Rull
69 Canal St. Room 212
Boston, MA 02114

* * *

NEW TEAM LISTING:

Please add to your address list

KEENE DOLPHINS SWIM TEAM
c/o Katie Dale
38 Ward Circle
Keene, NH 03431

* * *

WILL SOMEONE PLEASE SEND THE BOYS HIGH SCHOOL ALL-STAR TEAMS FROM THE BOSTON PAPERS TO THE SWIMMING OFFICE AFTER THEY HAVE BEEN ANNOUNCED?

* * *

You will note on the Age Group entry forms when they come out that there is a two hour break in the afternoon and that the second session of the meet will start late. Plan for this now. In order to get the best possible facility and accommodate the large number of entries expected for the meet this was necessary. You will also note on this entry that the order of events in the morning session does not follow the usual boy-girl pattern with the age groups. Be sure and check event #'s carefully. The change is to facilitate result and award handling when the short events are run.

* * *

Swimming Office Address and Phone:

NEAAAU Competitive Swimming
48 Brainard Road
Wilbraham, MA 01095

Phone: (413) 596-4812

VOICE YOUR OPINION: The sanction committee will meet next week to discuss the logical calendar for the Summer Season. Now is the time to SPEAK YOUR MIND, OR ACCEPT THEIR DECISIONS FOR ANOTHER SEASON. The committee is aware of the fact that there were problems with the calendar this past season. However, there may have been some that have been overlooked, or better yet, you may have suggestions about how to solve those they already know about.

If you have suggestions or ideas, contact Dick Schafer, 19 Arlene, Framingham, MA, 01701, or Joe Maguire 350 Walnut, Wellesley, MA, 02181 - Phone: (617) 237-3799. The meeting is Thursday February 8th and they need your input before then. SPEAK YOUR MIND NOW!!!

REGION 1 CUTS

<u>FEMALE</u>	<u>EVENT</u>	<u>MALE</u>
1:03.00	100 FLY	55.29
5:22.49	500 FREE	4:52.29
1:04.69	100 BACK	58.19
2:17.39	200 IM	2:04.29
4:19.19	400 MED REL	3:57.85
2:18.69	200 FLY	2:03.59
1:58.69	200 FREE	1:48.69
4:55.89	400 IM	4:31.69
8:12.49	800 MED REL	7:48.99
55.39	100 FREE	49.69
2:20.29	200 BACK	2:08.99
2:38.19	200 BREAST	2:21.09
3:48.89	400 FREE REL	3:32.99
18:45.94	1650 FREE	17:22.29

CORRECTIONS FOR MEETS

In addition to the correction on the front page for Attleboro and Lowell "B" meets, please note the following:

NEW BEDFORD "B" & "C" SATURDAY AND SUNDAY, MARCH 31 and APRIL 1 will be held at New Bedford High School

(Deck entries from the New Bedford "B" meet will be accepted for Age Groups on Sunday. This is the only meet from which late entries will be accepted.)

GREENWOOD MEMORIAL "A" MEET SUNDAY, MARCH 4 will be held at Greenwood Memorial Pool not Mount Wachusett Community College. Meet director for this meet is Diane Drury, 3 Syd Smith Road, Westminster, MA 01473.

Miscellaneous

Cougar Swim Club newly formed in the fall and swimming out of Clark University is being coached by Carl Peterson. Cougar code is CSC.
* * *

The following swimmers listed as Unattached in the Long Course Top Ten Book are Cougar Swim Club:

Dawn Scott - Outstanding 10 & U
Mike Buonomo - Outstanding 10 & U
Craig Zuidema - Outstanding
10 & U
* * *

Age Groups and Seniors will be meets that require you to fill out the new seed cards. Plan ahead!!!

PETER MARKOS IS TRYING TO CORRECT POOL RECORDS AT UNIVERSITY OF NEW HAMPSHIRE. HE IS LOOKING FOR THE RESULTS OF NEW ENGLAND SENIOR CHAMPIONSHIPS FOR 1969. IF ANYONE HAS THESE RESULTS HE WOULD APPRECIATE YOUR CONTACTING HIM. THE TOP FINISHERS IN ANY EVENT WOULD BE HELPFUL. PETER MARKOS, 8 RENAUD, DOVER, NH 03820

Seed Card Orders: Individuals and clubs ordering seed cards should allow time for mailing. Orders in by February 20 will be delivered at the Shaumut "A" meet on Sunday the 25th if you note that you will be there on your order.

THE ENTRIES FOR SENIORS AND AGE GROUPS WILL BE MAILED TOGETHER ON FEBRUARY 1 OR 2. WATCH FOR THEM.

New England Seed Card

At the last Executive Committee meeting a standard New England seed card was adopted for use when clubs running meets want cards made out by those attending the meet. It is designed so that those working with the card the most can get the information they need quickly. Clubs running meets may use cards of their own design for their meets, however they must provide the clubs attending with cards in this case... or make out the cards themselves as in the past.

Those clubs on the New England mailing list have been provided with a sheet that can be duplicated on an electronic stencil and used on a standard mimeograph machine or taken to a printer and made up. Cards will print 4/ 8 1/2 x 11 sheet.

Cards should be Yellow for Boys and Pink for Girls. They should also be on card stock not paper.

These will be the required cards for Seniors and Age Group Championships.

Cards are available to clubs or individuals from the swimming office. Prices are listed below. Also available is a stencil for running your own cards.

PRICES

2000 cards (mixed colors) no club code	\$13.00 plus postage if mailed
" " " club code	14.00 plus postage if mailed
100 cards (one color)	2.50 including postage
Stencil (with or without code)	1.50 including postage

MINIMUM ORDER 100 CARDS

YOU MUST ALLOW TWO WEEKS FOR DELIVERY.

Clubs ordering cards will be billed on delivery. Individuals ordering small quantity should include check or money order made payable to: NEAAU COMPETITIVE SWIMMING with order.

CLUBS ASKING FOR FILLED OUT CARDS FOR THEIR MEETS MUST PROVIDE A SAMPLE OF THE NEW ENGLAND CARD ON THEIR ENTRY BLANKS.

EVENT#	SEX	SWIMMERS FULL NAME					AGE	CLUB	SEED TIME	
EVENT:	25	50	100	200	400	500	800	HEAT LANE		
	----- 1500 1650 -----									
Free Back Breast Fly IM MedRel FrRel								TIME		
Timer 1		Timer 2			Timer 3					
								PLACE		
use lower portion of card for trials and finals meet only								FINALS		
Timer 1		Timer 2			Timer 3			HEAT	LANE	
Official NEAAU Swimming Seed Card							FINAL PLACE		FINAL TIME	

Our January personality is DICK SCHAFER, Sanction and Calendar Chairman. Last year Dick was chairman of the All-Star committee.

Dick was born in Pittsburgh, PA, attended the University of Pittsburgh on a four year track scholarship, and graduated with a degree in Engineering....He now lives in Framingham and works out of Worcester as a Safety Engineer in insurance....Dick is married and he and his wife Marilyn have two daughters Kasey, 11 and Sue, 14.... The Schafer's have lived in New England for seven years and have been involved in swimming for five years....Dick says that he joined a country club to relax, became involved in swimming, and has been busy ever since....He is a Pisces with a Leo ascendent....He feels that his ascending sign Leo with its characteristics of generosity, enthusiasm, creativity and organization are more typical of him than the Pisces characteristics of adaptability, compassion, kindness, and sensitivity....Working with him, we feel that there is a combination there that is lucky for New England....Dick lists his avocation as attending swim club board meetings....we believe him....In addition to serving on the New England Executive Board he also is a member of the Shawmut Aquatic Club board and a former member of the Worcester Swim Club board.... Dick is very proud of his family and of the fact that he survived the Korean Conflict when he was younger....He was selected as one of the army Olympic Trial finalists in the 440 yard dash...He calls himself "An elderly A.M. jogger" but other than that does not have time to actively participate in any sports....Dick likes the color pink, Dagwood Special Sandwiches, the program Star Trek, and Lynda Carter (Wonder Woman) who, he says, he is not allowed to watch....Dick travels a great deal with his work, and it is not unusual for him to say "Yesterday in San Francisco, or"this morning in Tulsa"....With all his traveling he rarely misses a meeting that is scheduled and when he does calls as soon as he gets home to find out what is going on in NE Swimming... Last week Dick was in St. Louis where the wind chill factor brought the temperature to -28F....He was glad to get back to the "warm" Boston area....Dick is a certified New England Referee, Starter, etc. and is always one of the first to volunteer when help is needed at meets....He does not hesitate to comment when he thinks the swimmers are being treated unfairly for some reason whether it is the way warm-ups are run at a meet, or the way events are scheduled....Dick likes to hear from people when they have ideas about improving New England Swimming and can be contacted at 19 Arlene, Framingham, MA. 01701...Phone: (617) 873-3188....Dick is another example of a busy individual giving their time to help New England....we are grateful for his dedication.

RULE BOOK ORDER BLANK: Rule Books should be in sometime in late February or early March. CLUBS WHO HAVE PAID THE NEW ENGLAND SURCHARGE WILL RECEIVE THEM AUTOMATICALLY.

NAME _____ STREET ADDRESS _____
 CITY _____
 # Ordered at \$3.50 ea. ZIP CODE _____

Amount of money enclosed _____

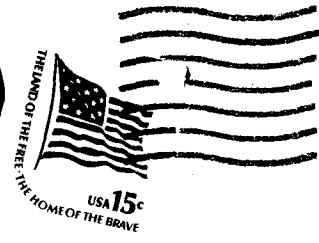
Make checks payable to: NEAAAU COMPETITIVE SWIMMING

Mail To: NEW ENGLAND SWIMMING
 c/o Rule Book
 48 Brainard Road
 Wilbraham, MA 01095

ALL RULE BOOKS WILL BE MAILED
 THIRD CLASS

NEAAAU COMPETITIVE SWIMMING
48 Brainard Road
Wilbraham, MA 01095

Pioneer Valley Swim League
c/o Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106



NEWSLETTER-PLUS

AN OFFICIAL PUBLICATION OF THE NEAAU COMPETITIVE SWIMMING COMMITTEE

February, 1979
March, 1979

IN THIS ISSUE: TENTATIVE SUMMER MEET LISTCertification Clinic.....All-Star News
....News from Clubs....A Personality....Requests and Miscellaneous
Information....

ALL-STAR MEET

THE PLANNING COMMITTEE FOR THE ALL-STAR MEET WILL MEET WEDNESDAY, MARCH 28th TO FINALIZE PLANS FOR THE MEET TO BE HELD ON APRIL 7th or 8th. SWIMMERS FOR THE ALL-STAR TEAM WILL BE TAKEN FROM A COMBINATION OF AGE GROUPS, SENIORS AND TOP TEN.

Any swimmer who places 1-2-or 3 in an All-Star event at Age Groups or Seniors will definitely make the team if he/she wishes to swim. Those events in the older age groups will be a combination of the best times done between Seniors and Age Groups. For places below 1-2 or 3 the All-Star coaches will choose swimmers from the available Top Ten Times, Age Group Results, Seniors Results and the results from other meets done in the district.

There will be four All-Star Managers and two All-Star Coaches. The managers will be volunteer from anyone interested and the coaches will be voted on at the age group championships by other New England coaches.

The total itinerary for All-Star Weekend is not planned, and at this writing the events are not finalized, but there will be notices at Age Groups and instructions for those who make the team.

When the team is set we will need host families to house our guests during the weekend. If your swimmer qualifies you will be asked to act as a host.

CERTIFICATION CLINIC

Don Benson and Ralph Boone will run a Certification Clinic for all levels on Thursday, April 12th at the West End House in Allston, MA. The clinic will begin at 7:00. Anyone interested in attending should contact KATHY CATES between 2 and 9 PM at (617) 782-6041 or (617) 787-4044. The West End House is at 105 Allston St., Allston, MA 02134.

BECAUSE OF THE WORK INVOLVED WITH THE TWO CHAMPIONSHIP MEETS, WE HAVE HAD TO COMBINE THE FEBRUARY AND MARCH ISSUES OF THE NEWSLETTER. SOMETIME IN THE FUTURE WE WILL PUT OUT TWO ISSUES TO MAKE UP FOR THIS.

RULE CLARIFICATION: There has been some confusion on the Breaststroke and Butterfly turn and finish rules. Below is what we hope is a clarification of these rules in regards to the hands.

When a swimmer is doing the IM, the completion of the butterfly and the breaststroke is a turn, not a finish and the hands must touch simultaneously but the turn may be anticipated.

When a swimmer is doing a leg of the Medley Relay, each leg is an official finish and finish rules apply.

PERSONALITY

The personality for this issue of News+ is Paul Rossi, coach of the Cranston YMCA Swim Team. Paul is the Banquet Chairman for the Swimming Committee. He also serves on the All-Star Committee and the Sanction Committee.

Paul Rossi was born in Providence and has spent his lifetime in New England....He is married and has three sons and five grandchildren....Paul's astrological sign is Pisces and he feels that he is typical of his sign....Pisceans are generally compassionate, sympathetic, sensitive, kind, intuitive, receptive and humble....Paul has exhibited all of these characteristics in his dealing with the problems of New England swimming... He is a super volunteer and even when it is uncomfortable or inconvenient for him tries to help out at meets and meetings where he has said beforehand he will help.... Paul is scheduled to be one of the announcers at the Age Group Championships this next weekend....Paul likes the color red and all foods....His favorite book is the Bible.... Favorite TV program 60 Minutes....He does not compete or participate in any sport except swimming....Paul became involved in swimming 50 years ago when he was a competitive swimmer for the Wawskuck Boys Club....He swam in the 1936 Olympic tryout held at Rocky Point Park in Warwick, Rhode Island and is very proud of his Olympic medalsPaul is very modest, and would not talk much about his contributions to New England over the years, but we know they are numerous and his continuing interest provides a valuable asset to the Executive Committee.

If anyone has the articles from the Boston or Springfield papers on the Boys all-scholastic teams we would appreciate borrowing them so that they could be reproduced for the Newsletter. Please contact Glenna Griswold, 48 Brainard Road, Wilbraham, MA 01095

The next Newsletter will have the finalized meet list for the summer, news from Age Groups and the All-Star Meet and final news about the banquet in it.

Semi-Annual Meeting Date - June 9
MARK YOUR CALENDAR - This meeting will be very important to all clubs in the coming year because of changes in the AAU structure. You should plan on being there!!!

The Seniors Meet was won by BERNAL'S GATOR SWIM CLUB. The high point girl's team trophy was also taken by the Gators. NEW ENGLAND BARRACUDAS took the high point boy's trophy. Charlie Johnson, NEB and Mia Manganiello, BGSC were high point individuals

at this exciting meet. There was only 23 points separating 1st and 2nd high point teams.

NOTE ABOUT NATIONAL TRAVEL

Any club who will be requesting funding for travel to the Junior or Senior National Meets should be aware of the fact that they must request the funding from the Executive Committee. A letter should be sent to STEVE PIKE, TREASURER, NEAAAU COMPETITIVE SWIMMING, 825 Concord Ave., Belmont, MA., 02178.

The letter should have the name/s of swimmers, their qualifying events, their age, date of birth and AAU numbers. The committee will decide on the amount of funding and will reimburse the individuals upon presentation to the treasurer of their cancelled airline ticket stub. DO NOT THROW AWAY YOUR TICKET STUBS.

NEWS WE LIKE TO HEAR.....

Lil Dembek, OVC Chairman announced that she made out 31 OVC cards from our recent Senior Championship Meet. This is three times as many OVC's as she has ever had to do before at a meet that had New England swimmers exclusively.

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There will be team trophies to sixth place male and female at Age Group Championships this next week-end.

* * * *

Mrs. Joseph Bernal, wife of Bernal's Gator's coach, Joe Bernal gave birth recently to a 6+ lb. boy. Congratulations to the entire family.

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Many thanks to all the volunteers who did such a wonderful job at the Seniors Meet.

ZONE MEETING: There will be another meeting for our Zone on May 5th. Your chairman, Joe Maguire will be attending and would like to hear from anyone who has ideas or suggestions for Zone-wide improvements. Joe's address is 350 Walnut St., Wellesley, MA 02181

CONGRATULATIONS to MARK MICHELSON and his LONGMEADOW, MASS. boys team for taking the

cont'd

LOST AND FOUND

Mrs. Jeter of Bernal's Gator Swim Club lost a maroon Cronus watch at the International Meet at Harvard in January. If anyone knows where she might look to find her watch, or has it because they didn't know where to return it, PLEASE CALL HER COLLECT AT (603) 472-5307.

WE HAVE NOT YET RECEIVED THE RULE BOOKS.

WE DO HAVE THE ORDERS AND THEY WILL BE SENT AS SOON AS THEY ARE RECEIVED.

NOTICE: Age Groups is the last meet for this season to count for Top Ten. Top Ten closes for the season on April 3rd. Cards will be available at Age Groups to use for filling out any times that your swimmer has bettered if you have not already filled a card out for that time.

Note: On the cards where it says event please put the name of the event not the number at a particular meet.

cont'd

Massachusetts State Championships held at Springfield College in February.

Listed below is the tentative meet schedule for the Summer season. It is subject to change and additions, but it will give you an idea of what is coming up for the summer.

There are still some spaces open for meets that were not bid. If your club would like to run meets in these spaces, please contact Dick Schafer at (617) 873-3188 or the swimming office (413) 596-4812.

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APRIL 29	SUNDAY	Short Course "C"	TRI-Y
MAY 5	SATURDAY	Short Course "B"	ATTLEBORO

MAY 19 OR 20	SATURDAY OR SUNDAY	LOOKING FOR A LONG COURSE "C" MEET	
MAY 19	SATURDAY	Short Course "Mini" meet	CLARK MEMORIAL

MAY 26 - 7-8	LOOKING FOR A THREE DAY "A" MEET LONG COURSE IF POSSIBLE		

JUNE 2-3	SATURDAY AND SUNDAY	LOOKING FOR AN "A" - "B" COMBINATION LONG OR SHORT COURSE	

JUNE 9	SATURDAY	SEMI-ANNUAL MEETING - SAVE THIS DATE	
JUNE 10	SUNDAY	TOP TEN BANQUET - SAVE THIS DATE	
JUNE 16	SATURDAY	Short Course "C"	Winchendon (Clark Memorial)
JUNE 16-17	SATURDAY & SUNDAY	OLYMPIC DEVELOPMENT MEET	(Place to be announced)
JUNE 23-24	SATURDAY & SUNDAY	SUNRISE "A" MEET	Springfield College
JUNE 29 - 30	FRIDAY	GREENWOOD "A" AND "B"(long course) Gardner, MA	
JULY 1	SATURDAY		
	SUNDAY		
JULY 1	SUNDAY	HAMPSHIRE Y "MINI" MEET	Northampton, MA
JULY 7-8	SATURDAY & SUNDAY	LONG COURSE "C" MEET	DOVER, NEW HAMPSHIRE
JULY 8	SUNDAY	METRIC SHORT COURSE "A" (TENTATIVE)	North Shore Piranas
JULY 14	SATURDAY	Short Course "B" MEET	HANOVER

JULY 14 & 15	SATURDAY & SUNDAY	Looking for two day "A" or "A" & "B" combination (short or long)	

(continued)

NEWSLETTER PLUS

AN OFFICIAL PUBLICATION OF NEAAAU COMPETITIVE SWIMMING

MAY, 1979 (#1)

IN THIS ISSUE: CORRECTIONS....CORRECTIONS....CORRECTIONS....BOY'S HIGH SCHOOL ALL-STARS...
AGE GROUP HIGH POINT WINNERS....EXCERPTS FROM A SWIMMING ARTICLE....
NEWS OF CLUBS....ADDRESS CORRECTIONS....AGE GROUP CUTS AND NEWS...LOGICAL
CALENDAR....REGION I CUTS....MISCELLANEOUS INFORMATION

NOTE

PLEASE DO NOT SEND REQUESTS FOR INFORMATION ABOUT THE OLYMPIC DEVELOPMENT MEET OR REGION I,II,III TO MR. BERNAL. THOSE MEETS WILL NOT BE RUN BECAUSE THE HARVARD POOL WILL BE CLOSED OVER THE SUMMER. IF WE RECEIVE INFORMATION ABOUT SIMILAR MEETS WE WILL PUBLISH IT FOR YOU.

Meet List Corrections

Sunrise "A" scheduled for June 23 & 24 (Saturday and Sunday) will be run on June 22 and 23 (Friday and Saturday) instead.

Olympic Development June 16 & 17 will not be held.

Region I,II,III, July 27,28,29 will not be held

BANQUET CORRECTIONS

THE COST OF THE BANQUET WAS REPORTED INCORRECTLY. IT IS \$5.50/PERSON UNLESS THE SWIMMER WAS AN OUTSTANDING SWIMMER LONG COURSE 1978 OR SHORT COURSE 1978-79.

ADDITIONAL INFORMATION - WE WILL BE SHOWING PORTIONS OF THE SWIMMING EVENTS AT THE 1972 OLYMPIC GAMES IN MUNICH. THE BANQUET SHOULD BE OVER BY 4:30 AT THE LATEST FOR THOSE WHO WISH TO PLAN ACTIVITIES LATER IN THE DAY.

MEET BID CORRECTION

Meet bids for the Fall Season should be in by June 5th so that the schedule can be announced at the Semi-Annual meeting on June 9th.

Teams are receiving copies of the "Letter of Intent Form" with this issue of the Newsletter.

TOP TEN

The Top Ten books will be in the mail to teams on May 19th. The second May issue of the Newsletter will have an order form for individuals.

We will continue to use the cards for Top Ten through the Long Course season. At the end of Long Course the system will be evaluated and a decision made as to whether there was more accuracy.

NEWS FROM OUR CLUBS AND THINGS YOU SHOULD KNOW:

SHAWMUT AQUATIC CLUB CO-SPONSORED BY THE FRAMINGHAM PARK AND RECREATION DEPARTMENT HELD A DUAL MEET WITH THE BOWIE MARYLAND BULLDOGS DURING THE SHORT COURSE SEASON.

THE TEAM LEFT ON A FRIDAY MORNING WITH 95 SWIMMERS AND 23 ADULTS RETURNING ON SUNDAY AFTER A MEET AND A TOUR OF WASHINGTON D.C. THAT INCLUDED THE WHITE HOUSE, WASHINGTON MONUMENT, THE SMITHSONIAN AND JEFFERSON MEMORIAL.

EVERYONE INVOLVED HOPES THAT COACH, BRUCE SCHAEFER CAN ARRANGE ANOTHER EDUCATIONAL-SWIMMING WEEKEND.

SHAWMUT WILL MEET THE BULLDOGS IN THEIR HOME POOL THIS SPRING.

* * *

SUNRISE SWIM CLUB of Springfield is now working under a new coach. Mitch Stevenson, who most recently coached and taught in Saudi Arabia is being introduced to his swimmers this week and will officially start coaching May 14th. Welcome to New England, Mitch.

* * *

Congratulations to Nancy Galvin of CRY who set two National YMCA Age Group records at Y Nationals in Fort Lauderdale. Nancy went 2:10.1 in the 200 Fly and 59.46 in the 100 Fly to take 5th and 7th place respectively.

* * *

Scott Whitelaw, New England Barracudas, is the Athlete Representative for New England. Swimmers who have gripes and questions and hesitate to ask the adults should contact Scott who is now attending Executive Committee meetings and can pass their comments on. Scott's address is 136 Worthen Road, Lexington, MA., 02173 until the end of June.

* * *

MINI MEETS MAY NOT BE CALLED "MINI" IF THEY INCLUDE 9 YEAR OLDS. CLUBS THAT WANT TO INCLUDE NINE YEAR OLDS IN A MEET FOR THE YOUNGER SWIMMERS SHOULD BID FOR A SPECIALITY MEET

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Our rule books should be in any day now. The envelopes are addressed and ready to mail as soon as they are delivered.

* * *

The last page of this Newsletter has a "easier to work with" master for the seed cards. Anyone using this one should adjust it so that the cut cards will be 3 5/8 x 5 1/2. This can be done by trimming from the sides and separating it in the middle before printing or making a master of what is there. Different machines require different adjustments, but it is easy to figure out.

* * *

We have quite a few seed cards back ordered that are now being cut. Our pink stock (due in March 15) has never arrived for some reason. We did find some in Boston and caught up the orders

* * *

The semi-annual meeting June 9th is your chance to vote for a chairman for the coming year and air your grievances. DON'T MISS YOUR CHANCE.

* * *

Clubs wishing to bid a meet not on the logical calendar on another page of the Newsletter may do so, but those bidding meets that are asked for get the first choice.

* * *

Peter Solomon of Brown Swim Club is the first New England swimmer that we know about to take a first at Junior Nationals. Peter went 1:53.89 to set a Meet Record in the 200 Back. He placed 2nd in the 100 Back with a 52.59 just .35 out of 1st place. CONGRATULATIONS PETER.

* * *

We had five calls about the lost stop watch mentioned in the last Newsletter. All the descriptions were wrong so we'll try again. Anyone who lost a stopwatch at age groups should contact Glenna Griswold (413) 596-4812.

REGION I CHAMPIONSHIPS WILL BE HELD AT BROWN UNIVERSITY IN PROVIDENCE RHODE ISLAND ON JULY 20, 21, 22. BELOW ARE THE CUTS AND SOME INFORMATION ABOUT THE MEET THAT YOU SHOULD BE AWARE OF WHEN YOU ARE MAKING YOUR SUMMER PLANS.

ALL TIMES MUST BE METRE TIMES. NO CONVERSIONS WILL BE ACCEPTED. THE 1500 WILL BE LIMITED TO FOUR HEATS OF MEN AND FOUR HEATS OF WOMEN. THE 400 FREE AND THE 400 IM WILL BE LIMITED TO FIVE HEATS OF MEN AND FIVE HEATS OF WOMEN. PROOF OF TIME MUST BE SUBMITTED FOR THE 1500, THE 400 FREE AND THE 400 IM. ENTRIES WITHOUT PROOF FOR THESE THREE EVENTS WILL NOT BE ACCEPTED. THE CUT-OFF DATE FOR ENTRIES WILL BE WEDNESDAY, JULY 11TH.

ENTRIES WILL BE MAILED IN EARLY JUNE. CONTACT FOR THE MEET IS ED REED, BOX 1874, BROWN UNIVERSITY, PROVIDENCE, RHODE ISLAND, 02912.

JUNIOR NATIONAL CUTS

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
1:00.59	100 M FREE	54.89
2:10.49	200 M FREE	1:59.49
4:30.69	400 M FREE	4:12.09
17:44.79	1500 M FREE	16:35.59
1:09.99	100 M BACK	1:02.79
2:29.89	200 M BACK	2:14.69
1:19.29	100 M BREAST	1:10.59
2:50.29	200 M BREAST	2:33.59
1:06.79	100 M FLY	59.29
2:25.39	200 M FLY	2:10.99
2:29.79	200 M IM	2:15.89
5:16.19	400 M IM	4:48.79
4:41.89	400 M MED REL	4:10.29
4:10.49	400 M FREE REL	3:44.89
8:55.89	800 M FREE REL	8:13.99

ALL STANDARDS MUST HAVE BEEN ACHIEVED AFTER JANUARY 1, 1978.

<u>WOMEN</u>	<u>EVENT</u>	<u>MEN</u>
1:10.49	100 M BUTTERFLY	1:03.19
4:48.89	400 M FREESTYLE	4:24.89
1:13.18	100 M BACK	1:06.49
2:37.99	200 M IM	2:23.99
4:54.09	400 M MED RELAY	4:34.29
2:39.19	200 M BUTTERFLY	2:23.99
1:25.09	100 M BREASTSTROKE	1:15.39
2:15.39	200 M FREESTYLE	2:05.49
5:35.79	400 M IM	5:10.59
8:59.99	800 M FREE RELAY	9:35.00
1:03.69	100 M FREESTYLE	57.88
2:39.19	200 M BACKSTROKE	2:24.69
3:04.09	200 M BREASTSTROKE	2:44.09
4:03.69	400 M FREE RELAY	4:28.00
18:58.79	1500 M FREESTYLE	17:44.09

PLEASE REQUEST YOUR OVC CARDS AT THE MEET WHEN YOUR TIME IS DONE. THERE WILL BE A CHARGE FOR CARDS REQUESTED AFTER THE MEET WHEN THE OVC CHAIRMAN, LIL DEMBEK, IS AT THE MEET

SENIOR NATIONAL CUTS

<u>WOMEN</u>	<u>EVENT (METRES)</u>	<u>MEN</u>
58.59	100 FREE	52.69
2:06.49	200 FREE	1:54.89
4:20.89	400 FREE	4:03.19
17:09.79	1500 FREE	16:11.37
1:07.29	100 BACK	59.99
2:24.09	200 BACK	2:09.59
1:16.39	100 BREAST	1:07.49
2:44.09	200 BREAST	2:27.29
1:04.09	100 FLY	56.79
2:23.49	200 IM	2:10.39
5:04.79	400 IM	4:38.79
4:32.39	400 MED REL	4:00.69
4:03.19	400 FREE REL	3:36.79
8:44.29	800 FREE REL	7:54.49

SEMI-ANNUAL MEETING AGENDA

TOPICS FOR DISCUSSION AT THE SEMI-ANNUAL MEETING ON JUNE 9TH WILL BE ACCEPTED UNTIL MAY 23RD EITHER AT THE SWIMMING OFFICE...48 BRAINARD ROAD, WILBRAHAM, MA., 01095 (413) 596-4812 OR BY CHAIRMAN, JOE MAGUIRE...350 WALNUT, WELLESLEY, MA., 02181 (617)237-3799.

IF YOU WANT SOMETHING DISCUSSED PLEASE LET THE COMMITTEE KNOW SO THAT IT WILL BE ON THE AGENDA THAT GOES OUT BEFORE THE MEETING.

Plan on attending the Banquet June 10th and the meeting June 9th.

On this page are the cut-offs for Summer Long Course Age Group Championships. Times are based on average of 24th (or last) place time from 1978 and 1979 Short Course Championships. Metre times are equivalents from National A-B-C tables rather than numerical conversion factor. Entries are encouraged in metres with yards qualifying times used only where metres unavailable. How to do the conversions etc. will be on the entry blank. REMEMBER... Proof of time is going to be required when a swimmer in any age group does not make the qualifying standard (yards or metres proof will be acceptable). Failure to prove a time within 20 minutes and at the meet will result in suspension from all future events and forfeiture of all previous points and awards including relays. Coaches/parents/swimmersknow where your time was done and/or be able to show the proof if not at a scheduled New England AAU meet.

NEW ENGLAND HAS BEEN REQUIRING VERIFICATION AT THEIR SENIORS MEET FOR THE PAST FOUR YEARS. THOSE NOT ABLE TO VERIFY HAVE NOT BEEN ABLE TO CONTINUE THEIR PARTICIPATION IN THE MEET. THE SAME STRICT ADHERENCE TO THE VERIFICATION OF TIMES WILL BE IN EFFECT AT AGE GROUPS FOR THE FIRST TIME THIS YEAR. This has become necessary because the incidence of swimmers not making cuts jumped almost 10% this year. When this happens on a regular basis and is not stopped the length of the Championship meets becomes unmanageable.

NOTE: THE TIME STANDARDS FOR AGE GROUPS ON THIS PAGE AND THE NEXT ARE NOT LISTED IN THE EXACT ORDER IN WHICH THEY WILL BE SWUM. TO SAVE TIME AND REPETITIOUS TYPING THEY ARE LISTED AS THEY WERE GIVEN TO THE EXECUTIVE COMMITTEE FOR APPROVAL. THE EXACT ORDER WILL BE IN THE ENTRY BLANK. 13-14 AND 15-18 BOYS AND GIRLS WILL BE SWIMMING THEIR EVENTS APPROXIMATELY LIKE THEY WOULD SWIM THEM AT A SENIORS MEET WITH A THREE DAY FORMAT. ALL THE DETAILS WILL BE PUBLISHED SHORTLY.

GIRLS		EVENT	BOYS	
METRES	YARDS		YARDS	METRES
3:30.79	3:09.79	9-10 200SM	3:00.79	3:23.39
3:00.69	2:40.09	11-12 200IM	2:44.29	3:05.69
1:39.89	1:28.54	9-10 100 BACK	1:26.49	1:37.54
1:35.89	1:23.69	11-12 100 BRST	1:26.09	1:39.19
49.59	43.49	9-10 50 BRWT	42.69	48.29
59.39	52.09	8+U 50 FLY	55.19	1:02.99
34.89	35.29	11-12 50 BACK	35.99	40.54
1:23.29	1:14.19	9-10 100 FREE	1:11.69	1:21.99
1:12.09	1:03.79	11-12 100 FREE	1:04.89	1:14.69
42.79	38.39	9-10 50 FLY	37.89	44.79
45.89	40.19	8+U 50 FREE	34.79	45.39
37.99	33.49	11-12 50 FLY	33.79	37.79
Relays				

GIRLS		EVENT	BOYS	
METRES	YARDS		YARDS	METRES
2:39.49	2:21.19	11-12 200 FREE	2:21.69	2:40.79
1:36.19	1:26.19	9-10 100 FLY	1:30.39	1:43.29
55.79	48.89	8+U 50 BACK	47.79	54.49
1:26.69	1:16.99	11-12 100 BACK	1:20.39	1:30.49
44.29	39.59	9-10 50 BACK	38.99	43.99
1:01.69	54.09	8+U 50 BRWT	54.59	1:02.29
44.39	39.19	11-12 50 BRWT	39.19	44.59
1:49.99	1:35.69	9-10 100 BRWT	1:36.99	1:50.69
1:26.09	1:16.49	11-12 100 FLY	1:17.69	1:27.09
1:43.59	1:30.79	8+U 100 FREE	1:35.69	1:49.09
37.29	32.49	9-10 50 FREE	31.89	36.19
32.29	28.89	11-12 50 FREE	29.19	33.29

CONTINUED ON NEXT PAGE

GIRLS		BOYS	
METRES	YARDS	EVENT	METRES
1:16.69	1:08.63	13-14 100 FLY	1:04.94
2:22.89	2:07.69	15-18 200 FREE	1:53.74
5:17.59	5:53.39	13-14 400 FREE	5:28.09
1:30.59	1:18.99	15-18 100 BRST	1:09.89
1:19.29	1:10.79	13-14 100 BRCK	1:06.49
2:56.99	2:36.29	15-18 200 BRCK	2:27.79
3:21.14	2:53.59	13-14 200 BRST	2:46.69
31.14	27.49	15-18 50 FREE	24.34
1:07.69	59.49	13-14 100 FR	57.09
2:51.49	2:33.54	15-18 200 FLY	2:20.29
2:48.89	2:29.09	13-14 200 IM	2:22.49

Relays

GIRLS		BOYS	
METRES	YARDS	EVENT	METRES
1:15.39	1:07.39	15-18 100 FLY	57.09
2:29.69	2:11.59	13-14 200 FREE	2:04.49
5:12.19	5:51.79	15-18 400 FREE	5:15.69
1:31.39	1:18.79	13-14 100 BRST	1:13.89
1:20.09	1:10.29	15-18 100 BRCK	1:04.49
2:52.09	2:33.89	13-14 200 BRCK	2:30.39
3:21.29	2:55.69	15-18 200 BRST	2:37.99
31.59	27.79	13-14 50 FREE	25.54
1:05.69	58.39	15-18 100 FREE	52.29
3:04.89	2:41.49	13-14 200 FLY	2:36.49
2:47.49	2:27.09	15-18 200 IM	2:12.59

GIRLS		BOYS	
meters	yards	Event	meters
6:06.39	5:24.09	15-18 400 IM	4:57.59
6:15.09	5:31.69	13-14 400 IM	5:09.29
5:33.79	6:16.49	19-12 400 FREE	6:17.29
3:00.19	2:39.29	9-10 200 FREE	2:41.89
22:13.89	21:35.29	15-18 1500 FREE	20:08.09
22:25.49	21:53.19	13-14 1500 FREE	21:34.29

The Globe's All-Scholastic swimming team

By Peter O'Neil
Globe Correspondent

There are many aspects of high school swimming that make it a bit different from other high school sports.

While the top high school players in the team sports can go an entire varsity career without facing each other, the best swimmers are brought together at the end of each season to face each other in sectional, state and New England competition.

The result is the very best in high school swimming with the high level of competition bringing out the best in the best high school swimmers in Massachusetts.

Of the 22 championships earned at this year's state and New England championships, 14 were earned by members of the 1979 Globe All-Scholastic swim team. Six members of Seekonk's New England championship team dominate the team as well as Seekonk coach Ellis Mayers, this year's coach of the year.

Seekonk places three repeaters from its 400-freestyle relay team, seniors Brian Seeley and John Kaczowka and junior Shaun Dolan.

The two individual repeaters are this year's swimmer of the Year, diver Andy Pallotta of Medford, and Haverhill's Palmer Lewis, All-Scholastic in the 500-freestyle.

And, if you like off-beat stuff consider this: This year's "swimmer" of the Year spends less than 10 seconds in the pool while performing his event. Lexington's Scott Whitelaw, an all-scholastic as a freshman, missed a chance to repeat as a sophomore because he broke his arm in a pool-side fall while celebrating his team's win over Gardner last year; and Norm Schippert made the All-Scholastic team despite the fact his school (Chelmsford) doesn't have a swimming team. Schippert's individual performance in the sectionals and state championships earned him All-Scholastic honors.

ADS FOR THE TOP TEN BOOK

This year we are putting ads in the Top Ten book to help defray the cost. The book will be going out on May 19th, but if you wish to place an ad it can be done. Copy should be black and white and no larger than 8 1/8" by 10" for a full page. Copy may be called in or sent, but it should be at the swimming office no later than May 17th. If you wish to place an ad of any size contact Paul Parenteau (617) 756-3268 or Sylvia Chase (617) 754-7016.

LOGICAL CALENDAR FOR SEPTEMBER 1 through DECEMBER 31, 1979

Clubs wishing to run meets on the dates below or other dates for this period of time must fill out a Meet Bidding Letter of Intent Form and return it to the swimming office by June 5th.

All the dates are Saturdays. For two or three day meets the dates will go back one or forward one.

<u>WEEKEND OF:</u>	<u>TYPE OF MEET DESIRED</u>
October 13th	"C" Meet
October 20th	"B" Meet
October 27th	"C" Meet
November 3	"B" through "A" Meet
November 10th	"B" Meet
November 17th	"C" Meet
November 24th	"A" Meet - Two or Three Day - Schedule I
December 1st	"B" Meet
December 8th	"C" Meet
December 15th	Speciality Meet or Two Day "A" Meet - Schedule II
December 29th	Christmas Classic <u>scheduled</u> . <u>DO NOT BID ON THIS MEET</u>

NOTE: Schedule I is long events for 10 & Under and 11-12 and short events for 13-14 and 15-18.

Schedule II is just the opposite.

PLEASE REMEMBER THAT ALL BIDS WILL BE CONSIDERED, BUT THOSE BIDDING THE TYPE OF MEET DESIRED ON THE DAY REQUESTED WILL HAVE PREFERENCE.

AGE GROUP HIGH POINT WINNERS: Because the race for hi point trophy was so close in several age groups, we are printing the top three in each one.

8 & Under Girls

Marcia Samsel HRY 192
Cathy Buckley SEA 169.5
Wendi Hulslander KDST130.5

10 & Under Girls

Kim Drury GMSC 156
Kristen LaChance CLBC 154
Lisa Hjerpe HOCKY142

11-12 Girls

Linda Porter CAY 200
Elinor Doty BGSC 158
Marie Moore NEB 156

8 & Under Boys

Alexander McLean SBST 168
Garet Kipt MST 146
David Wilkins NEDY 146

10 & Under Boys

Albert Price DAD 189
George Haydu NNB 172
John Brown CRY 154

11-12 Boys

Paul Kane SSC 156
Edward Smith FRY 153
Rodney Green BGSC 151

(continued)

Age Group Hi-Point (continued)13-14 Girls

Meg Bresnahan	NEB	164
Melissa Donovan	WBSC	141
Nancy Galvin	CRY	137

13-14 Boys

Robert Sherman	WBSC	182
Doug Toblason	BHSA	180
Jim Ehrlich	NEB	173

15-18 Girls

Jody Ochab	NEB	138
Elaine Palmer	BGSC	106
Claudia Schwarzer	SAC	106

15-18 Boys

Craig Fuller	BGSC	106
Bruce Johansson	LOBC	95
Mike Feldstein	BGSC	82

Seniors Cut-Off Correction:

The 200 M Breast for women had the metres and yards cut-off times reversed in the last issue of the Newsletter.

200 M Breast cut for women is: 2:43.01 Yards and 3:05.83 Metres.

The date News + subscriptions end is in the upper right corner of the label. Checks received in the last two weeks have not yet been credited. We really appreciate your keeping track so that we do not have to bill you if you wish to renew your subscription.

TOP TEN

WHEN TOP TEN IS PUBLISHED THERE WILL BE NO CORRECTIONS UNLESS THERE WAS A CARD SENT FOR THE TIME IN QUESTION.

BANQUET

THE BANQUET TO BE HELD ON JUNE 10TH AT CHATEAU DE'VILLE IN WARWICK, RI WILL COST \$5.50 PER PERSON. THE DOORS WILL OPEN AT 12:00 AM AND THE DINNER WILL BE SERVED AT 1:00PM.

THOSE WISHING TO MAKE RESERVATIONS FOR THE BANQUET SHOULD WRITE PAUL ROSSI, CRANSTON YMCA, 1225 PARK AVENUE, CRANSTON, RHODE ISLAND 02910. RESERVATIONS SHOULD INCLUDE \$5.50 PER PERSON FOR THE MEAL. FAMILIES WITH OUTSTANDING SWIMMERS SHOULD INCLUDE THE NAME OF THE SWIMMER. CHECKS SHOULD BE MADE PAYABLE TO: NEAAAU COMPETITIVE SWIMMING AND SHOULD BE MARKED "BANQUET". RESERVATIONS MUST BE MADE BY JUNE 1ST.

FOR OVER 25's ONLY.....

Every now and then Newsletter Plus writes something about Master's Swimming in New England and suggests to its readers that they might want to compete in their own age group for their health. Dr. Phillip Whitten who is the President of the North Shore Pirana's parents group is a Master's Champion. A former age-grouper and collegiate swimmer he was "out of the water" for six years and started swimming again to get himself back in shape although he didn't feel that he was actually out of shape. He joined a Masters group and has been swimming that program for about eight years. Recently, Dr. Whitten had an article in Family Health magazine giving information and some facts and figures about Masters swimming that we thought might interest some of you. In addition Parade magazine on May 20th will carry an additional article by Dr. Whitten. Look for it.

It is impossible to reprint all of the Family Health article, but the few excerpts below may give you food for thought.....

"Aging experts have long believed that after age 25, most people begin to deteriorate physically at the rate of about one percent per year. But studies have always concentrated on typical Americans: often fat, out of shape, probably smoking and drinking too much. How much of the decline, then, is really due to aging and how much to unhealthy living and decreased activity?"

Below is a box telling how you can figure what your maximum intensity for exercise should be. In a ten year project directed by Fred Kasch, MD a leading gerontologist, the conclusion was reached that you can forestall that 1% decline per year by regular exercise at 86%. Dr. Paul Hutinger, MD, of Western Illinois University, an active Masters swimmer confirmed Dr Kasch's facts on his own using himself as one of his subjects....*"Hutinger showed that by training regularly at 80 percent intensity or higher, most Masters swimmers will have the physical abilities of an untrained person 20 or 30 years younger. Ponce de Leon searched in vain for the Fountain of Youth that Masters swimmers have found."*

How Much Should You Swim?

There's no way around it.

If you want maximum benefit for your heart from exercise, you are going to have to make your body do a lot of work.

How much exercise should you do? The American Heart Association answers the question this way:

First of all, on three nonconsecutive days of the week, take your pulse immediately after exercising vigorously. (Place your finger on the back side of your wrist or the side of your neck and count the beats for five seconds. Then multiply that number by 12. The answer will be your heartbeats per minute.) You should be working out so that your heartbeats during exercise remain at about 80 percent of their maximum attainable rate for at least 20 minutes. If you stay below this rate, you won't strengthen your heart.

How do you know what your maximum attainable heart rate (MHR) is? You can calculate this figure—which is the highest number of beats per minute of which your heart is capable—by subtracting your age from 220. Thus, if you are 40, your MHR is about 180, and 80 percent of that maximum figure would be 144.

Here are the approximate heart rates you should strive for in exercise:

Age	Beats per minute
25	140 - 170
30	136 - 165
35	132 - 160
40	128 - 155
45	124 - 150
50	120 - 145
60	112 - 135
70	104 - 125
80	96 - 115
90	88 - 105

" A regular program of swimming--a minimum of 20 continuous minutes at least three times a week--will improve the heart, arteries and lungs, while lowering blood pressure and reducing the concentration of harmful cholesterol in the blood. Unlike jogging or tennis, it exercises all the muscles in the body....and there is little chance of incurring undue strain or injury."

"...research has shown that people who swim regularly have more positive self-images, and report increased mental energy, increased sexual activity, an ability to concentrate better, decreased anxiety, and a greater sense of control over their lives."

"Its the closest thing we have to an anti aging pill," says the above mentioned Dr. Hutinger.

ON THE NEXT PAGES ARE THE EASTERN MASS ALL-STARS AS ANNOUNCED IN THE BOSTON GLOBE TUESDAY, MARCH 20, 1979. ISSUE #2 OF NEWS + LATER IN THE MONTH WILL HAVE THE WESTERN ALL STARS.



BRAD HOWE
... Gardner

200-Freestyle — Brad Howe, Gardner
Best Time: 1:46.31

Howe also swims the 500-free (Best: 4:47.1) and is a member of Gardner's 400-free relay team that won the state and New England titles. Howe finished second to teammate Ed Landry in the North sectionals, the state championships, and the New England championships in the 200-free. He won the 500-free title at the New England championships after finishing second in the states and third in the North sectionals. His identical twin brother Bren is also a member of Gardner's record-setting 400-free relay team. A junior, Howe ranks in the top 10 percent of his class with an 88-plus average.



SCOTT WHITELAW
... Lexington

200-Individual medley — Scott Whitelaw, Lexington
Best Time: 2:00.70

A Globe All-Scholastic as a freshman, Whitelaw missed some action as a sophomore after breaking his arm in a fall while celebrating a big Lexington win over Gardner with his teammates. Returns as a junior with a state record of 2:00.70 in the 200-IM. Succeeds teammate Mitchell Poole as the 200-IM All-Scholastic. Scott is the son of ECAC commissioner Robert "Scotty" Whitelaw. He lives away from his family on Cape Cod and lives with a host family in Lexington during the school year. Scott is a member of the New England Barracudas, where he is coached by Jay Mogavero. In 1977, he competed at the Queen's Silver Jubilee International Swim Meet in England. His sister, Andrea, currently coaches the divers at Weston High and was a national level diver herself. An honor roll student, Whitelaw intends to study marine biology in college.



JOHN COLBERT
... Concord-Carlisle

50-Freestyle — John Colbert, Concord-Carlisle
Best Time: 22.50

The state champion in both the 50-free and the 100-free, Colbert set both titles as his goal after he was disqualified in the 50-free in last year's states. In addition to his 22.5 in the 50, Colbert has a best of 50.3 in the 100-free. He was co-captain at Concord-Carlisle this year and the senior leaves the school with the Dual County League record in the 50-free. Colbert has been swimming competitively since he was eight and currently practices with the New England Barracudas. He has two older brothers competing in college swimming and next year intends to continue swimming while majoring in Civil Engineering at University of New Hampshire.



NORM SCHIPPERT
... Chelmsford

100-Butterfly — Norm Schippert, Chelmsford
Best Time: 52.67

The man without a team. There is no swimming team at Chelmsford but Schippert and "teammate" Bruce Johansson combined for enough points to earn Chelmsford a 10th-place finish in the states after a seventh in the North sectionals. Set a meet record in the 100-butterfly with a 52.67 at the North sectionals. Won the state 100-butterfly title with a 52.712 but had to pass up the New England to qualify for the junior Olympics to be held at Duke in April. Schippert has done 22.3 in the 50-free and 48.7 in the 100-free. Next year, Chelmsford will have a boys' swim team but now Schippert does most of his swimming at the Lowell Boys' Club. "Everyone's excited about Norm," said coach Allen Thomas. "He certainly hasn't peaked yet and right now he's only a couple of seconds off of world-class times."

The All-Stars

BAY STATE LEAGUE

DEDHAM—Richard Ford, Neil Keohane, Mike Horan. NEEDHAM—Jay Pandya, Matthew Hurley. FRAMINGHAM SOUTH—Rob Baker, Jerry Keefe, Jim Keefe, Wayne Eddy, Rob Gittell. WELLESLEY—Hunter Adams, Richard Morel, John Levy, Adam Sutton, Rob Chrolan, Craig Charlton. NATICK—Chris Shedd, Dave Shedd, Stephen Erlich, Jim Crisafulli.

DUAL COUNTY LEAGUE

WESTON—Greg Ryan, Dick Stanton, Mike Hastings, Dan Isaacs, Chris McDonald, Tom McKenna, Steve Wilson, Mark Kasevich, Barbara King. ACTON-BOXBORO—Jay Mahoney, Greg O'Neil, Tim Hamilton. CONCORD-CARLISLE—Brad Snodgrass, John Colbert. BEDFORD—Jeff Bates. NEWTON SOUTH—Mike Feldstein. LINCOLN-SUDBURY—Bobby Smith.

GREATER BOSTON LEAGUE Northern Conference

HAVERHILL—Joe Vicedomini, Adam Wentworth, Ed Hanenian, Paul Duchem, Palmer Lewis, John Taffe, Tom Ducette, Scott Gordon, Scott Loverly. DANVERS—Dan Ackerman, Brian Finkenaur, Brian Sweeney. SALEM—Scott McLaughlin, John Leger, Jim Welch. BEVERLY—Richard Cram. MEDFORD—Andy Pallotta.

Southern Conference

SEEKONK—Brian Dolan, Chip Swanson, John Ackell, Brian Seeley, Shaun Dolan, John Kaczowka, Mike Boucher. ATTLEBORO—Dave Coehlo, Russ Machado, Tom Perry, Dave Bowie, Bruce Bonneville, Kevin Brousseau, Norman Robillard, Seth LaChance. DURFEE—Chris Rockett. MILFORD—Kent Cherrington, Frank Paniszczynl. NEW BEDFORD—Peter Cabral, Mike Fogaran, Charles Nelson, Bruce Wilcox. TAUNTON—Mike Flood.

Western Conference

WESTON—Greg Ryan, Dick Stanton, Mike Hastings, Dan Isaacs, Chris McDonald, Tom McKenna, Steve Wilson, Barbara King. BC HIGH—Joe Drollette, John Morley, John Drollette, John Doyle. CONCORD-CARLISLE—John Colbert, Brad Snodgrass, Rick Craig. ACTON-BOXBORO—Jay Mahoney, Tim Hamilton, Ken Ward, Greg O'Neil, Dave Barrus. BEDFORD—Gordon Guay.

MIDDLESEX LEAGUE

LEXINGTON—Dick Johnson, Scott Whitelaw, Charlie Johnson, Ron Gray, Peter Gerenz. BELMONT—Mike O'Connor, Doug Tobiasson, Jim Stabile, Peter Burns, Jim Flannery, Pat Donahue, Michael Sullivan, Jim Conley. MELROSE—Peter Kodzis, William Muse, Mike McManus, Tom Lowery. BURLINGTON—Rich Kennedy, George Cummings. WINCHESTER—Chris Porter.

SUBURBAN LEAGUE

BROCKTON—Jim Sullivan, Rich Sarson, Bruce Belinsky, Jay Power, Jim Willis, Scott Boudreau. BROOKLINE—Larry Sperber, Richard Tobin. CAMBRIDGE R&L—Mike Mori, Mike Paine. NEWTON NORTH—Jim Herbert, Peter Hawkins, Alex Busansky, Jeff Kennedy, John Robinson. NORTH QUINCY—Ed Melanson, Ed Conley, Dave Donovan. QUINCY—John Connolly. WALTHAM—John Trites.

The champions

EMASS CHAMPIONS North champions

200-MEDLEY RELAY — Weston. 200-FREESTYLE — Ed Landry, Gardner. 200-INDIVIDUAL MEDLEY — Scott Whitelaw, Lexington. 50-FREESTYLE — Norm Schippert, Chelmsford. DIVING — Andy Pallotta, Medford. 100-BUTTERFLY — Norm Schippert, Chelmsford. 100-FREESTYLE — Ed Landry, Gardner. 500-FREESTYLE — Scott Whitelaw, Lexington. 100-BACKSTROKE — Charlie Johnson, Lexington. 100-BREASTSTROKE — Rich Stanton, Weston. 400-FREESTYLE RELAY — Gardner.

South champions

200-MEDLEY RELAY — Seekonk. 200-FREESTYLE — Randy Beals, Shepherd Hill. 200-INDIVIDUAL MEDLEY — Mike Feldstein, Newton South. 50-FREESTYLE — Kevin Brousseau, Attleboro. DIVING — Kent Cherrington, Milford. 100-BUTTERFLY — Randy Beals, Shepherd Hill. 100-FREESTYLE — Shaun Dolan, Seekonk. 500-FREESTYLE — John Doran, BC High. 100-BACKSTROKE — John Trites, Waltham. 100-BREASTSTROKE — Mike Feldstein, Newton South. 400-FREESTYLE RELAY — Seekonk.

Coach of the year

The only swimming coach Seekonk has ever had, Mayers has compiled a record of 103-34-1 in his 13 years. Seekonk has won the Southern Conference championship the last four years; four EMass championships; three state titles; and two New England championships, including this past season. After graduating from St. Raphael Academy in Pawtucket, R.I., Mayers spent four years in the US Navy, followed by seven years as swimming director at the Pawtucket Boys Club before moving on to Seekonk. Mayers is also coach of the very successful Seekonk Dolphins AAU swim team. "One of my proudest



ELLIS MAYERS
... Seekonk

accomplishments," said Mayers, "has been that I have trained several athletes to be better swimmers than I ever was and have coached others who will become far better coaches than I ever will be."

Swimmer of the year

A high school All-America as a junior, Pallotta is expected to repeat this year, a rare double. Set an EMass record of 480.19 points as a junior and shattered that mark this year by posting a state record 550.75 to win the one-meter diving in the North sectionals. Went on to win both the state and New England titles. Pallotta also qualified for the 100-backstroke in the sectionals. He earned a Massachusetts Sons of Italy Award for achievement in swimming and diving and a recognition certificate from the Massachusetts House of Representatives for outstanding diving. His four-year high school record is 41-3. He was undefeated over his last three years and was named the Greater Boston League's outstanding diver over those three



ANDY PALLOTTA
... Medford

years. Pallotta played defensive halfback for Medford's football team his freshman and sophomore years before concentrating fulltime on diving. He has been accepted at Indiana University and the University of Wisconsin and is leaning toward Wisconsin.



JOHN ACKELL
... Seekonk

**400-Freestyle Relay Team — John Ackell,
Seekonk**
200-Medley Relay Team
Best Time: 3:19.00
1:41.63

The 400-free team is a repeater from last year and sophomore Ackell is the only new face, replacing the graduated Scott Berry. His personal best in the 100-free is 49.6 and he has done a 23 flat in the 50-free. This year he was Seekonk's high point scorer with 338 points. Placed fifth in the state meet and second in the New Englands in the 200-butterfly. Swims the butterfly leg of the 200-medley relay team. Ackell is a member of the Seekonk Dolphins, where he is coached by his high school coach, Ellis Mayers.



BRIAN SEELEY
... Seekonk

**400-Freestyle Relay Team — Brian Seeley,
Seekonk**
200-Medley Relay Team
Best Time: 3:19.00
1:41.63

Seeley was a member of last year's 400-free-style All-Scholastic relay team and swims the freestyle leg on the 200-medley relay team that earns this year's All-Scholastic honors. His best times of 22.9 in the 50-free and 51.7 in the 100-free both came in his junior years. A member of the Southern Conference All-Star team his last three years, he holds the school record in the 50-free. Totalled 302 points this year for Seekonk and intends to possibly study Business Administration in college next year at either the University of New Hampshire or Niagara.



SHAUN DOLAN
... Seekonk

**400-Freestyle Relay Team — Shaun Dolan,
Seekonk**
Best Time: 3:19.00

One of three repeaters from Seekonk's 400-freestyle relay All-Scholastic team of last year. Joins younger brother Brian who is a member of the 200-medley relay All-Scholastic team this year. A three-year member of the Southern Conference all-star team with another year of high school to go, Shaun has a personal best of 48.7 in the 100-free and has done a 1:46.59 in the 200-free, both times good for school records. Finished second in the states and in the New Englands in the 100-free. Scored 320 points for Seekonk this season and swims for the Seekonk Dolphins.



JOHN KACZOWKA
... Seekonk

**400-Freestyle Relay — John Kaczowka
Seekonk**
Best Time: 3:19.00

A repeater from Seekonk's 400-freestyle All-Scholastic relay team of last year and co-captain of this year's New England champions, Kaczowka

scored 266 points on the year. Placed third in the New Englands with a 55.1 in the 100-butterfly. Has a personal best of 49.4 in the 100-free and 23.3 in the 50-free. A versatile swimmer, he has a 200-IM best of 2:09 and a 100-butterfly best of 55 flat. Kaczowka plans to major in business management at either Colgate, UMass or Maine. He is a member of the Seekonk Dolphins AAU team.



BRIAN DOLAN
... Seekonk

**200-Medley Relay Team — Brian Dolan,
Seekonk**
Best Time: 1:41.63

Younger brother of fellow All-Scholastic Shaun, Brian scored 304 points as a sophomore this year after a 278-point season as a freshman. Swims the backstroke leg of the medley relay and has a personal best of 58.1 in the 100-backstroke. A two-time Southern Conference all-star in his two varsity seasons, he placed third in the 100-backstroke and third in the 200-IM at the New Englands. He has been swimming for eight years and is a member of the Seekonk Dolphins.



CHIP SWANSON
... Seekonk

**200-Medley Relay Team — Chip Swanson,
Seekonk**
Best Time: 1:41.63

Swanson swims the breaststroke leg of the 200-medley relay and his best split is a 28.15. He has an individual best of 1:02.84 in the 100-breaststroke and has been a Southern Conference all-star in his two varsity seasons. Swanson was second in the 100-breaststroke and fifth in the 200-IM at the New England championships. Holds the Seekonk varsity record in the 100-breaststroke. He has been swimming for eight years and would like to someday break the one minute barrier in the 100-breaststroke. Scored 270 points as a sophomore, more than doubling his freshman total.

100-Freestyle — Ed Landry, Gardner
Best time: 48.617

Landry went for the hat trick this year in both the 100-free and the 200-free. He set a meet record of 1:47.91 in winning the 200-free in the North sectionals. He went on to win the state title and copped the New England 200-free title with a glittering 1:45.81 clocking. He also went three-for-three in the 100-free, winning the North sectionals, the states and the New Englands while racking up a personal best of 48.617 in the states. Along with fellow all-scholastic Brad Howe, Landry is a member of Gardner's record-setting 400-free relay team which set a New England record of 3:14.4. Landry has been swimming for eight years and is a member of the Greenwood Memorial swim team. He was top point scorer for Gardner this year as he led the team to a 9-1 dual meet record and second-place finishes in the North sectionals, the states and New Englands. He has been accepted at Colby and Brown and is leaning to Brown.



EDWARD LANDRY
... Gardner

STATE CHAMPIONS

200-MEDLEY RELAY — Longmeadow. 200-FREESTYLE — Ed Landry, Gardner. 200-INDIVIDUAL MEDLEY — Scott Whitelaw. 50-FREESTYLE — John Colbert, Concord-Carlisle. DIVING — Andy Pallotta, Medford. 100-BUTTERFLY — Norm Schippert, Chelmsford. 100-FREESTYLE — Ed Landry, Gardner. 500-FREESTYLE — Scott Whitelaw, Lexington. 100-BACKSTROKE — Scott Betslar, Longmeadow. 100-BREASTSTROKE — John Lyons, Cathedral. 400-FREESTYLE RELAY — Gardner.

The All-Scholastics

Name	School	Event	Year
Andy Pallotta	Medford	Diving	Sr.
Brad Howe	Gardner	200-Freestyle	Jr.
Scott Whitelaw	Lexington	200-Ind. Medley	Jr.
John Colbert	Con.-Carl.	50-Freestyle	Sr.
Norm Schippert	Chelmsford	100-Butterfly	Soph.
Ed Landry	Gardner	100-Freestyle	Sr.
Palmer Lewis	Haverhill	500-Freestyle	Jr.
Charlie Johnson	Lexington	100-Backstroke	Sr.
Mike Feldstein	Newton So.	100-Breaststroke	Sr.

400-Freestyle Relay:
Team: Seekonk
John Ackell, Sophomore; Brian Seeley, Senior;
Shaun Dolan, Junior; John Kaczowka, Senior.
200-Medley Relay
Team: Seekonk
Brian Dolan, Sophomore; Chip Swanson, Sophomore; John Ackell, Sophomore; Brian Selley, Senior.

100-Backstroke — Charlie Johnson, Lexington
Best time: 56.60

Another in a long-line of Tony Guerra's Lexington swimmers who have won three straight Middlesex League titles. Johnson ripped off his best of 56.60 in the 100-backstroke while winning the North sectional title. He has been either the top-scorer or second-high scorer for Lexington the last three years. Would have another year of high school if he hadn't accepted a double promotion in elementary school. Johnson was named MVP of this year's Lexington team by a vote of his teammates. His father swam for MIT and his mother was an outstanding swimmer who once placed third in the AAU nationals. He has been accepted at both Harvard and Princeton but may attend prep school to make up physically for the year he lost with double promotion. Johnson is also a member of Lexington's fine math team.



CHARLIE JOHNSON
... Lexington

500-Freestyle — Palmer Lewis, Haverhill
Best time: 4:52

Along with Andy Pallotta, Lewis is the only individual repeater from last year's All-Scholastic team. A member of Haverhill's awesome state championship team as a sophomore, Lewis took nearly three seconds off his previous 500-free best of 4:54.81. He also shines at the 1650-free, having done a 16:05, but that event is not contested in high school meets. Lewis has done a 1:48 in the 200-free. He will compete at the junior Olympics at Duke to be held sometime in April. Lewis began swimming competitively when he was eight and swims for the New England Barracudas.



PALMER LEWIS
... Haverhill

100-Breaststroke — Mike Feldstein
Newton South
Best Time: 1:00.00

Feldstein won the 100-breaststroke at the South sectionals with a time of 1:01.901 and also won the 200-IM at the same sectionals with a 2:03.598 clocking. Both times were meet records. At 6-foot-1½ and 180 pounds he is big for a swimmer. Coached by Bill Grimes at Newton South and by Joe Bernal with Bernal's Gators. He began swimming with the Brookline Swim Club at the age of seven. Feldstein qualified for the National Junior Olympic competition in the 100 and 200-breaststroke. The senior will attend Tufts in the fall and will major in Education and Psychology.



MIKE FELDSTEIN
... Newton South

NEWSLETTER PLUS

AN OFFICIAL PUBLICATION OF THE NEAAU COMPETITIVE SWIMMING COMMITTEE

AUGUST, 1979

NEWS OF THE SEPTEMBER MEETING....OUTSTANDING SWIMMERS (SHORT COURSE)
....SENIOR CUTS....REMINDERS ABOUT MEET RESULTS....THE FALL SCHEDULE
A CLINIC IN SPRINGFIELD....THINGS BEING DISCUSSED IN GENERAL...A
COACH NEEDED....

ATTENTION!!

THE SEMI-ANNUAL MEETING OF THE COMPETITIVE SWIMMING COMMITTEE WILL BE HELD ON SATURDAY, SEPTEMBER 29, 1979 SOMEWHERE IN THE WORCESTER AREA. THE COMMITTEE HAS BEEN A LITTLE DISAPPOINTED IN THE PAST AT THE TURNOUT FOR THESE IMPORTANT MEETINGS. THINGS THAT WILL HAVE A BEARING ON YOUR PLANNING FOR THE COMING YEAR ARE DISCUSSED AND MORE THAN THE HANDFUL OF PEOPLE USUALLY IN ATTENDANCE SHOULD BE MAKING THE DECISIONS FOR A DISTRICT AS LARGE AS NEW ENGLAND.

AT THE EXECUTIVE COMMITTEE MEETING TO BE HELD SEPTEMBER 12TH, THE FINAL AGENDA WILL BE SET AND THE BUDGET PRESENTED FOR PRELIMINARY APPROVAL. SHORTLY AFTER THIS ALL CLUBS WILL BE RECEIVING THEIR NOTICES OF THE MEETING ALONG WITH ANY MAJOR ISSUES TO BE VOTED ON.

PLEASE SET THE DATE ASIDE AND PLAN TO HELP MAKE THIS A TRULY REPRESENTATIVE MEETING.

Reminders to Coaches and Parents...

With a new short course season starting we thought it might be a good idea to remind those of you involved with high school, town team, and "Y" swimming that again this year proof of time will be required for those who do not make the cut-offs at the championship meets.

For any non AAU meet we must have result sheets. Time trial results must be turned in to the office and any time trial to count must be one where there were two or more teams present.

We must also have results for out-of-district AAU meets.

Please remember this so that your swimmer does not get hurt.....

CERTIFICATION CLINICS

Don Benson and Ralph Boone, the certification chairmen are now setting up dates with clubs wishing to run clinics for their members.

Details and requirements for running a clinic can be obtained from either one.

You can reach them by writing or calling at the numbers below:

Ralph Boone
544 Shawsheen
Tewksbury, MA 01876

617-851-5883

Don Benson
10 Livery Road
Chelmsford, MA 01824

617-256-3425

EVERY NEW ENGLAND AAU CLUB HAS A VOTE AT SWIM COMMITTEE MEETINGS.....USE YOURS

SENIOR CUTS

It isn't too early to start thinking about making the cuts for the New England Senior Championships to be held March 7,8, and 9 at Brown University. Jay Mogavro the new Senior Chairman has announced the cuts which we are publishing below.

<u>Women</u>	<u>Event</u>	<u>MEN</u>
1:03.38	100 YD. FLY	57.84*
5:32.70	500 YD. FREE	5:09.19
1:07.93*	100 YD. BACK	1:00.98
2:21.79	200 YD. IM	2:09.87
-----	400 YD. MED REL	-----
2:22.59	200 YD. FLY	2:09.68
1:15.14*	100 YD. BREAST	1:07.14*
2:04.57	200 YD. FREE	1:51.77
5:03.69	400 YD. IM	4:43.73*
-----	800 YD. FREE REL	-----
19:57.16	1650 YD. FREE	19:02.90
57.14	100 YD. FREE	51.01
2:25.90	200 YD. BACK	2:13.63
2:43.01*	200 YD. BREAST	2:28.82*
-----	400 YD. FREE REL	-----

The cuts are 24th place time from 1979 Seniors except where (*). These are the same cuts as 1979.....24th place time was slower than the cut for 1979.

UNDER DISCUSSION:

BANQUET: WE WOULD LIKE TO HAVE THE BANQUET IN A PLACE AND AT A TIME WHEN MORE OF THE SENIOR SWIMMERS WOULD ATTEND. WE WOULD ALSO LIKE IDEAS CONCERNING A POSSIBLE PROGRAM THAT WOULD BE APPEALING TO THE SWIMMERS.

Send your ideas on time, place, program and menu to Paul Rossi, Cranston YMCA, 1225 Park Ave., Cranston, RI 02910

RELAY FUNDING- THERE HAS BEEN AN ON GOING DISCUSSION SINCE THE LAST SEMI-ANNUAL MEETING ABOUT THE POSSIBILITY OF HELPING FUND RELAYS THAT MAKE SENIOR NATIONALS. THE ISSUE HAS MANY SIDES AND THE COMMITTEE NEEDS THE INPUT OF AS MANY SWIMMERS AND COACHES AS CAN BE CONTACTED TO MAKE A DECISION THAT WILL BE ACCEPTABLE TO THE LARGEST NUMBER OF PEOPLE.

COACH NEEDED

THE GREENDALE "Y" IN WORCESTER IS LOOKING FOR A COACH FOR THEIR UPCOMING SEASON.

ANYONE INTERESTED IN THIS POSITION SHOULD CONTACT:

NORM SARKISIAN
40 SHADY LANE
WEST BOYLSTON, MA 01583
PHONE: 835-6461 (617)

UNDER DISCUSSION: (continued)

ALL-STAR MEETS- QUALIFYING, WHERE TO GO, AWARDS, SOCIAL EVENTS, ETC.

Talk to Isabelle Fraser, Kathy Oates, or Dan Warner about your ideas.

ZONE AGE GROUPS-THERE WILL BE A ZONE AGE GROUP MEET THE FIRST WEEKEND IN APRIL. THIS WILL INCLUDE MOST OF THE EASTERN ZONE. ENTRIES WILL BE LIMITED AND WILL BE CHOSEN BY THE DISTRICTS. IT IS SOMETHING TO THINK ABOUT FOR THE SPRING.

CLUB WORK COMMITMENTS AT COMMITTEE RUN MEETS: THE EXECUTIVE COMMITTEE IS TRYING TO WORK OUT AN EQUITABLE ARRANGEMENT TO COMMIT CLUBS TO WORK ASSIGNMENTS BEFORE THE LARGER MEETS...WE HAVE A COUPLE OF PROPOSALS NOW UNDER DISCUSSION.

If you have any ideas contact Joe Maguire - 350 Walnut St. Wellesley, MA 02181 Phone: (617) 237-3799

8 & UNDERS: THERE IS DISCUSSION ABOUT WHETHER OR NOT TO GO BACK TO "B" TIMES FOR 8 & UNDERS. THERE IS ALSO CONFUSION ABOUT WHAT MEETS THEY SHOULD BE ATTENDING.

Send your comments to Age Group Chairman, Peter Markos...Better yet attend the Semi-Annual Meeting and tell the Committee in person

MEET SCHEDULE CONTINUED

DECEMBER 15-16	SATURDAY SUNDAY	AQUA MAIDS AND AQUAMEN "A" AND "AAA" EASTERN SPRINTS FACILITY: QUINSIGAMOND COLLEGE - WORCESTER, MA CONTACT: PAUL PARENTEAU, 128 BROOKLINE ST., WORCESTER, MA. 01603
DECEMBER 15	SATURDAY	9 & UNDER SPECIALITY MEET - CLARK MEMORIAL FACILITY: CLARK MEMORIAL - WINCHENDON, MA CONTACT: DICK GORDON, 155 CENTRAL STREET, WINCHENDON, MA. 01475
DECEMBER 27-29	THURSDAY FRIDAY SATURDAY	NEW ENGLAND CHRISTMAS CLASSIC**** "A" MEET FACILITY: HARVARD UNIVERSITY CONTACT: GLENNA GRISWOLD, 48 BRAINARD ROAD, WILBRAHAM, MA, 01095

**** DATES OF THIS MEET MAY BE 28-29-30 DEPENDING ON POOL AVAILABILITY.

PLEASE NOTE AGAIN THAT THIS SCHEDULE MAY CHANGE SLIGHTLY AND WE WILL INFORM YOU THROUGH THE NEWSLETTER IF IT DOES.

TOP TEN (Short Course) and RECORD BOOKS

We still have some Top Ten (Short Course) Books available to anyone wishing to purchase them.

We also have available now Record Books. The Record Books have the records as of May, 1979 and will come out again in May 1980.

TEAMS WHO HAVE PAID THE SURCHARGE FOR CLUBS SHOULD NOT ORDER THEM, THEY WILL BE DISTRIBUTED AT THE SEMI ANNUAL MEETING ON SEPTEMBER 29 TO THOSE ATTENDING. THOSE WHO DO NOT ATTEND THE MEETING WILL RECEIVE THEIRS BY MAIL AFTER THE MEETING.

I WOULD LIKE TO ORDER THE ITEMS MARKED BELOW:

_____ TOP TEN (Short Course) @ \$2.50 NAME _____

_____ Record Books @ \$2.50 ST. ADDRESS _____

CITY _____ STATE _____ ZIP _____

Total Money Enclosed \$ _____

Send To: New England Swimming Publications
c/o Glenna Griswold
48 Brainard Road
Wilbraham, MA 01095

CONGRATULATIONS TO: Daniela Camarra of Bernal's Gator Swim Club who made the USA Pentathlon Team.

In order to qualify Daniela had to do well in Swimming, Running, Shooting, Fencing, and Horse Back Riding.

She spent a good deal of the summer training at one of the Olympic training camps and ended her school vacation in Europe competing.

Daniela is one of four USA girls who made the team. During the qualifying events she took first in the 200M freestyle.

News You Can Use:

Shawmut Aquatic Club is planning a Stroke and Turn Clinic in mid-October and invites anyone interested in attending to contact CHARLES LLOYD, 84 ROCKLAND, NATICK, MA 01760. There will be more details in the next Newsletter.

* * * * *

The TOP TEN COMMITTEE will be meeting on September 19th to finish up the long course season. Anyone who still has cards to turn in should send them to Sylvia Chase, 13 Rutland Terrace, Worcester, MA 01609

The new Top Ten Reportable times will be announced after the top ten meeting mentioned above.

* * * * *

Joe Drolette, records chairman, will not consider any record that is not submitted on the proper form. Please ask for the forms if your swimmer breaks a record.

* * * * *

There is a clinic in Springfield on Sept. 15th sponsored by the Pioneer Valley Swim League and featuring Paul Bergen. Check the insert in your newsletter for the details on the clinic.

THE BEST TIME TO GET SOMEONE AT THE SWIMMING OFFICE NUMBER AT THIS TIME IS BETWEEN 6:00 AND 8:00 AM OR BETWEEN 9:00 and 11:00 PM. After the general meeting we will be setting regular hours that will give you a choice of days and times to fit your needs.

The number is (413) 596-4812

MEET MANAGERS

The logical calendar will be published shortly for the January through April schedule. The date for turning in your bids for this season has been changed to October 6th. Any bids not in by that time will be considered late and will be taken into consideration only after all the others have been acted on.

PLEASE PLEASE see that your results include a code sheet. Working with results is very difficult when there are out of district teams swimming and we do not know their codes.

Record Books and Meet Manager's Manuals will be passed out to clubs who paid the 1978 club surcharge. Those not present will receive theirs by mail.

The new meet mailing list is being sent to all clubs running meets this season. Please see that the clubs on the list receive entries to your meets.

THANK YOU to all the parents who helped during the meets this summer. This was the first summer the committee took on any Championship and we did two of them.

We could not have succeeded without your support....we know it, and we would like you to know it.....

OUTSTANDING SWIMMERSSHORT COURSEListed Alphabetically within age group:8 & UNDER GIRLS

CATHY BUCKLEY	SEA
MELISSA DUCHEMIN	HVST
MELISSA HOY	FRY
WENDY HULSLANDER	KOST
MARCIA SAMSSEL	HRY

8 & UNDER BOYS

ALEXANDER KOSTICH	BGSC
GARET KIPE	MST
FRANK HAN	BGSC
ALEXANDER MC LEAN	SBST
MATT SHENKER	AMU

9-10 GIRLS

KIM DRURY	GMSC
CAROLYN CUNNOLD	BGSC
LISA HJERPE	HOCKY
JENNIFER NORTON	NEB
SUSAN PERRONI	WBSC

9-10 BOYS

JOHN BROWN	CRY
MICHAEL BUONOMO	CSC
GEORGE HAYDU	NNB
ALBERT PRICE	DAD
BRIAN SCOTT STEFANIK	SSC

11-12 GIRLS

ELINOR DOTY	BGSC
NANCY GALVIN	CRY
MARIE MOORE	NEB
LINDA PORTER	CAV
MARY ELLEN POWERS	BGSC

11-12 BOYS

PAUL KANE	SSC
MIKE LANDA	UN
JOSEPH PERRONI	WBSC
THOMAS RYBACKI	TRI-Y
EDWARD SMITH	FRY

13-14 GIRLS

MEGAN BRESNAHAN	NEB
NANCY GALVIN	CRY
SUSAN HAGBERG	WSC
MELISSA DONOVAN	WBSC
KATIE KING	BGSC

13-14 BOYS

JAMES EHRlich	NEB
RICHARD LANDRY	NEB
STEVEN RUITER	NEB
DOUG TOBIASON	BHSA
ROBERT SHERMAN	WBSC

15-18 GIRLS

KATE HEARD	BGSC
MIA MANGANIello	BGSC
CARY MAZZONE	BGSC
JODY OCHAB	NEB
ELAINE PALMER	BGSC

15-18 BOYS

SEAN DOWD	NEB
MIKE FELDSTEIN	BGSC
PETER SOLOMON	WBSC
CHARLIE JOHNSON	NEB
DREW DONOVAN	NEB
SCOTT WHITELAW	NEB

OPEN GIRLS

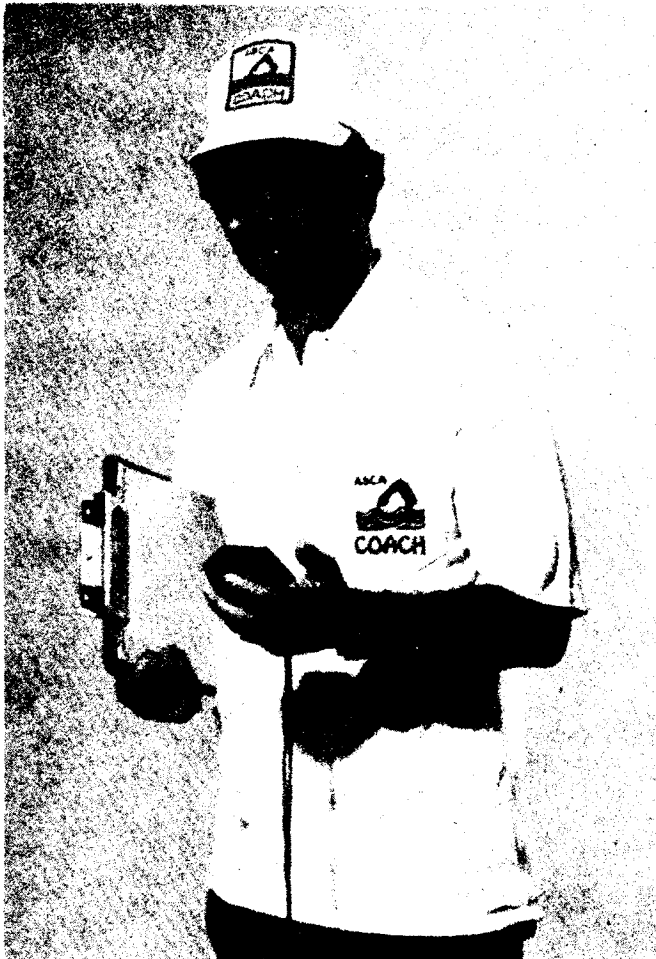
MARTHA DONOVAN	NEB
KATE HEARD	BGSC
MIA MANGANIello	BGSC
CARY MAZZONE	BGSC
JODY OCHAB	NEB
ELAINE PALMER	BGSC

OPEN BOYS

SEAN DOWD	NEB
MIKE FELDSTEIN	BGSC
DREW DONOVAN	NEB
CHARLIE JOHNSON	NEB
BOBBY HACKETT	BGSC

PIONEER VALLEY SWIM LEAGUE PRESENTS:

Paul Bergen
ASCA 1977
Coach of the Year



ALL DAY CLINIC on
September, 15, 1979
at SPRINGFIELD COLLEGE
REGISTRATION — 9 A.M.

TICKETS: \$ 8 Adults
 \$ 4 Swimmers
GROUP RATE: \$ 7 & \$ 3

REGISTRATION: 9:00 AM

SESSION STARTS: 9:30 AM

WHERE: AM SESSION - MOSES HALL
 BEVERIDGE CENTER
 SPRINGFIELD COLLEGE

PM SESSION - ART LINKLETTER
 NATATORIUM

THERE IS NO SEPARATE AFTERNOON CHARGE

LUNCH MAY BE PURCHASED IN THE BEVERIDGE
CENTER OR IN THE SCHOOL CAFETERIA.

ANY OTHER DETAILS WILL BE GIVEN OUT AT
REGISTRATION.

IF YOU ARE COMING AS A TEAM PLEASE HAVE
YOUR NUMBER OF PEOPLE COUNTED BEFOREHAND
SO THEY CAN GO IN AS A UNIT.

Agawam Piranhas
Amherst
Chicopee Amberjacks
Easthamton Barracudas
East Longmeadow Marlins

Longmeadow
South Hadley Swords
Springfield Sharks
West Springfield
Wilbraham-Hampden Falcons

NEWSLETTER PLUS

AN OFFICIAL PUBLICATION OF THE NEAAAU COMPETITIVE SWIMMING COMMITTEE

SEPTEMBER, 1979

SEMI-ANNUAL MEETING

The Semi-Annual Meeting of the Competitive Swimming Committee announced in the last News+ will be held in the Community Room of Worcester Center in downtown Worcester (This is the large shopping mall with Jordan's, Filene's, etc.) The community room is on the lower level. Coffee will be served from 9:30 to 10:15 and we hope to start the meeting promptly and finish all business quickly. This is, however, your opportunity to speak out, get explanations, and meet the names that you cannot always connect with faces.

Every AAU team has a vote at this meeting and you should use it instead of complaining after the fact. The issues discussed effect your swimmers and parents and the overall long range planning for this district.

After the 1980 Olympics there will be some changes in the National structure of swimming. We do not know exactly what the directions in some areas will be, but we do know that our organization must be stronger and more organized if we are going to continue to progress. The swimming committee in New England must be sure that the running of the committee, our communications network, our budget and our leadership can give our coaches the backing they need to concentrate on coaching while we provide them with good meets, national funding and information.

PLEASE TRY AND ATTEND THIS MEETING

NATIONAL CONVENTION

The following people from New England will be attending the National AAU Convention in late November:

Sylvia Chase
Paul Parenteau
Jack Hayden
Ralph Boone
Joe Maquire
Glenna Griswold
Scott Whitelaw

At the July meeting of the NEAAAU in Boston Jack Hayden was elected to the New England registration committee in addition to being elected a delegate to the convention.

A report on the convention will be in the December News+.

CERTIFICATION CLINIC

Shawmut Aquatic will sponsor a certification clinic on October 16th for timers and stroke and turn people.

The clinic will be open, but Shawmut would like to know how many will attend.

Please contact Charles Lloyd, 84 Rockland, Natick, MA 01760 (617) 653-4110 if you plan to attend.

AFTER OCTOBER 1st NEWSLETTER PLUS SUBSCRIPTIONS WILL BE \$6.00 PER YEAR.

New subscriptions should be sent to Glenna Griswold, c/o New England Swimming Publications, 48 Brainard Road, Wilbraham, MA 01095

EXECUTIVE COMMITTEE NEWS

Treasurer Steve Pike, has been working with Chairman, Joe Maguire and Special Advisor, Kim Bierwert on our budget for the coming fiscal year. The treasury is in good shape and there are some new budget items to be discussed at the Semi-Annual meeting. Clubs have received copies of the proposed budget. If you have comments please come to the meeting.

Senior Chairman, Jay Mogavero, has suggested that the March Seniors meet be run long course to correspond with Senior Nationals and Olympic Trials which will also be long course because of 1980 being and Olympic year.

Certification Chairmen, Ralph Boone and Don Benson are beginning to schedule clinics. They ask that you give them at least one months notice.

As soon as the bidding date closes, Calendar/Sanction Chairman, Dick Schafer will hold a meeting to award meets for the January through April season. More and more clubs are bidding meets and the competition is getting stiffer for those who want them. Clubs running meets should keep in mind that how well their meets run, how well the rules are followed, and the feedback Dick gets are all important when the final decisions are made.

Top Ten Chairman, Sylvia Chase, has met with her committee to do the final work on Long Course Top Ten. At their meeting it was decided to do away with the card system and go back to using results. This decision makes it imperative that those typing results put the proper information on them. The most common errors involve ages for 10 & Under events that have 8 and Unders swimming in them, Open events that have all age groups in them and leaving the name of the meet and the code sheets off the results that are sent to the office.

A LIST OF EXECUTIVE COMMITTEE MEMBERS IS ENCLOSED IN THIS NEWSLETTER. IN MOST CASES THERE ARE ADDRESSES AND PHONE NUMBERS. Tear this sheet out and keep it for future reference.

SPECIAL EVENTS COORDINATOR, Kathy Oates has been busy contacting and correlating information she is receiving from other districts about their policies on funding relays and national swimmers. Kathy will report at the Semi-Annual meeting and is excited about the response she has gotten from other districts.

Age Group Records Chairman, Joe Drolette is reminding everyone again that records must be applied for on the record forms. Any record that is not applied for will not be considered. Record Books will be available to clubs who have paid the 1978-79 surcharge at the meeting on the 29th. Those not attending the meeting will get theirs by mail.

We hope that the attendance at the meeting will be strong. It is one of two times a year that anyone in New England can air their grievances to the entire swimming community. At this meeting we will also be handing out material to clubs that they should have including their meet managers manuals, and Top Ten Certificates from previous seasons that were not picked up.

Anyone may attend the meetings, but there is only one vote allowed per AAU club.

Scott Whitelaw, Athlete Representative would like to congratulate on behalf of the New England Swimmers Bobby Hackett-BGSC who placed 4th in the 1500 at Nationals, Peter Solomon-WBSC who bettered his 200 back time at Nationals, Elaine Palmer-BGSC who placed 19th in the 200 free at Nationals and Randy Beals of WSC who placed 10th in the 100 Fly at Junior Nationals.

Scott also wishes Elaine Palmer a speedy recovery from an unfortunate auto accident and wishes all New England swimmers a successful season. Any questions or comments for Scott should be sent to: 33 Ivan Street, Lexington, Ma, 02173, Phone: 861-1666.

17. Swimming Executive Committee Members

W= Work H= Home

<u>Position</u>	<u>Name</u>	<u>Address</u>	<u>Phone</u>
CHAIRMAN	Joseph G. Maguire	350 Walnut, Wellesley, Ma 02181	(617) 237-3799
VICL CHAIRMAN	Stephen Pike	825 Concord Ave, Belmont, MA 02178	(617) 344-5094 H (617) 484-4310 W
TREASURER	Jay Mogavero	12 Clinton St., West Peabody, MA 01960	(617) 535-3172 W
SENIOR CHAIRMAN	Peter Markos	University of New England Box 28 Biddeford, ME 04005	(207) 282-1406 H
AGE GROUP CHAIRMAN	Don Benson	10 Livery Road, Chelmsford, MA 01824	(617) 256-3425 H
CERTIFICATION	Ralph Boone	544 Shawsheen, Tewksbury, MA 01876	(617) 851-5833 H
CERTIFICATION	Dick Schafer	19 Arlene, Framingham, MA 01701	(617) 873-3188 H (after 6:00 PM)
CALENDAR	Sylvia Chase	13 Rutland Terrace, Worcester, MA 01609	(617) 754-7016 H
TOP TEN CHAIRMAN	Isabelle Fraser	125 Franklin, Longmeadow, MA 01106	(413) 567-3415 H
ALL-STAR	Lil Dembek	1 Westview Terrace, Easthampton, MA 01027	(413) 527-3222 H
OVC	Kathy Oates	140 Kenrick St., Brighton, MA. 02135	(617) 782-3214 H
SPEC. EVENTS COOR.	Joe Drolette	59 So. Douglas St, Rockland, MA. 02370	(617) 878-8929 H
AGE GROUP RECORDS	Bob Eby	20 Baskin Road, Lexington, MA 02173	(617) 862-4232 H
OPEN RECORDS	Jack Hayden	59 Sculpin Way, Swampscott, MA 01907	(617) 593-8641 H
AAU LIASION	Paul Rossi	Cranston YMCA, 1225 Park Ave. Cranston, RI 02910	(401) 943-0444 H
BANQUET	Scott Whitelaw	33 Ivan Street, Lexington, MA 02173	(617) 861-1666 H
ATHLETE'S REP	Dan Warner	71 Middle Street, Gloucester MA 01930	(617) 283-0470 W (617) 283-4456 H
MASS REP	Margaret Sterrett	4 Heneage Lane, Hanover, NH 03755	(603) 643-4508 H
NH REP	Ed Reed	Box 1874, Brown Univ., Providence, RI 02912	(401) 863-2204 W
RI REP	Kim Bierwert	16 Bates Street, Northampton, MA 01060	
SPEC. ADVISOR	Joe Thompson	6 Pompano Road, Worcester, MA 01605	(617) 853-8143
MEMBER AT LARGE	Bob Pyatt	12 Westgate Dr., Apt 204 Woburn, MA 01801	
COMP. SWIMMING COOR.	Glenna Griswold	48 Brainard Road, Wilbraham MA., 01095	(413) 596-4812 W-H
ADMINISTRATIVE SEC.			

Listed below are the proposed B & Under cut-offs for the upcoming Short Course. Currently there are no "B" and therefore no "C" standards for 8 & Unders. At the semi-annual meeting on September 29th there will be a discussion about returning to the "A-B-C" categories for 8 & Unders.

Age Group Chairman, Peter Markos has worked up the new cut-offs both ways and would appreciate comments from interested parents and coaches at the meeting. Those who will not be able to attend may contact Peter at the address below or the swimming office at 48 Brainard Road, Wilbraham, MA 01095 - (413) 596-4812.

1979-80 New England (8 & Under) Time Standards

GIRLS		ELEMENT		BOYS		
alternate proposal (B)	proposal (A)	current (A)		current (A)	alternate proposal (A)	proposal (B)
21.39	16.99	18.79	25 Free	18.79	16.99	21.39
48.19	38.09	42.09	50 Free	41.39	37.49	47.29
1:56.19	1:31.99	1:41.69	100 Free	1:39.09	1:29.59	1:53.19
26.59	20.99	23.19	25 Back	22.89	20.79	26.19
57.59	45.59	50.39	50 Back	49.89	45.19	56.99
28.99	22.89	25.29	25 Brst	24.99	22.69	28.59
1:05.29	50.09	55.39	50 Brst	56.59	51.19	1:04.69
25.69	20.39	22.49	25 Fly	22.49	20.39	25.69
1:04.09	50.79	56.09	50 Fly	59.49	53.79	1:07.99
2:04.79	1:38.79	1:49.19	100 I.M.	1:49.99	1:39.49	2:05.69

Under the current procedure of having only "A" and "non-A" times, the standard is arrived at by adding 5% to the 1980 Age Group (S.C.) Cut-Off. The "non-A" person is eligible for any "B" or "C" meet in New England choosing to offer an 8&U category. This method has been in effect since November 1978.

The alternate proposal is to return to the procedure of having "A" and "B" (and therefore "C") standards as with other age groups. These standards are chosen as 5% faster than 1980 Age Groups for "A" and 20% slower for "B". The intention is to ease the 8 year old "A" swimmer's transition into 9-10 where the "C" National time is significantly faster yet.

This Age Group Chairman would like to remind everyone that there are no 8&U's nationally for definite reasons, mainly having to do with keeping it low key. I personally do not favor their inclusion in championship meets believing that the attrition rate for this age group is distressingly high for such reasons. However, this is opinion only; until we have a computer to help follow the statistics....please bring comments to the upcoming general meeting or contact:

Peter G. Markos, University of New England, Box 28, Biddeford, Maine 04005
(207)282-1406

Age Group Cut-Offs: The PROPOSED cut-offs for the Age Group Championships to be held in late March are on the next page. They will be discussed at the Semi-Annual meeting on September 29 and the final decision made on them at the Executive Committee meeting on October 10th. Final cuts will be published in the next newsletter. Any comments about them should be directed to Peter Markos at the address above or to the Swimming Office before October 9th.

Meet list corrections and changes:

Meet left off the list: 9 & Under **Specialy** Meet - Haverhill Y on December 2

Contact: Thomas A. Hannenian, 16 Tenadel Ave, Haverhill, MA 01830

Other notes: The Christmas Meet will be the 28-29 and 30 of December (Friday, Saturday and Sunday)

Anyone wishing information about any of the Greenwood Memorial meets should contact one of the following people instead of David Owen: Dick Surette, High Street, East Templeton, MA 01438 (617) 632-2957 or Barbara Reynolds, Otter River Road, Templeton, MA 01468 (617) 939-2367.

The Shawmut Aquatic Meet Director is Charles Lloyd, 84 Rockland St. Natick, MA 01760 (617) 653-4110. Please contact him instead of the address given in last month's meet list.

The "C" meet scheduled for October 14 is October 13 instead and will be run by Attleboro. Contact: Vic Bonneville, 69 Robert Street, Attleboro, MA 02703.

NEWS YOU CAN USE ...

Effective June 1, 1979 and until May 1, 1980 the "one-piece" provision of AAU Swimming Rule 223.11(1) will not be enforced in short-course swimming competition sanctioned by the AAU.

Suits must still be "non-transparent and conform to the current concept of the appropriate." The one-piece rule still applies to long course competition.

* * * * *

THE NEW ENGLAND AAU OFFICE IN BOSTON MOVED ONE FLOOR UP. PLEASE CORRECT YOUR ADDRESS FOR THEM TO 69 CANAL STREET, ROOM 312.

* * * * *

WHERE ARE THEY? - IN PAST YEARS WE HAVE PUBLISHED THE NAMES AND COLLEGES OF NEW ENGLAND SWIMMERS THAT ARE NOW OUT OF HIGH SCHOOL. WE HAVE HAD SEVERAL REQUESTS FOR THIS INFORMATION AND WOULD APPRECIATE CLUBS SENDING IT TO THE SWIMMING OFFICE FOR PUBLICATION. SEND THE INFORMATION TO GLENNA GRISWOLD, 48 BRAINARD ROAD, WILBRAHAM, MA. 01095.

LOGICAL CALENDAR

THE LOGICAL CALENDAR SENT TO CLUBS WITHIN THE LAST TWO WEEKS IS BEING REPRINTED IN THE NEWSLETTER ON ANOTHER PAGE IN CASE SOME OF THE CLUBS DID NOT RECEIVE THEIRS.

THE CUT-OFF DATE FOR MEET BIDS IS OCTOBER 6TH. THEY MUST BE IN THE SWIMMING OFFICE AT THAT TIME.

THIS WILL BE THE LAST YEAR FOR BIDDING THREE SEASONS. IN ORDER TO CONFORM WITH ZONE, BEGINNING IN 1980 ALL LONG COURSE MEETS WILL BE BID AT ONE TIME AND ALL SHORT COURSE SEASON MEETS AT ANOTHER INSTEAD OF BREAKING THE SEASON UP.

* * * * *

There will be an Eastern Zone meeting in Syracuse, New York on Saturday, October 6th. Anyone that has anything they might like to comment on or would like to attend that meeting should contact Joe Maguire or Glenna Griswold.

* * * * *

Girls High School Season has started and again we are seeing familiar names Watch for some good competition at the State Meet.

Short Course 1980 New England Age Group Championship

The cuts are 24th place times from the 1979 S.C. Age Groups except where that time was slower than the 1979 entry standard (-) in which case the previous cut is retained.

In events where less than 24 swimmers participated last year, a sliding scale was used to allow for slightly slower times:

#	(21-23 entries)	0.0 %	added to 1979 standard
+	(18-20 entries)	0.5 %	"
++	(13-17 entries)	1.0 %	"
+++	(12 or less ")	2.0 %	"

((15-18)) Girls			((11-12)) Girls		
	EVENT	Boys		EVENT	Boys
Friday (pm)	1:05.79 100 Y Fly	58.99	Friday (pm)	1:13.09 # 100 Y I.M.	1:14.39
	5:40.09 500 Y Free	5:09.09		6:17.99 # 500 Y Free	6:21.09 ++
	1:09.19 100 Y Back	1:03.39	Saturday (am)	2:38.99 - 200 Y I.M.	2:40.39
	2:25.79 200 Y I.M.	2:12.09		1:22.59 100 Y Brst	1:24.39 +
Saturday (pm)	2:33.49 # 200 Y Fly	2:18.79		35.19 50 Y Back	35.39 -
	1:17.79 100 Y Brst	1:08.69		1:03.69 100 Y Free	1:02.79
	2:05.69 200 Y Free	1:51.69		32.99 - 50 Y Fly	33.69
	5:10.89 400 Y I.M.	4:45.19		N.T. 200 Med Rel	N.T.
	26.99 50 Y Free	24.29	Sunday (am)	2:20.39 # 200 Y Free	2:16.49
	N.T. 400 Med Rel	N.T.		1:15.49 # 100 Y Back	1:18.99 #
Sunday (pm) *	21:35.29 1650 Y Free	20:08.09 *		37.99 50 Y Brst	38.89
	*---possibly limited heats---			1:14.49 100 Y Fly	1:17.09 -
	57.79 100 Y Free	52.19 -		28.79 50 Y Free	29.09
	2:28.99 200 Y Back	2:18.79 -		N.T. 200 Fr Rel	N.T.
	2:46.09 200 Y Brst	2:34.99			
	N.T. 400 Fr Rel	N.T.			

((13-14)) Girls		
	EVENT	Boys
Friday (pm)	1:08.59 - 100 Y Fly	1:03.99 +
	5:50.69 # 500 Y Free	5:37.49 +++
	1:10.59 - 100 Y Back	1:06.89 +
	2:28.69 - 200 Y I.M.	2:21.89 +
Saturday (pm)	2:37.89 ++ 200 Y Fly	2:38.19 ++
	1:18.49 100 Y Brst	1:12.89 +
	2:08.89 - 200 Y Free	2:03.49 ++
	5:19.59 400 Y I.M.	5:11.19 ++
	27.29 50 Y Free	26.19
	N.T. 400 Med Rel	N.T.
Sunday (pm) *	21:53.19 1650 Y Free	21:34.29 *
	*---possibly limited heats---	
	59.29 - 100 Y Free	56.19 #
	2:32.89 200 Y Back	2:29.19 #
	2:50.79 - 200 Y Brst	2:46.39 +
	N.T. 400 Fr Rel	N.T.

((9-10)) Girls		
	EVENT	Boys
Friday (pm)	1:23.09 100 Y I.M.	1:23.09
	2:43.19 +++ 200 Y Free	2:39.49 +
Saturday (am)	3:05.99 # 200 Y I.M.	3:01.59 ++
	1:28.09 100 Y Back	1:25.39 #
	43.39 50 Y Brst	42.69
	1:13.39 - 100 Y Free	1:11.19
	36.89 50 Y Fly	36.89
	N.T. 200 Med Rel	N.T.
Sunday (am)	1:27.69 +++ 100 Y Fly	1:32.09 +
	39.19 50 Y Back	38.79 -
	1:34.69 100 Y Brst	1:36.09 #
	32.89 50 Y Free	31.59
	N.T. 200 Fr Rel	N.T.

((8 & U)) Girls		
	EVENT	Boys
Saturday (am)	1:43.99 # 100 Y I.M.	1:44.69
	52.69 - 50 Y Back	53.89
	22.09 25 Y Back	21.79
	40.09 - 50 Y Free	39.39
	21.39 25 Y Fly	21.39
	N.T. 100 Med Rel	N.T.
Sunday (am)	1:36.79 ++ 100 Y Free	1:34.29 +
	47.95 - 50 Y Back	47.49
	24.07 - 25 Y Brst	23.79
	53.39 + 50 Y Fly	56.59 #
	17.83 - 25 Y Free	17.89 -
	N.T. 100 Fr Rel	N.T.

Peter G. Markos
 (Age Group Chairman)
 c/o Univ. of New England, Box 28
 Biddeford, Maine 04005
 (207)282-1406

COLLEGE SWIMMERSPRESENTLY SWIMMING FOR BOSTON COLLEGE:

KELLY RICHTER	NEB
LAURA GLASHEEN	SAC
LINDA FITZGERALD	ANDOVER Y
JOAN DERRY	WSC
CATHY CUTHBERT	NEB
STEPHANIE KAY	CUMBERLAND SC
KATHY ROBIN	CAPE COD SC
HELEN HIGLEY	SALEM Y
JIM SUPPLE	NEB
DAN O'CONNOR	SUNRISE
ED HUDNER	FRY
JACK DRISCOLL	CSSM
JIM KRUSHALL	BCSY

* * *

FROM NH-SST:

SHARON REID	MC GILL
BILL DAWSON	MIT
REBECCA KAST	TEXAS (AUSTIN)
MIKE HIRST	UNH
FRED LUDVIGSEN	UNH-CAPT.
JEFF CHERRINGTON	UNH-CAPT.
CAROLE SANBORN	UNH

FROM SUNRISE:

MARIA MC CLELLAN	BROWN
CORY MC GUILL	KEENE STATE
SCOTT RIDDLE	EMBRY-RIDDLE
AMY GRISWOLD	MAINE
GEORGE PINCUS	BOWDOIN

FROM NEB:

SEAN DOWD	NORTH CAROLINA STATE
NANCY PEARSON	OHIO STATE
MARTHA DONOVAN	IOWA STATE
CHARLIE JOHNSON	PHILLIPS EXETER

WE KNOW THERE ARE MORE....SEND THEM IN FOR US.

AAU DUES

Clubs wishing to retain their AAU status are reminded that this is the time of year your \$25.00 is due in Boston. If you have any questions contact: Mr. Frank Pull, NEAAAU Registration, 69 Canal Street, Room 312, Boston, MA 02114. Note: The office has moved up one floor.

Age Group Cut Changes: At the Sept. 29th meeting a couple of changes were voted on for age group cuts. These involve only distance events. The proper cuts are below:

500 Yard Freestyle

11-12 Girls	6:10.29
13-14 Girls	5:45.89
15-18 Girls	5:37.39
15-18 Boys	5:01.39

400 Yard Individual Medley

13-14 Girls	5:13.39
15-18 Girls	5:05.49
15-18 Boys	4:40.69

There were no changes in events not listed.

Looking for a dual meet?

Hampshire Regional Y is looking for a dual meet with an AAU club. Anyone interested in this possibility should contact Kim Bierwert, 16 Bates Street, Northampton, MA 01060

JANUARY through APRIL schedule

The January through April schedule is pretty well set. We are waiting for confirmation on a couple of meets that were bid and there may be a question about. The next issue of the Newsletter will be out in about three weeks and will give the details at that time.

When the schedule does come out look it over carefully and plan so that your swimmers have enough time to make their Age Group cuts and don't chance missing out because of crowded meets.

There will be several A-B and B-C combination meets in addition to the A meets that will be offering good events and combinations of events.

Newsletter Plus Ideas...

We are always looking for news to publish that will make the Newsletter more valuable and more interesting to you. If you have any ideas please forward them to the swimming office at 48 Brainard Road, Wilbraham, MA 01095.

MISCELLANEOUS.....

LARGELY THROUGH THE EFFORTS OF PAT BRESNAHAN, THE PETITIONS CIRCULATED EARLIER THIS YEAR CAUSED A COMMITTEE TO BE FORMED WITH THE MASS PRINCIPALS ASSOCIATION THAT IS STUDYING THE FEASIBILITY OF CHANGING RULE 19 (WHICH AFFECTS HIGH SCHOOL SWIMMERS) THE COMMITTEE HAS BEEN MEETING ON A REGULAR BASIS AND HEARING "EXPERT TESTIMONY" FROM BOTH SIDES OF THE QUESTION. WHEN THE COMMITTEE MAKES A DECISION, THEY WILL RECOMMEND TO THE PRINCIPALS TO EITHER CHANGE THE RULE OR LET IT STAND. THOSE OF YOU WHOSE CHILDREN ARE COMING INTO THEIR HIGH SCHOOL YEARS HAVE THE MOST TO GAIN FROM A CHANGE. IF YOU KNOW ANYONE WHO IS CONNECTED WITH THIS COMMITTEE, LET THEM KNOW YOUR FEELINGS.

* * *

The New England Swimming Treasurer, Steve Pike and his wife Maureen recently became parents for the first time. They now have a son, Brenden Thomas, born earlier this month.

* * *

There are no Top Ten Reportable times this season because the Top Ten committee has decided not to use the cards again. This makes it doubly important for those of you doing results to put ages in where they are called for and to mark out of district and unattached swimmers with the proper association.

Another note on results. PLEASE INCLUDE A CLUB CODE SHEET AND SEE THAT THE NAME OF YOUR MEET IS ON THE RESULTS.

* * *

HIGH SCHOOL GIRLS CHAMPIONSHIPS ARE COMING UP. IN THE EAST, FRAMINGHAM NORTH, DURFEE AND LEXINGTON SEEM TO BE SHAPING UP AS THE TEAMS TO WATCH....IN THE WEST NORTHAMPTON IS FAVORED WITH LONGMEADOW AND CATHEDRAL SEESAWING AS SECOND PLACE FAVORITES. THE REGIONAL MEETS ARE THE WEEKEND OF NOVEMBER 10TH AND THE STATE MEET AT SPRINGFIELD COLLEGE THE WEEKEND OF THE 17TH.

ZONE AGE GROUP CHAMPIONSHIPS

The Zone Age Group Championship meet which this district will use as an All-Star meet will be Easter weekend in 1980.

The meet will be held in Pittsburg, PA. and each district involved will be allowed to enter two swimmers in each individual event and one relay in each relay event. The meet will be a trials and finals meet. Scoring will be by district with the top district receiving a trophy.

Since the meet is on Friday, Saturday and Sunday it will be necessary for us to fly our swimmers and stay over for two nights. This will be expensive. We are looking for sponsors to help defray costs. New England is planning on taking about 80 swimmers.

Qualifying for this meet WILL NOT be off the Age Group Championships. It will be from times done during the regular season. Keep this in mind. (The entry must be in before our Age Group meet.)

Swimmers will swim in the Age Group they are on the first day of the meet. All age groups will be represented and those who have previously swum in a National Championship may not enter. There are no cut-offs. Each district sends their best swimmers for each event.

We will be letting you know more details as we go along.

REMEMBER ...if you have a good fund raising idea or can help us get sponsors
WE NEED YOUR SUPPORT

WORKING REQUIREMENTS FOR NEW ENGLAND CLUBS AT COMMITTEE PUN MEETS

THE FOLLOWING PROPOSAL WAS PRESENTED AND PASSED AT THE SEMI-ANNUAL MEETING IN SEPTEMBER. PLEASE READ THIS AND BE FAMILIAR WITH IT. ALL CLUBS ATTENDING THE CHRISTMAS MEET, AGE GROUPS AND SENIORS WILL BE EXPECTED TO FULFILL THEIR REQUIREMENTS AS OUTLINED.

Please Note: In the case of very large meets such as Winter Age Groups we will probably have more workers than we need, but clubs should not assume anything until they are told that their people are not needed they should plan on working.

THE FOLLOWING DESCRIBES HOW THE WORK WILL BE DIVIDED AND WHAT THE PENALTY WILL BE FOR NOT HONORING THE COMMITMENT:

1. EACH JOB THAT MUST BE DONE IS ASSIGNED A VALUE IN WORK UNITS.
2. EACH CLUB ENTERING THE MEET IS ASSIGNED A NUMBER OF WORK UNITS THEY ARE RESPONSIBLE FOR PER SESSION ENTERED.
3. CLUBS MUST FILL OUT THEIR WORK SHEETS IN ADVANCE OR THEIR ENTRY WILL BE RETURNED.
4. ANY CLUB WHO IS ASSIGNED AT A SESSION FOR A PARTICULAR JOB THAT DOES NOT PROVIDE THE WORKER FOR THAT JOB ON TIME WILL HAVE THEIR ENTRY PULLED AT THE BULLPEN FOR THAT SESSION OF THE MEET. **

* *If a particular assignment is not filled by the club scheduled and the job can be filled by another club the swimmers will be allowed to swim, but the club that did not show up will be fined and not allowed to swim the next committee run meet until the fine is paid.*

If noone can be found to fill in the swimmers will be pulled from events until a worker can be found to fill the spot. When a worker is found the swimmers will again be allowed to swim their events, but if the spot is filled by another club the fine will apply.

5. A SHEET WILL BE PROVIDED WITH THE ENTRY SHEETS AND ALL CLUBS WILL HAVE THE CHOICE OF DOING THEIR UNITS IN TIMING ONLY, HOWEVER, EVERY CLUB WITH 20 OR MORE INDIVIDUAL ENTRIES WILL BE REQUIRED TO PROVIDE TIMERS OR RELIEF TIMERS FOR AT LEAST ONE SESSION OF THE MEET.

THOSE WITH UNDER 20 INDIVIDUAL ENTRIES MAY DO THEIR WORK UNITS IN ANOTHER AREA.

SCHEDULE OF WORK UNITS REQUIRED

0-5 INDIVIDUAL ENTRIES	NONE REQUIRED, BUT WELCOME
5-20 INDIVIDUAL ENTRIES	1 UNIT PER SESSION ENTERED
20-50 INDIVIDUAL ENTRIES	2 UNITS PER SESSION ENTERED
50-150 INDIVIDUAL ENTRIES	3 UNITS PER SESSION ENTERED
150 AND OVER INDIVIDUAL ENTRIES	4 UNITS PER SESSION ENTERED

CLUBS WISHING TO DO SOME OF THEIR WORK BEFORE THE MEET MAY DO SO ON THE SAME SCHEDULE AS LONG AS THEIR TIMING REQUIREMENT IS MET AT THE MEET. THOSE WORKING BEFORE THE MEET SHOULD BE CLOSE ENOUGH TO THE MEET DIRECTOR OR MEET INFORMATION DIRECTOR TO MAKE DELIVERING MATERIALS FEASIBLE.

WORK UNIT VALUE

TIMING	1 UNIT/SESSION (A TIMER ON THE LANE AT ALL TIMES - ANY NUMBER OF INDIVIDUALS MAY BE USED BUT IT IS ONE UNIT)
STROKE AND TURN	2 UNITS/ SESSION

(CONTINUED)

WORK REQUIREMENTS CONTINUEDVALUE FOR SESSION CREDIT

STARTER	2 UNITS/SESSION
TABLE	2 UNITS/SESSION/INDIVIDUAL
BULLPEN	2 UNITS PER SESSION FOR TOP PERSON, 1 UNIT PER SESSION FOR ASSISTANTS
RELIEF TIMER	1 UNIT PER SESSION (MUST NOT BE OBLIGATED TO A PARTICULAR CLUBS LANE TO GET UNIT CREDIT- MUST BE A FLOATER.
AWARDS	1 UNIT PER SESSION
RELIEF TABLE	2 UNITS PER SESSION
RELIEF AWARDS	1 UNIT PER SESSION
TYPIST	2 UNITS PER SESSION
MISC. OFFICE	1 UNIT PER SESSION
RUNNER	1 UNIT PER SESSION
DOOR PEOPLE	1 UNIT PER SESSION (MUST STAY AT TABLE ON DOOR 1 1/2 HOURS INTO MEET. MUST REPORT 1/4 HOUR BEFORE WARM-UP.
RELIEF RUNNER	1 UNIT PER SESSION
SCORER	2 UNITS PER SESSION
MISC. SALES	1 UNIT PER SESSION (MUST STAY 1 1/2 HOURS INTO MEET AND REPORT 1/4 HOUR BEFORE WARM-UP.

ALL RELIEF UNITS ARE FLOAT PEOPLE TO BE USED WHEN AND WHERE NEEDED - NOT OBLIGATED TO A PARTICULAR LANE OR PARTICULAR PEOPLE.

ALL WORKERS MAY LEAVE THEIR STATIONS TO WATCH SPECIFIC RACES AS LONG AS THEY ARE COVERED BY SUBSTITUTES. THEY MUST ARRANGE THIS THEMSELVES AS RELIEF PEOPLE WILL BE ASSIGNED.

BEFORE THE MEET WORK

TYPING ONE SESSION	2 UNITS
ORGANIZING MEDALS AND LABELING ETC.	3 UNITS (AGE GROUPS) 2 UNITS (CHRISTMAS MEET AND SENIORS)
SEEDING ONE SESSION AND NUMBERING	2 UNITS
VERIFYING DISTANCE EVENTS	2 UNITS

APPROXIMATELY 60-65 UNITS ARE NEEDED IN THE VARIOUS AREAS FOR EACH SESSION OF A LARGE MEET TO BE IDEALLY STAFFED. WHERE WE ARE USING MORE LANES WE NEED MORE UNITS.

LISTED WORKERS FOR A SESSION WILL GET FREE ADMISSION. CLUBS TAKING A WHOLE LANE FOR ONE SESSION OF TIMING GET ONE FREE ADMISSION PER LANE STAFFED NO MATTER HOW MANY PEOPLE WORK THOSE LANES.

RELIEF PEOPLE ARE EXPECTED TO WORK AT LEAST 1 HOUR AT A TIME AND BE AVAILABLE AFTER 1 HOUR OF THE MEET HAS GONE BY.

MISCELLANEOUS OFFICE PEOPLE WILL DO THINGS LIKE POST RESULTS, SERVE REFRESHMENTS AND GENERALLY HELP OUT IN VARIOUS AREAS OF THE TABLE AND OFFICE WHEN THERE IS PRESSURE FOR ONE REASON OR ANOTHER.

WORKERS NOT SHOWING UP ARE AN INTERNAL PROBLEM FOR THE CLUB AND AN INDIVIDUAL SHOULD BE ASSIGNED FROM THE CLUB ITSELF TO SEE THAT THE PEOPLE ARE WHERE THEY BELONG

Please Note: Clubs with many entries in either a morning or afternoon session and only a few in the opposite session must still fulfill their meet requirements but may double up on their heavier session by making a note on the sheet returned with their entries.

OUTSTANDING SWIMMERS - LONG COURSE 1979LISTED ALPHABETICALLY8 & UNDER GIRLS

ANNE GLICKMAN	MYST
WENDI HILSLANDER	UN
JULIE JANKOWSKI	TRI-V
KRISTY UUSTAL	UN
RACHEL WALTUCH	DAD

9-10 GIRLS

JENNIFER CARPER	BGSC
KIM DRURY	GMSC
LISA HJERPE	HOCKY
SUSAN KONTOR	WBSC
MARION PATTILLO	SSC

11-12 GIRLS

PAM JETER	BGSC
MARIE MOORE	NEB
LINDA PORTER	CAV
MARY ELLEN POWERS	BGSC
LISA RIDDLE	SSC

13-14 GIRLS

MEGAN BRESNAHAN	NEB
MELISSA DONOVAN	WBSC
JANE HAVES	LYM
ANN LAMB	BGSC
NANCY MCCARTHY	BGSC

15-18 GIRLS

MARTHA DONOVAN	NEB
MIA MANGANIELLO	BGSC
JODY OCHAB	NEB
ELAINE PALMER	BGSC
NANCY PEARSON	NEB

OPEN GIRLS

MEGAN BRESNAHAN	NEB
MARTHA DONOVAN	NEB
MIA MANGANIELLO	BGSC
JODY OCHAB	NEB
ELAINE PALMER	BGSC
NANCY PEARSON	NEB

8 & UNDER BOYS

BRUCE McDONALD	HST
ALEXANDER McLEAN	SBST
SCOTT MEDERIOS	MYST
DARRELL PERKINS	CAV
BRADLEY WRIGHTMAN	WBSC

9-10 BOYS

CLIFF ADAHS	CAV
MATT COUNTIE	DVD
FRANK HAN	BGSC
GEORGE HAVDU	MNB
ROGER KENNEDY	HFV

11-12 BOYS

WAYNE BOWDEN	WBSC
ANDREW FISCHER	SSC
ROBERT PADULO	BGSC
JOE PERRONI	WBSC
CRAIG ZUIDEMA	CSC

13-14 BOYS

JIM DOBKOWSKI	CSC
JIM EHRLICH	NEB
MICHAEL GARTLAND	WBSC
STEVE RITTER	NEB
ROB SHERMAN	WBSC

15-18 BOYS

ED BAHAN	BGSC
DREW DONOVAN	NEB
CHARLIE JOHNSON	NEB
MITCHELL POOLE	UN
SCOTT WHITELAW	NEB

OPEN BOYS

DREW DONOVAN	NEB
BOBBY HACKETT	BGSC
CHARLIE JOHNSON	NEB
MITCHELL POOLE	UN
SCOTT WHITELAW	NEB

NOTICE TO CLUBS

The publication surcharge runs from October 1 to September 30 each year. At that time clubs wishing to continue receiving Newsletter Plus, Top Ten, etc. should send another \$20.00 into the swimming office. Checks should be made payable to:

and sent to: NEAAAU COMPETITIVE SWIMMING
Swimming Publications
c/o Glenna Griswold
48 Brainard Road
Wilbraham, MA 01095

PLEASE NOTE: THIS WILL BE THE LAST ISSUE OF THE NEWSLETTER FOR THOSE CLUBS WHO HAVE NOT PAID THEIR SURCHARGE.

LONG COURSE TOP TEN WILL BE SENT ONLY TO THOSE CLUBS WHO HAVE ALREADY PAID. When we receive checks the clubs sending them will receive their 1979 Long Course Top Ten. There are a number of clubs who still owe seed card money from the summer. PLEASE PAY IT!!!!

SEED CARDS ARE NOW \$10.00 per 1000. (This includes mailing)
Please allow two weeks unless you are able to pick your cards up at the office....or at a committee run meet.

Any clubs planning on attending the Christmas Meet should be aware of and look for your work sheet with the entry. They must be returned with your entry. In addition, since this meet involves a great deal of "over-the-holidays" work" those doing the checking and seeding would appreciate early entries.

1979 Long Course Top Ten Order Blank

I would like to order _____ Long Course 1979 Top Ten Books @ \$2.50

NAME _____

ADDRESS _____

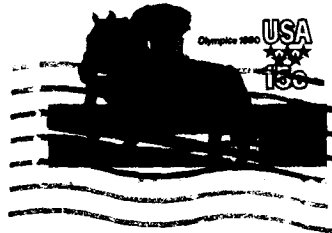
CITY _____ STATE _____ ZIP _____

ALL BOOKS WILL BE SENT THIRD CLASS

TOTAL MONEY ENCLOSED: _____

Mail To: New England Swimming Publications
c/o Glenna Griswold
48 Brainard Road
Wilbraham, MA 01095

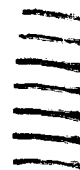
NEAAAU COMPETITIVE SWIMMING
48 BRAINARD ROAD
MILBRAHAM, MA 01095



Pioneer Valley Swim League
c/o Isabelle Fraser
125 Franklin Road
Longmeadow, MA 01106
PVSL

Open
100 breast - N.T.
100 fly - Open
100 back N.T.
Open

200 free
2:25.0



NEWSLETTER PLUS

AN OFFICIAL PUBLICATION OF THE NEAAAU COMPETITIVE SWIMMING COMMITTEE November, 1979

IN THIS ISSUE: THE MEET SCHEDULE FOR JANUARY THROUGH APRIL...MORE COLLEGE SWIMMERS...
SCHEDULE CHANGES.....ITEM FOR SALE.....MISCELLANEOUS....

ADDITIONAL MEET: Because of the oversubscription of two of our "C" meets, and the cancellation of another, it was decided to add a developmental meet in mid-December to assist swimmers in getting times for the "A" and Championships coming up later in the short course season. On December 15th the Fall River "Y" will hold a "B" developmental meet for 12 and Unders and OPEN. The cuts for 12 and Unders will be 11-12 "B" times and the other Age Group 13-14 "B" times. This meet will be similar to the Senior Development format used for several years. There will be a 1650 run along with some distance for the older age group, and a 500 for the younger ones. Watch for the entry and read it carefully for this chance to get some distance times. Contact: Mrs. Sally Smith, 2123 Highland Ave. , Fall River, MA ., 02720 for information if you have not received your entry shortly.

RULE 19 COMMITTEE

In the last issue of News-Plus we told you about the committee working on a decision about Rule 19. Listed below are the names of the individuals on that committee. If you know these people please let them know your thoughts on the rule

Mr. Wayne Boulais - South Hadley School Comm.
Mrs. Patricia Bresnahan - Boxford - Parent
Dr. Wm. Casey - Supt. of Schools - Belmont
Mrs. Janet Grudry - Franklin School Comm.
Mr. Paul Higgins - Dir. of Athletics - Salem
Mrs. Barbara Hood - Billerica - Tournament Review Committee
Mr. Robert McIntyre - Melrose - Rules Comm., State Track Coaches Comm.
Mr. Harold Miroff - Mass State Coaches Assoc, State Swim Committee - Boston
Mr. Albert Sayles - Principal - Hopedale High
Mr. Paul Tatro - Principal - Agawam Jr. High
Mr. Stephen Tite - Director of Athletics, Cathedral High School, Springfield
Mr. Joseph Zalob - Principal Hampshire Regional High School, Westhampton
Dr. William Zimmerman - Supt. of Schools, Wayland, MA.
Attorney Edward Doran - Cambridge - Parent

SWIMMERS AWAY AT SCHOOL

Thom Pollard	Sunrise	Boston Univ.
Michael Quinn	Hanover	St. Lawrence
Gordon MacDonald	Hanover	Dartmouth
Bob Konefal	Nashua	Princeton
Carol Thompson	Worc.Swim	Indiana
Jay Pandya	Shawmut	Annapolis
Chris Shedd	Shawmut	Kenyon
Sandy Anderson	Barracuda	Northwestern
Sue Eby (co-capt.)	"	"
Sue Garon	Shawmut	Indiana

High School

Lisa Konefal	Nashua	Exeter
Jennifer Chase	Aqua Maids	Exeter
(holds two Exeter records)		
Tom Reid	NHSST	Exeter
Chris Reid	NHSST	Exeter

College Swimmers Traveling:

Northwestern's women will fly East to hold a tri-meet with Princeton and Harvard at Harvard for their first intersectional meet.

Indiana women will visit Hawaii over the holidays to train.

Maine will travel to Florida for their holiday training.

MISCELLANEOUS.....

This month's News + is being published and sent to you from Las Vegas, Nevada where the following people are representing New England at the AAU Convention---Joe Maguire, Ralph Boone, Sylvia Chase, Paul Parenteau, Jack Hayden and Glenna Griswold.

* * *

Brown Swim Club is now known as Little Rhody Swim Club(LRSC)

* * *

For Sale: Senior Non-Turbulent Lane Lines 25 Yards - Red White and Blue. Call Tom Groden (627) 969-0100 X3037 days or 617-323-2908 evenings. Boston College/Seagles Swim Club.

* * *

Don't forget to file Results with the Swimming Office if you are using Time Trials or miscellaneous meets for qualifying your swimmers for Seniors or Age Groups, and remember....at least two teams must be present for time trials to count.

* * *

The official qualifying for the Zone Age Group Championship will be outlined in the December News+. Please remember that swimmers who have participated in National or Junior Nationals may not be entered at this meet. At a recent Executive Committee meeting the meet was discussed and the plans are progressing. At the present time the swimmers will be bussed to Pittsburg which will involve leaving on the Thursday before the meet and coming home on the Monday after the meet. In addition, qualifiers who wish to attend will be asked to pay approximately 1/2 of their transportation and room (about \$50.00) and for their food for the weekend. As plans are finalized we will give you more information.

* * *

Northampton took Girls State Championships in Massachusetts this year. Second place was captured by Cathedral (Springfield) We will give you more information on the meet next month.

Please try and get your entries to the Christmas Classic in early to avoid delays in the mail. Clubs who have swimmers qualify for the meet during the last weekend before the entry due date may phone in qualifiers only. No time changes and no full-team entries. This phone in privilege is only for those teams whose entries are mailed before the weekend of Dec. 15th and have additions to their entry.

* * * *

Changes in the schedule on the following pages will be announced in News+

* * * *

When filling out your seed cards for meets do not put event numbers in the very small box in the left upper corner. This box is for the use of typists and the bull pen. Event numbers should go in the same general area but below and to the right of the small box.

* * * *

PLEASE SEND CLUB NEWS INTO THE NEWSLETTER.

* * * *

Next month we will have available in the Newsletter a form for ordering tickets for the Women's International Meet as well as for the Olympic Trials and several other large important meets to be held at the swimming center in Austin Texas.

* * * *

Newsletter Subscription renewal dates are in the upper right corner of the label with your address. Please check your date periodically so that you do not let your subscription run out.

* * * *

NEWSLETTER PLUS

AN OFFICIAL PUBLICATION OF NEW ENGLAND COMPETITIVE SWIMMING DECEMBER 1979 AND JANUARY, 1980

IN THIS ISSUE: Logical Calendar for summer season....copies of forms you may need, Top 25 National cuts....News from traveling clubs....Note on National Time Standards for 1980....Current Meet Schedule....Zone Age Group Information, Region I cuts....Records Correction....Seniors Information....Some requestsCoaching Position Open....Rule Changes....and more

ZONE AGE GROUP CHAMPIONSHIPS

QUALIFYING FOR THE ZONE AGE GROUP CHAMPIONSHIPS TO BE HELD APRIL 4-5-6 IN PITTSBURG WILL BE AS FOLLOWS: AS OF MARCH 1, 1980.....

- A. SWIMMERS PLACING IN THE TOP FOUR OF ALL THE AGE GROUPS (EXCEPT 8 & UNDER) IN THE EVENTS TO BE RUN AT THE MEET WILL BE GIVEN POINTS ACCORDING TO THEIR RANKING.
- B. FROM THIS LIST THE TOP FOUR SWIMMERS IN EACH AGE GROUP WILL BE COMPILED. THESE SWIMMERS MUST BE THE CORRECT AGE ON THE FIRST DAY OF THE MEET. I.E. A TOP SWIMMER IN THE 11-12 AGE GROUP MUST BE 11 OR 12 ON APRIL 4.
- C. THESE FOUR SWIMMERS WILL BE CONTACTED TO SEE IF THEY WANT TO PARTICIPATE IN THE MEET. IF ONE OR MORE OF THESE FOUR DO NOT WANT TO ATTEND THE NEXT PERSON IN LINE WILL BE CONTACTED.
- D. THOSE CONTACTED WILL AUTOMATICALLY BE MEMBERS OF THE TEAM. CONTACTING WILL NOT BE EXACTLY MARCH 1 AS THE LISTS HAVE TO BE COMPILED ETC. ANY MEET UP TO THAT DATE (SHORT COURSE) THAT IS AN AAU MEET WILL BE USED FOR THE RANKINGS.
- E. AS OF MARCH 16TH THE RESULTS OF ANY MEET AFTER MARCH 1ST WILL BE ADDED AND THE RANKINGS UPDATED (THIS WILL INCLUDE THE HANOVER A-B MEET. SEE NOTE IN ANOTHER PART OF THE NEWSLETTER ON THIS MEET)
- F. ANY SWIMMER THAT MOVES UP IN THE RANKINGS AND WOULD DISPLACE ONE ALREADY CONTACTED WILL AUTOMATICALLY BE A TEAM MEMBER. ALL THOSE CONTACTED WHO HAVE SAID YES REMAIN.
- G. THE BALANCE OF THE SWIMMERS FOR A PARTICULAR AGE GROUP WILL BE FILLED IN FROM THE TOP TEN AS NEEDED. THIS MEANS THAT THE COACHES WILL LOOK OVER THEIR STRENGTH IN THE VARIOUS EVENTS FROM THE TOP RANKED SWIMMERS AND TAKE THE BALANCE FROM THE TOP TEN IN THE EVENTS WHERE THEY APPEAR WEAK.

SWIMMERS WILL BE TRAVELING BY BUS TO PITTSBURGH LEAVING ON THURSDAY APRIL 3 AND RETURNING MONDAY APRIL 7. WE DO NOT KNOW WHAT THE COST WILL BE EXACTLY BUT WE ANTICIPATE BETWEEN \$50.00 AND \$75.00 PER SWIMMER. NEW ENGLAND SWIMMING IS PICKING UP THE BALANCE FOR THE APPROXIMATELY 80 SWIMMERS INVOLVED.

AFTER FEBRUARY 13TH (THE NEXT EXECUTIVE COMMITTEE MEETING) MORE INFORMATION SHOULD BE AVAILABLE FROM KATHY OATES (617) 782-3214 AND ISABELLE FRASER (413) 567-3415.

THERE WILL BE TEAM SCORING ONLY AT THIS MEET. ALL SWIMMERS PARTICIPATING WILL RECEIVE A PATCH INDICATING THEIR PARTICIPATION.

NO SWIMMER MAY PARTICIPATE IN THIS MEET IF THEY HAVE EVER BEEN TO JR OR SR NATIONALS.

1980 AAU NUMBERS

Like all non-profit organizations, the Boston office of the AAU is overworked and understaffed. You will get your 1980 registration forms as quickly as they can get them out. However, swimming is only one of their sports and they are handling thousands of requests from all of them. Meet Managers are taking this into consideration.

WORK COMMITMENT

AT THE CHRISTMAS CLASSIC THE WORK COMMITMENT PASSED IN SEPTEMBER HAD ITS FIRST "TRIAL BY FIRE". IT WAS SET UP TO ACCOMODATE OUR CHAMPIONSHIPS IN AN EIGHT LANE POOL. WE DID NOT TAKE INTO CONSIDERATION THE FACT THAT WE WERE RUNNING FOURTEEN LANES FOR FIVE SESSIONS AT THAT MEET, HOWEVER, GOING BACK OVER THE FORMS AND APPLYING WHAT WE HAD TO EIGHT LANES IT APPEARS THAT IT WILL WORK VERY WELL.

PLEASE NOTE: *The work commitment forms for Age Groups and Seniors will be on pink paper. Your clubs will be required to submit this form or a copy of it with their entry, or the entry will be rejected.*

WE WERE A LITTLE LENIENT AT THE CHRISTMAS MEET AND IN SOME CASES PLACED CALLS TO GET NAMES AFTER THE ENTRY WAS RECEIVED. THERE IS NOT ENOUGH TIME TO DO THIS AND THEN GET BACK TO CLUBS AND LET THEM KNOW FOR SURE WHEN THEIR PEOPLE ARE WORKING. WE MUST HAVE THE INFORMATION WITH THE ENTRIES.

THANK YOU TO ALL OF YOU WHO SHOWED UP WHEN YOU WERE SCHEDULED AND IN SOME CASES WORKED OVERTIME WHEN NEEDED AT THE CHRISTMAS CLASSIC.

WE DIDN'T GET TO ALL OF YOU PERSONALLY, BUT WE APPRECIATED YOUR HELP AND HOPE YOU WILL ACCEPT OUR THANKS NOW.

NEWSLETTER: Send items you would like published to New England Swimming Publications, 48 Brainard Road, Wilbraham, MA 01095

MEET NEWS: SHAWMUT AQUATIC CLUB HAS REVISED ITS MEET TO INCLUDE 8 & UNDER SWIMMERS. IF YOU HAVE NOT RECEIVED THIS ENTRY PLEASE CONTACT CHARLES LLOYD, 84 ROCKLAND, NATICK, MA. 01760

TELEPHONING THE SWIMMING OFFICE

By February 10th New England Competitive Swimming will be listed in the Springfield telephone directory. The number will be (413) 596-4812. Calls for swimming that come in on any of the other numbers in the directory for the 48 Brainard Road address will be redirected to the above number. The hours listed below will be the basic hours to contact the swimming office. During the time just before meets run by the committee the hours will be extended without any special publication of new hours. If there is no answer on the above number, it means there is noone available to answer your questions and your call would be wasted if you called any other number.

OFFICE PHONE HOURS

Monday- Before 7:45AM 10:30AM - 2:45PM
and 9:00PM - 11:00PM

Tuesday- Before 7:45AM 11:00 AM - 3:00PM
and 9:00pm - 11:00PM

Wednesday- Before 8:00AM 12:00 AM - 5:00PM

Thursday- Before 7:45AM 7:00PM - 11:00PM

Friday- Before 7:45AM 11:00AM - 5:00 PM

Saturday and Sunday - Try anytime- there will be no answer if there is noone in the office.

Please note: The above hours are ones that we will try to honor. Circumstances may alter cases. Again--you may try anytime, but if there is no answer, there is noone available at the other phones to help you.

H E L P

We are beginning our search for workers for Seniors and Age Groups. If you know before the entry goes in that you can work, please let us know early....It takes a lot of pressure off the meet planners.

Contact Glenna Griswold at the swimming office.

COACHING POSITION OPEN....

The Seacoast Stingrays swim team in Dover, New Hampshire is in need of a head coach. Swimmers range from seven years of age to eighteen.

The team practices fourteen hours a week and has the use of excellent facilities including a well equipped weight room.

The team is a member of the New England AAU and the New Hampshire Swim Association and participates in the New Hampshire Winter Swim League. Anyone interested may call Charles Watkins at 603-742-7601

RECORDS

If your swimmers set a record at a meet in or out of New England they must request a record form and apply for the record. All records are pending until May 1980 for the 1979 Long Course Season and the 1979-80 Short Course season.

Record forms may be obtained from the swimming office and once completed should be sent to: Joe Drolette, 59 So. Douglas St., Rockland, MA 02370

NEW ENGLAND SENIORS

The order of events for the Senior Championships has been changed to coincide with the new National 3 day format. Included in the new format are two new events - the 50 Yard Free and the 1000 Yard Free.

We are repeating the Senior Cuts below and including the new events in the order they will be swum.

First Day

Women	Event	Men
**	X - 1000 Yard Free*	**
1:15.14	100 Yard Breast	1:07.14
2:25.90	200 Yard Back	2:13.63
57.14	< - 100 Yard Free	51.01
2:22.59	200 Yard Fly	2:09.68
-----	400 Yard Free Relay	-----

Second Day

5:32.70	X - 500 Yard Free	5:09.19
1:03.38	100 Yard Fly	57.84
2:04.57	X - 200 Yard Free	1:51.77
5:03.69	400 Yard IM	4:43.73
-----	800 Yard Free Relay	-----

Third Day

1:07.93	100 Yard Back	1:00.98
9:57.16	- 1650 Yard Free *	19:02.90
2:43.01	200 Yard Breast	2:28.82
26.82***	- 50 Yard Free	23.73***
2:21.79	200 Yard IM	2:09.87

* - TO BE SWUM AFTER RELAYS IN PRELIMS

(continued above)

Seniors (continued)

** - FOR THIS YEAR CUT WILL BE THE SAME AS 500 YARD FREE AND WILL BE SEEDED FROM 500 TIMES SUBMITTED

*** - FOR THIS YEAR SWIMMERS MAY PROVE TIMES WITH EITHER 50 OR 100 YARDS. SWIMMERS MAKING THE 100 YARD CUT MAY ENTER THE 50.

PLEASE REMEMBER:

Swimmers not making the cut must prove by written results that they have made the time in the past (Since January 1, 1979)

We will have the results of all New England AAU meets on file. We also have the girl's high school sectionals and states, and dual meets that have been filed with the swimming office. All other results must be provided by the coaches involved. There are no exceptions to having to prove.

The 1000, 1650, and 500 yard Free in addition to the 400 IM must be proved with the entry. Proof may be date and name of the meet if the results are in our file. All others must be a copy of the results sheet. PROOF MUST BE ACCURATE. SWIMMER WILL NOT BE ENTERED IN THE EVENT IF PROOF IS NOT WHERE YOU SAY IT IS. IN ADDITION---IF PROOF IS SLOWER THAN TIME ENTERED, THE SWIMMER WILL BE SEEDED AT CUT.

LOGICAL CALENDAR SUMMER SEASON

Because of the short length of time involved in the summer season this year we are not being quite as rigid with the Mini-B and C calendar. There is still an order to the A schedule that is necessary to get our swimmers qualified for the next level meets and the Summer Zone Age Groups if the decision is made at the Zone level to run the meet.

Bids should be in by March 1st and the sanction committee will meet in the first two weeks of March to award the meets.

<u>Weekend Dates</u>	<u>Type of Meet Requested</u>	<u>Notes</u>
The month of April and until the 3rd weekend in May	Any meet bid considered	This is the time that the national meets for AAU and Y are held. It is also the traditional time for teams to be out of the water and/or beginning long course training. However, we have had several "C" meets run in this period as well as Mini meets that have been successful.
May 31 and June 1	B-A or 2 or 2 1/2 day A meet long course "C" long or short course	
June 7 June 8	Semi-Annual Meeting Annual Banquet	Mark the dates on your calendar for this weekend. If you don't attend this meeting to air your complaints there is not another chance until September
June 14-15	"B"- "C" combination meet one or two day long course preferred	
June 21-22	2 or 2 1/2 day "A" meet long course	
June 27-28	"C" meet one or two day - long course preferred	
July 5-6	2 day "B"- "A" combination long course preferred	
July 11-12-13	New England Senior Championships - Committee run meet - do not bid at Brown University	
12-13	"C" Meet - long course preferred	
July 18-19	"B" - Age Group Cut meet Long Course	
July 26-27	2 or 2 1/2 day "A" - Long Course	

(continued)

Logical Calendar (continued)

August 1-2-3	Region I
2-3	"B"- "C" combination or one day "B" and one day "C" - long course preferred
August 8-9-10	New England Age Group Championships -Committee run meet - do at Brown University not bid
August 14-17	National AAU Championships (Senior)
August 21-14	National Junior AAU Championships
22-23-24	Possible Zone Age Group Championships

All meets during the summer season are "Long Course Preferred" but if you have another type of meet you would like to run, than those listed, or if you want to run a short course meet please bid them and they will be considered.

BIDDING FOR MEETS SHOULD BE ON THE LETTER OF INTENT FORM THAT IS IN THIS NEWSLETTER.

IF YOU ARE GOING TO NEED SEED CARDS FOR THE AGE GROUP OR SENIOR CHAMPIONSHIPS PLEASE PLACE ORDERS EARLY. ORDERS PLACED BY FEBRUARY 8 CAN BE DELIVERED AT THE SHAVMUT MEET (SATURDAY ONLY) FEBRUARY 16. SENIORS ENTRY MUST BE RECEIVED BY MIDNIGHT MONDAY, FEBRUARY 25TH AND THE AGE GROUP ENTRY MUST BE RECEIVED BY MIDNIGHT THURSDAY MARCH 20TH. PLEASE PLAN ACCORDINGLY. NO SEED CARD ORDERS CAN BE HONORED THAT ARE RECEIVED AFTER FEBRUARY 19TH BEFORE APRIL 7TH. WE CANNOT DO SEED CARDS DURING THE CHAMPIONSHIP SEASON.

MEET INFORMATION YOU SHOULD BE AWARE OF:

The Hanover A-B meet to be held in mid-March is an "A" meet and as such cannot give awards to swimmers doing "AA" or better times.

However, swimmers with better than "A" times may enter and their times will count for Top Ten and for placing to go to the Zone Age Group meet.

This meet will be the last meet for swimmers to qualify for the Zone Age Groups.

RECORDS CORRECTION

In the 1979 New England Records Book Norm Schippert, Lowell Boys Club was omitted as having tied the 2nd place time of 53.15 100 fly nationally in the 13-14 boys age group.

In the open records supplement Norm is listed as swimming for Charter Oak. It should be LOBC and the date is Age Groups Short Course, 1979.

SWIMMING OFFICE REQUEST - To help the Executive committee get caught up and stay caught up with requests, etc..there have been some individuals in the Western part of Massachusetts that have volunteered to come in and work. We are trying to set up ongoing files to assist us in organization. If you are mailing to the office and can identify your letter on the envelope it would help get things to the right place more quickly i.e. PUBLICATIONS SEED CARDS, SPECIAL REQUESTS, and meet entries addressed as requested (AGE GROUPS, SENIORS, etc.) SANCTION COMMITTEE, MEET RESULTS.

Thank you.

NEW ENGLAND SCHEDULE SHORT COURSE We are repeating the balance of the New England Short Course schedule as some of the Newsletters mailed from Las Vegas did not reach this area.

February 10	Sunday	Lowell Boys Club "C" Meet Site: Lowell University, Lowell, MA Contact: Sigrid Schippert, 6 Smokerise Drive, Chelmsford, Ma, 01824
February 10	Sunday	Fall River Y Mini Meet Site: Fall River YMCA, Fall River, MA Contact: Mrs. Sally Smith, 2723 Highland Ave., Fall River, MA 02720
February 16 17	Saturday Sunday	Shawmut Aquatic "A" Meet Site: Keefe Vocational High School, Framingham, MA Contact: Charles Lloyd, 84 Rockland, Natick, MA 01760
February 23	Saturday	Attleboro "C" Meet (Coordinated events with 3/2 "C") Site: Attleboro High School, Attleboro, MA Contact: Mrs. Lucille Proia, 739 Lindsey St, Attleboro, Ma, 02703
February 24	Sunday	Cumberland Lincoln Boys Club "B" Meet Site: Cumberland Lincoln Boys Club Contact: Carl LaBranche, P.O. Box 404, Ashton, RI 02864
March 2	Sunday	Haverhill YMCA "C" Meet (Coordinated events with 2/23 "C") Site: Haverhill High School, Haverhill, MA Contact: Thomas A. Hannenian, 16 Tenadel Ave., Haverhill, MA 01830
March 8	Saturday	Attleboro Age Group Qualifying Meet (coordinated with LYM) Site: Attleboro High School, Attleboro, MA Contact: Mrs. Lucille Proia, 739 Lindsey Street, Attleboro, MA 02703
March 9	Sunday	Lowell Y Marlins Age Group Qualifying Meet (coordinated) Site: Lowell YMCA Contact: Ralph Boone, 544 Shawsheen St. , Tewksbury, MA 01876
March 7,8,9	Friday Saturday Sunday	New England Senior Championships Brown University, Providence, Rhode Island Contact: Glenna Griswold, 48 Brainard Road, Wilbraham, MA 01095
March 15-16	Saturday Sunday	Hanover Swim Team "A-B" Meet Site: Dartmouth College, Hanover, New Hampshire Contact: Jane Bedford, Box 601, Hanover, NH 03755
March 23	Sunday	Worcester Swim Club "C" Meet Site: To be determined Contact: Mr. Kenneth Smith, 47 Prudential, Worcester, MA 01606

(continued)

MEET LIST (continued)

- | | | |
|------------------|------------------------------|---|
| March 29-30 | Saturday | New Bedford YWCA "B"- "C" Meet
Site: New Bedford High School, New Bedford, MA
Contact: Trix Whalen, 66 Spring Street, New Bedford, MA 02470 |
| April 5 | Saturday | Lake Champlain Swim Club "A-B-C" Meet
Site: St. Michael College
Contact: Susan Weed, 34 Country Club Drive, So. Burlington, VT 05401 |
| March 28, 29, 30 | Friday
Saturday
Sunday | New England Age Group Championships
Site: Brown University, Providence, Rhode Island
Contact: Glenna Griswold, 48 Brainard Road, Wilbraham MA 01095 |

NATIONAL AGE GROUP
TIME STANDARDS
1980

NEW ENGLAND SWIMMING
CHANGES TO THE CURRENT
YEAR'S NATIONAL TIME
STANDARDS IN ALL AGE
GROUPS AS OF JUNE 1.

PLEASE NOTE: For 1980
the Time Standards for
10 & Under, 11-12,
13-14 and 15-18 age
groups will remain the
same until June 1, 1981.
A decision of the 8 &
Under standards will be
made at the September
Semi-Annual meeting.

THIS IS BECAUSE THERE
WILL BE NO CHANGE IN
STANDARDS ON A NATIONAL
LEVEL.

NCAA DIV I AT HARVARD

TICKETS OFFICIALLY ON SALE FEBRUARY 1, 1980

FOR INFORMATION CONTACT: Mr. Gordon Page
Athletic Ticket Manager
Harvard University
60 Boulston St.
Cambridge, MA 02138

Phone: (617) 495-2212

ALL SESSION PASS: \$27.00 plus \$1.50 postage
and handling

TAKE YOUR MARK - RALPH BOONE

Ralph Boone, Certification co-chairman attended the convention in Las Vegas. Below is information you should have from this committee.

1. OUR NATIONAL CERTIFICATION CHAIRMAN IS: PAT GRAHAM
110 FATHOM AVE.
SEAL BEACH, CALIFORNIA 90740
PHONE: (213) 431-5757
2. RULE CHANGES EFFECTING OFFICIATING AND MEET CONDUCT.
 - A. ARTICLE 22 PAGE 21 PARAGRAPH 222.1 (2) TO READ
(2) STROKE - THE BODY SHALL BE KEPT ON THE BREAST. FROM THE BEGINNING OF THE FIRST ARMSTROKE AFTER THE START AND AFTER EACH TURN THE BODY SHALL BE KEPT PERFECTLY ON THE BREAST AND BOTH SHOULDERS SHALL BE IN LINE WITH THE WATER SURFACE. ALL MOVEMENT OF THE AREM --- (SAME TO END)
 - B. ARTICLE 22 PAGE 23 PARAGRAPH 222.3 (3) TO READ
(3) TURNS - THE SWIMMERS HEAD, SHOULDER, FOREMOST HAND OR ARM --- (SAME TO END)
 - C. ARTICLE 23 PAGE 28 PARAGRAPH 223.7 (1)(A)(I) TO READ:
(I) IF ONE HEAT, IT MAY BE SEEDED AS A FINAL HEAT AND SWUM ONLY DURING THE FINAL SESSION AT THE DISCRETION OF THE REFEREE
 - D. ARTICLE 23 PAGE 32 PARAGRAPH 223.12 INSERT A NEW #8 AND RENUMBER CORRECTLY 8-12
(8) DIPPING GOGGLES IN THE WATER OR SPLASHING WATER ON THE COMPETITORS FACE OR BODY PRIOR TO HIS NEXT EVENT SHALL NOT BE CONSIDERED AS ENTERING THE POOL UNLESS THE REFEREE FINDS THAT SUCH ACTION IS INTERFERING WITH THE COMPETITION .
 - E. ARTICLE 23 PAGE 32 PARAGRAPH 223.12 RENUMBER 223.13 AMENDED BY ADDING
(.14) THE TIME AND/OR PLACE OF ANY SWIMMER OR RELAY TEAM DISQUALIFIED EITHER DURING OR FOLLOWING AN EVENT SHALL NOT BE RECORDED IN THE RESULTS OF THAT EVENT. IF AWARDS HAVE BEEN MADE PRIOR TO THE DECISION TO DISQUALIFY THEY SHALL BE RETURNED AND AWARDED TO THE PROPER RECIPIENT(S) AND IF POINTS HAVE BEEN SCORED BY THOSE DISQUALIFIED, THE EVENT SHALL BE RESCORED.

THERE ARE OTHER CHANGES OF MINOR SIGNIFICANCE TO BE ISSUED IN THE NEW RULE BOOK. THERE ARE ALSO SOME REVISIONS IN ADMINISTRATIVE AREAS AND NATIONAL AND INTERNATIONAL COMPETITION THAT YOU WILL SEE WHEN THE BOOK COMES OUT IN THE NEXT COUPLE OF MONTHS.

LOST AND FOUND

We have left in the lost and found from the Christmas Classic the following items. Please contact Glenna Griswold, 48 Brainard Road, Wilbraham, MA. 01095 if you think they are yours: One large blue towel (must identify the letter and color of the letter
(cont'd)

Lost and Found cont'd

on the towel to claim it.) One red and white warm up jacket (name the school to claim) one orange T-shirt (Lutheran swimmers) and one blue hall of fame tee shirt. Anything not claimed by mid-April goes to the Goodwill.

REGION I

THE 1980 REGION I SHORT COURSE MEET WILL BE HELD IN SYRACUSE, NEW YORK. FOR REGION I ENTRY BLANKS AND INFORMATION CONTACT: BONNIE CHANEY
718 OSTRUM AVE. APT. 5
SYRACUSE, NY 13210

CUTS ARE BELOW. SWIMMERS BETTERING THE 1979 LONG COURSE 18TH PLACE TIME MAY ENTER THE 1980 SHORT COURSE MEET AT CUT-OFF.

THESE CUTS ARE FOR SHORT COURSE REGION I

<u>WOMEN</u>		<u>EVENT</u>	<u>MEN</u>	
<u>SHORT COURSE CUT</u>	<u>LONG COURSE CUT**</u>		<u>LONG COURSE CUT**</u>	<u>SHORT COURSE CUT</u>
1:02.75	1:09.04	100 YARD FLY	1:01.22	54.05
5:15.39	4:40.48 (400)	500 YARD FREE	4:24.33 (400)	4:52.83
1:03.98	1:12.09	100 YARD BACK	1:04.54	56.79
2:15.79	2:33.79	200 YARD IM	2:20.73	2:03.29
4:19.49	-----	400 YARD MED RELAY	-----	4:02.69
2:14.89	2:33.78	200 YARD FLY	2:20.77	2:00.69
1:12.15	1:22.38	100 YARD BREAST	1:14.60	1:03.89
1:57.09	2:13.84	200 YARD FREE	2:03.73	1:48.09
4:52.49	5:27.71	400 YARD IM	4:59.69	4:24.69
8:17.34	-----	800 YARD FREE RELAY	-----	7:47.43
54.79	1:02.00	100 YARD FREE	56.69	50.19
2:15.69	2:34.41	200 YARD BACK	2:20.75	2:03.69
2:34.95	2:57.59	200 YARD BREAST	2:43.59	2:23.89
18:24.89	18:30.67 (1500)	1650 YARD FREE	17:22.53 (1500)	17:31.99
3:51.19	-----	400 YARD FREE RELAY	-----	3:29.79

** SWIMMERS MAKING THIS 18TH PLACE TIME FROM 1979 LONG COURSE REGION I MAY ENTER THE 1980 SHORT COURSE MEET AT THE SHORT COURSE CUT-OFF.

* * * * *

IF YOU WISH TO BE ON THE REGION I MAILING LIST YOU MAY GET ON BY FORWARDING A CHECK FOR \$3.00 TO: MR. FRANK RANHOFFER
12 COLD TURKEY LANE
COLD SPRING HARBOR, NY 11724

WITHIN THE NEW ENGLAND DISTRICT THE FOLLOWING PEOPLE ONLY ARE ON THE REGION I LIST. GREENWOOD MEMORIAL SWIM CLUB, JEAN JOHNSON, JOE MAGUIRE, PHIL SULLIVAN, MIKE MORRELL THERE ARE OTHER CLUBS THAT SHOULD BE ON AND WE'D LIKE TO SUGGEST THAT YOU MAIL THE \$3.00 TO MR. RANHOFFER SO THAT YOU WILL RECEIVE INFORMATION WHEN YOU SHOULD.

THOSE OF YOU THAT ARE ON SHOULD NOT FORGET TO RENEW. YOUR \$3.00 COVERS ONE YEAR.

NATIONAL TOP 25 CUT-OFFS: On this page and the next are the cut-off "consideration" times for National Top 25. Within our district the huge task of keeping track of these falls on Joe Drolette's shoulders. We thought that some of you would like to be aware of the standards for your own information.

GIRLS		10 & Under Event	BOYS	
Yards	Meters		Yards	Meters
28.19	31.79	50 Free	27.89	31.59
1:01.69	1:10.09	100 Free	1:01.09	1:09.49
2:13.09	2:30.69	200 Free	2:11.89	2:29.29
33.49	37.69	50 Back	32.99	37.39
1:13.29	1:22.59	100 Back	1:11.69	1:21.39
36.89	42.29	50 Breast	36.69	41.99
1:20.09	1:33.09	100 Breast	1:20.59	1:31.99
31.19	35.09	50 Fly	30.79	34.89
1:10.09	1:20.29	100 Fly	1:09.99	1:19.89
1:11.19	--	100 I.M.	1:10.99	--
2:32.89	2:52.59	200 I.M.	2:31.89	2:51.99
2:17.29	2:33.99	200 M.R.	2:16.99	2:32.39
1:59.49	2:15.79	200 F.R.	1:58.49	2:15.79

GIRLS		11-12 Event	BOYS	
Yards	Meters		Yards	Meters
25.99	29.39	50 Free	25.39	28.99
56.39	1:03.89	100 Free	54.99	1:02.69
2:00.79	2:17.09	200 Free	1:59.49	2:16.29
5:19.29	4:47.29	500, 100 Free	5:19.29	4:46.39
30.69	34.59	50 Back	29.99	34.09
1:05.59	1:14.29	100 Back	1:04.49	1:13.39
33.59	38.49	50 Breast	32.69	37.79
1:12.79	1:23.69	100 Breast	1:11.19	1:23.19
28.59	32.19	50 Fly	28.09	31.59
1:02.49	1:10.79	100 Fly	1:01.59	1:10.39
1:05.39	--	100 I.M.	1:03.99	--
2:18.39	2:36.59	200 I.M.	2:16.79	2:35.99
2:02.79	2:19.39	200 M.R.	2:01.29	2:18.09
4:26.39	5:06.89	400 M.R.	4:28.49	5:04.09
1:47.09	2:02.69	200 F.R.	1:47.79	2:02.09
3:55.89	4:28.59	400 F.R.	3:57.09	4:29.99

SUPER SWIMMING

THERE ARE 12 NEW ENGLAND RECORDS PENDING FROM THE CHRISTMAS MEET. WAYNE BOWDEN (LRAC), ALEXANDER KOSTICH (BOSC), STEVE PUTER (NEB) FRANK HAN (BOSC) and LITTLE RHODY AQUATIC CLUB 13-14 BOYS ARE THE NEW ENGLAND SWIMMERS INVOLVED IN THE NEW MARKS.

Rocky Kast, New Hampshire Senior Swim Team member, now swimming college with Paul Bergen in Texas has made the times to qualify for Olympic Trials.

The New England Barracuda "A" meet this past weekend also produced a number of pending records. Don't forget to file for records broken by your swimmers. A copy of the record form is in this Newst.

NATIONAL TOP 25 (continued)

GIRLS		13-14 Event	BOYS	
<u>Yards</u>	<u>Meters</u>		<u>Yards</u>	<u>Meters</u>
25.19	28.59	50 Free	23.29	26.79
53.79	1:00.89	100 Free	49.89	57.79
1:55.19	2:10.59	200 Free	1:49.39	2:05.49
5:03.29	4:30.79	500/400 Free	4:53.69	4:23.79
17:17.99	17:44.39	1650/1500 Free	17:10.79	17:41.39
1:01.89	1:10.29	100 Back	58.09	1:06.69
2:13.49	2:30.59	200 Back	2:06.79	2:24.29
1:09.29	1:19.79	100 Breast	1:04.49	1:15.29
2:29.19	2:51.79	200 Breast	2:20.29	2:44.09
59.59	1:06.69	100 Fly	55.49	1:03.29
2:09.59	2:26.89	200 Fly	2:03.96	2:21.39
2:11.69	2:30.29	200 I.M.	2:04.79	2:23.39
4:39.19	5:15.69	400 I.M.	4:26.29	5:02.59
2:04.69	2:14.19	200 M.R.	1:49.19	2:05.49
4:12.99	4:46.59	400 M.R.	3:56.59	4:33.79
1:46.49	1:58.89	200 F.R.	1:37.79	1:51.89
3:43.89	4:17.29	400 F.R.	3:31.59	4:03.69
8:13.39	9:18.39	800 F.R.	7:53.09	8:58.79

GIRLS		15-18 Event	BOYS	
<u>Yards</u>	<u>Meters</u>		<u>Yards</u>	<u>Meters</u>
24.69	28.19	50 Free	21.99	25.39
51.99	59.09	100 Free	47.09	53.99
1:51.69	2:06.49	200 Free	1:49.09	1:57.09

GATORS TO SWIM IN EUROPE

Five members of the New England AAU Champion Bernal's Gator Swim Club will become the nation's first swimmers to ever compete in the prestigious Viareggio International Swimming Meet when they leave for Italy on Sunday, January 27th.

The ten day trip is the result of an invitation extended solely to the Gators by the Italian Federation of Swimming (ISF) through the national office of the Amateur Athletic Union (AAU) in Indianapolis.

The five young women who will be competing are: Kristen Flaherty, 14, of Cambridge; Katie King, 15, of Newton; Anne Lamb, 15, of Canton; Suni Pandya, 14, of Needham; and Nancy McCarthy, 14, of Amherst, New Hampshire. McCarthy is one of over ten Gators who commute daily from the Granite State to Harvard's Blodgett Pool for practice sessions. Accompanying the swimmers on the trip as their coach will be Mrs. Joseph Bernal, wife of head coach Joe Bernal, a former national finalist and assistant coach with the program.

The Gators will leave Boston on Sunday and spend three days in Rome where they will train and sightsee. They will be housed at the Olympic Village, site of the 1960 Games in Rome, and will be hosted by Franco Bacini, Italian Olympic Swimming Coach. Among the sights being arranged for the Gators to visit are: The Coliseum, the former Olympic facilities, and the Vatican City. The Gator swimmers will then travel to Viareggio, Italy, where they will compete as guests of Artigelio Nuoto, the local swimmer.

ENGLAND BARRACUDAS TRAVELING

Soviet Sports Ministry, Swimming Office issued an invitation through the National office to 10 boys and 10 girls from the New England Barracudas to attend the Moscow International Meet in February. Barring unforeseen complications the Barracudas will be leaving February 9th for a three day trials and finals format meet at the Moscow Swimming Palace. Some of the top USSR swimmers will be at the meet. Channel 5 in Boston filmed and interviewed some of those involved and broadcast the segment in early January. There will probably be more TV coverage during their departure. Watch for it. The Barracudas are very excited about the opportunity which is a first for New England swimmers. Travel permits are being issued from the National AAU office.

The following swimmers will be traveling: Drew Donovan, Palmer Lewis, Rick Kennedy, Rich Landry, Ed Melanson, Bob Lesieur, Rich Sarson, Steve Ruiter, Jim Ehrlich and Scott Whitelaw from the Boys team, and Jody Ochab, Meg Bresnahan, Cindy Johnson, Kris Johnson, Wendy Johnson, Lorna Pierce, Allison Uzzo, Patti McNamara, Lee Ferrande and Cheryl Klein from the girls team.

WE ARE REPRINTING THE CUTS FROM THE NATIONAL MEETS COMING UP FOR YOUR CONVENIENCE.

PLEASE REQUEST OVC CARDS AS SOON AS POSSIBLE IF YOU PLAN ON ATTENDING THESE MEETS. SEND REQUESTS TO LIL DEMBEK, 1 WESTVIEW TERRACE, EASTHAMPTON, MA 01027 Phone: (413) 527-3222

JUNIOR NATIONAL TIME STANDARDS

Swimmers may qualify for Junior Nationals either long or short course

<u>W O M E N</u>		<u>E V E N T</u>	<u>M E N</u>	
<u>LONG COURSE</u>	<u>SHORT COURSE</u>		<u>SHORT COURSE</u>	<u>LONG COURSE</u>
28.39	24.99	50 Yard Freestyle	21.89	25.29
1:00.49	53.49	100 Yard Freestyle	47.69	54.89
2:09.99	1:55.29	200 Yard Freestyle	1:43.79	1:58.39
4:29.89	5:04.89	400/500 Yard Freestyle	4:40.39	4:10.39
9:15.59	10:22.59	800/1000 Yard Freestyle	9:40.59	8:43.59
17:34.39	17:17.99	1500/1650 Yard Freestyle	16:15.99	16:35.59
1:08.79	1:01.39	100 Yard Backstroke	54.49	1:01.69
2:27.69	2:11.49	200 Yard Backstroke	1:57.89	2:13.19
1:17.99	1:08.69	100 Yard Breaststroke	1:00.59	1:10.19
2:49.49	2:28.69	200 Yard Breaststroke	2:12.29	2:32.99
1:05.79	59.19	100 Yard Butterfly	52.39	59.29
2:24.19	2:09.89	200 Yard Butterfly	1:55.49	2:10.99
2:28.19	2:12.19	200 Yard Individual Medley	1:58.29	2:14.99
5:14.99	4:40.49	400 Yard Individual Medley	4:12.49	4:48.29
4:39.29	4:03.99	400 Yard Medley Relay	3:37.19	4:10.29
4:08.19	3:39.29	400 Yard Free Relay	3:14.39	3:44.89
8:55.39	7:52.39	800 Yard Free Relay	7:07.09	8:13.99

SENIOR NATIONAL TIME STANDARDS

Swimmers may qualify for Senior Nationals either long or short course

27.69	24.39	50 Yard Freestyle	21.19	24.39
58.89	51.79	100 Yard Freestyle	45.69	52.49
2:06.09	1:51.49	200 Yard Freestyle	1:39.99	1:54.89
4:20.89	4:54.29	400/500 Yard Freestyle	4:31.29	4:03.09
8:58.79	10:05.59	800/1000 Yard Freestyle	9:20.59	8:26.59
17:09.79	16:51.99	1500/1650 Yard Freestyle	15:42.29	16:06.69
1:06.89	58.99	100 Yard Backstroke	52.29	59.39
2:22.99	2:06.99	200 Yard Backstroke	1:53.09	2:08.49
1:16.09	1:06.39	100 Yard Breaststroke	57.89	1:06.99
2:43.09	2:22.69	200 Yard Breaststroke	2:06.39	2:26.94
1:04.09	57.29	100 Yard Butterfly	50.19	56.69
2:18.49	2:03.49	200 Yard Butterfly	1:50.79	2:05.09
2:23.49	2:07.29	200 Yard Individual Medley	1:53.99	2:10.39
5:04.79	4:29.89	400 Yard Individual Medley	4:03.39	4:37.19
4:29.59	3:57.29	400 Yard Medley Relay	3:29.09	3:58.19
4:03.19	3:35.09	400 Yard Free Relay	3:10.49	3:35.89
8:43.69	7:41.39	800 Yard Free Relay	6:54.99	7:50.59

OLYMPIC TRIAL TIMES

Swimmers may qualify either long or short course except where noted in the following manner (*) means must qualify long course (**) -500 Yard

<u>W O M E N</u>		<u>E V E N T</u>	<u>M E N</u>	
<u>LONG COURSE</u>	<u>SHORT COURSE</u>		<u>SHORT COURSE</u>	<u>LONG COURSE</u>
58.59	51.59	100 Metre Freestyle	45.29	52.29
2:05.59	1:50.89	200 Metre Freestyle	1:39.29	1:54.29
4:19.59	4:52.69**	400 Metre Freestyle	4:28.19**	4:01.99
8:55.99 *		800 Metre Freestyle		
		1500 Metre Freestyle	15:29.79	15:55.49
1:06.69	58.39	100 Metre Backstroke	51.99	59.19
2:21.59	2:05.59	200 Metre Backstroke	1:52.09	2:08.39
1:15.39	1:05.59	100 Metre Breaststroke	57.49	1:07.19
2:41.69	2:20.59	200 Metre Breaststroke	2:05.79	2:26.09
1:03.49	56.49	100 Metre Butterfly	49.89	56.59
2:16.99	2:03.09	200 Metre Butterfly	1:49.79	2:04.49
5:01.69	4:27.49	400 Metre Individual Medley	4:01.29	4:35.49