



AUSSI-MASTERS SWIMMING IN AUSTRALIA

SOUTH AUSTRALIAN BRANCH INCORPORATED

AUSSI Masters Swimming is an Australian-wide association of adult swimming clubs, whose members, men and women, swim regularly to keep fit and have fun. Throughout Australia there is over 50 clubs catering for in excess of 4000 swimmers. Within South Australia there are 9 clubs with over 600 members.

The aim of each AUSSI Masters Club is to provide members the opportunity to swim regularly. Most clubs swim several times a week and all clubs offer help and encouragement for members in improving their swimming technique and training programme.

Competition is also provided by the clubs to assist members monitor their fitness improvement by the use of the organised time trials with the results being divided into five year age groups from 20 - 24 through to 80 years and over. Events are conducted for all four strokes including medleys.

In addition the South Australian Branch holds regular interclub competition throughout the year and once a year the State Cup is conducted. Also, during the summer months a 'long swim' programme is conducted with several of the Amateur Swimming Clubs and each year the National Championships are held in one of the Capital Cities. In 1986, the championships will be held in Adelaide at the Adelaide Aquatic Centre during April.

The State Relay Trophy, is normally swum in conjunction with the State Cup but in 1985 to commemorate the opening of the new Aquatic Centre it is being competed for as part of the opening programme.

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Within AUSSI Masters Swimmers relays are swum in age groups which are according to the total ages of the four swimmers. The age groups are 80 - 119, 120 - 159, 160 - 199, 240 - 279, and 280+. To join an AUSSI club a swimmer must be at least 20 years of age. Within South Australia there are no teams in the 280+ age group due to a shortage of swimmers over 70 years of age! This method of organising relay teams is of great assistance to clubs with a wide and varied aged members to form teams and compete against teams of similar ages and abilities.

The relay events which form the Relay Trophy are

- 1) Male and Female 4 x 50m Freestyle and Medley relays
- 2) Mixed (2 females and 2 males) 4 x 50m Freestyle and Medley relays

Graham Ormsby
S.A. BRANCH PRESIDENT.