

Continental Divide Zone Meeting
October 22, 1988

The meeting was convened at 8:30AM, Memebers in attendance:

Edie Gruender - Zone Chair
Dan Gruender - AZ
Judy Gilles - AZ
Edna Spring - AZ
Jack Buchannan - CO
Daniel Stannard - CO
Margaret Stannard - Zone Rep

Zone Meets: The Continental Divide Z_one Championships have been held in Colorado for the past four years in conjunction with the Colorado state championships. By concensus, the Zone Championships will be held in Colorado again in 1989. Arizona will consider the possibility of holding this meet in the future. As a Zone, we will gather information, survey and prepare for Zone Postal Championships to be held in 1990. A coordinator for this event will be sought. Newsletters from around the Zone have been sent to all LMSC's in the Zone so that we all know what events are coming up throughout the Zone. We will continue to communicate this information.

National Meets: We discussed several means of limiting the size of National Championships including splitting the country into two or three areas for competition, using a qualification cutoff, separating long distance events from short events. swimming 2 persons per lane, and reducing the number of events one can enter to 5 or even to 4, if needed.

Masters & Other Aquatic Sports: We discussed the fact that many of us have had inquiries by swimmers about the possibility of participating in diving, synchronized swimming, and water polo. We will obtain and circulate information so that swimmers will know whom they can contact for information in these sports.

Medical Requirements: We discussed the concept of "adequate physical" and recommended that the brochure include recommendations that a Masters swimmer:

- a) get adequate rest
- b) eat wisely
- c) avoid chemical substances (tobacco, alcohol, etc)
- d) get a stress test done so that you know how much you can do as a swimmer (safely)
- e) notify coach/trainer of medical problems without the coach/trainer being held liable for the individual swimmer

Nominations: We talked about three specific individuals that would be excellent possibilities for officers in 1990; Dan Gruender for

President, Kevin Kelly for President, Kathy Casey for some office.

Super Teams Recruitment: We discussed two options to limit the possibility of super team recruitment; institute a residency requirement, eliminate team points.

The meeting was adjourned at 9:53AM.

Respectfully submitted,

Margaret Stammen