

WISCONSIN MASTERS SWIM COMMITTEE
SEPTEMBER - 1995

It is amazing what a deadline can do for you! Our upcoming SC Meter Meet October 28 at Lawrence University and the need to get the meet information and entry form out to you is prompting an "on time" fall newsletter. As the outdoor pools close for the season and the weather turns cool here's hoping that everyone has been able to find an indoor facility in which to continue their swimming. We should have another full schedule of fall, winter and spring meets and hopefully we will see MANY MORE Wisconsin registered swimmers in attendance.

MEETING NOTICE

The annual meeting of the Wisconsin Masters Swim Committee Inc., (LMSC), will be held Saturday September 30, 1995, 1:00 PM, at 11917 W. Rainbow Ave., West Allis, WI. (414-453-7336). All Wisconsin registered Masters Swimmers are welcome to attend.

Business to be conducted will include election of LMSC officers, establish registration fees for 1996, set a meet schedule for 1995-96, discussion of championship meets and any other business that may be brought before the committee.

Current officers include John Bauman - Chairman, Harlan Drake - Registration, Nancy Kranpitz - newsletter, Edith Jacobson - fitness, and Betty Kendall and Don Kilb. Teams and their representatives are Geneva Y Masters Swimming - Jim Culp, Green Bay Y - Jennie Bourguignon, Mad-Town Aquatic Masters - Joe Joers, Madison West Y Masters - Aquatics Dir., Manitowoc-Two Rivers YMCA - Chris Piernet, Racine Y Sea Dogs - Julie Neuman.

Any team wishing to conduct a sanctioned meet should be prepared to present a proposal, including a firm date, at the meeting. A proposal mailed to John Bauman (at the above address) will be given consideration.

HELP WANTED
RED CROSS LIFEGUARDS

WE NEED VOLUNTEER SERVICES FOR LIFEGUARDS FOR OUR FIVE MASTERS SWIM MEETS SCHEDULED AT WAUWATOSA WEST HIGH SCHOOL. PERSON MUST BE CERTIFIED IN COMPLETE LIFEGUARD TRAINING COURSE, CPR FOR PROFESSIONAL RESCUER, COMMUNITY CPR, AND COMMUNITY FIRST AID AND SAFETY. IF YOU QUALIFY - OR WOULD LIKE TO KNOW MORE - PHONE OR WRITE HALRAN DRAKE, 10251 YORK COURT, WAUWATOSA, WI 53222-2369 (414-463-4466)

QUESTION: How many men does it take to change a roll of toilet paper?
ANSWER: No one knows - it has never been done.

WISCONSIN MASTERS SHORT COURSE METERS RECORDS

	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK
WOMEN 19-24	33.54	1:10.08	2:32.00	5:29.47	12:17.44		1:02.71	1:22.98	
WOMEN 25-29	:31.83	1:09.55	2:25.78	5:12.24			:36.38		2:49.18
WOMEN 30-34	:31.75	1:11.03	2:37.73	5:34.93	11:21.47		:36.59	1:20.75	3:00.59
WOMEN 35-39	:31.86	1:13.24	2:41.46	6:52.83	12:30.46	23:25.03	:36.30	1:19.82	2:57.26
WOMEN 40-44	:30.74	1:08.19	2:41.35	5:57.54	11:57.65	27:36.69	:38.25	1:39.08	3:25.84
WOMEN 45-49	:35.16	1:22.06	3:12.35	6:27.96	12:51.38		:43.88	1:46.52	3:24.01
WOMEN 50-54	:34.84			7:49.92	15:56.40		:41.68		3:35.22
WOMEN 55-59	:37.93	1:35.37	3:49.19	7:38.56	15:29.13		:44.76		
WOMEN 60-64	:42.83	1:37.77	4:09.55	7:43.89			:49.59	1:58.46	
WOMEN 65-69	:41.89	1:47.72	3:54.14	8:18.24			:56.75		5:07.99
WOMEN 70-74	:48.24	1:54.05	4:05.73	8:38.88	17:39.94		:52.79	2:06.82	
WOMEN 75-79	1:12.89	2:33.44	5:15.13	11:21.07					7:04.81
WOMEN 80-84									
WOMEN 85-89									
MEN 19-24	:31.47	1:05.86	2:14.23				:41.68	1:10.06	2:37.09
MEN 25-29	:29.21	1:03.49	2:08.37	4:40.47	14:32.23		:31.35	1:14.33	2:27.21
MEN 30-34	:25.70	1:00.28	2:19.13	4:56.41	11:23.17	21:31.62	:31.46	1:17.14	3:17.26
MEN 35-39	:26.44	:59.39	2:18.78	5:21.43	12:52.07		:33.76	1:20.28	2:37.72
MEN 40-44	:26.94	:59.53	2:18.70	5:16.58	12:48.91		:33.52	1:17.84	2:55.90
MEN 45-49	:27.81	1:03.87	2:25.38					1:29.12	
MEN 50-54	:29.21	1:07.68	2:44.32	7:14.28	12:40.65	23:45.20	:46.46	1:35.04	4:09.23
MEN 55-59	:33.31	1:19.98	3:01.60	6:33.43	14:27.83	27:59.76	:42.04	1:34.23	3:29.11
MEN 60-64	:31.54	1:11.52	2:52.46	5:51.19	13:02.51	26:22.36	:38.46	1:24.91	3:08.95
MEN 65-69	:35.65	1:20.96	2:53.31	6:27.98	12:57.80		:47.41	1:35.69	3:37.95
MEN 70-74	:33.40	1:17.74	3:08.50	6:40.21					
MEN 75-79	:35.44	1:24.20	3:06.21	6:26.37					
MEN 80-84	:48.52	1:32.48	3:25.47	7:30.51	15:07.97				
MEN 85-89									
	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	100 IM	200 IM	400 IM
WOMEN 19-24	:44.44			:54.91	1:24.99		1:29.21		
WOMEN 25-29	:49.25	1:38.09	4:49.33	:32.89		3:47.76	1:23.78	2:51.04	8:14.04
WOMEN 30-34	:43.11	1:25.29		:31.99	1:18.36		1:17.39	2:53.46	
WOMEN 35-39	:42.61	1:28.94	3:30.26	:34.06	1:29.43	3:30.67	1:17.51	2:50.38	
WOMEN 40-44	:43.93	1:36.53	3:31.14	:33.93	1:24.45	3:19.16	1:20.75	3:23.45	6:42.60
WOMEN 45-49	:43.99	1:36.41	3:37.00	:40.07	1:44.95	3:27.32	1:33.07	3:39.88	6:44.06
WOMEN 50-54		1:54.22		:39.01	1:46.60	4:20.53	1:30.66	3:22.80	8:20.95
WOMEN 55-59	:46.77	1:43.50	3:50.41	:41.01	1:42.02	3:51.61	1:37.27	3:28.47	8:25.30
WOMEN 60-64	:53.88	2:04.52					2:04.71	5:05.05	
WOMEN 65-69	:54.52			:57.23			1:54.69		11:13.30
WOMEN 70-74	1:08.07			1:07.39			2:19.48		
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MEN 65-69	:50.88	2:04.93		:48.14	1:57.72		1:34.01	3:33.97	
MEN 70-74	:55.28	2:09.06							
MEN 75-79									
MEN 80-84									
MEN 85-89									

Many of our "Senior" masters have the time and opportunity to participate in the various senior championship meets both nationally and internationally. In May, 1995, several WM swimmers participated in the U.S. National Senior Sports Classic. This classic included not only swimming, but events such as tennis, softball, volleyball, track and field, bowling, archery, badminton, 3 on 3 basketball, and, yes, even shuffleboard! Gordon Schalla proved his versatility by not only competing in the swimming events (in which he placed 10th-15th out of about 45 men) but also by taking a 6th place in the archery competition in the 65-69 age group. Competing in the local qualifying round for the championship meet were Ingrid Stine, Betty Kendall, Elizabeth John, Pat Peregrine, Mary Siebold, Doris Klitzke, Wes Mayer, Hank Kleppek, Morgan Byers, Harlan Drake, Don Kilb, William Payne, Lynn Surles, Tom Michelson, Alex MacGillis, Frank Feld, Gordon Schalla, Mel Martin, John Bauman, Perry Rockwell, William Payne, William Kirar and Ramon Klitzke. Nationally, Doris Klitzke took 1st in 50 free, 2nds in the 100 fly, 100 back, 50 fly and 50 back, and 3rd in the 200 IM, Pat Peregrine (65-69) 3rd 50 and 100 breaststroke, Morgan Byers (65-69) 2nd 200 free, 2nd 400 free, 6th 200 back and 5th 200 IM, Alex MacGillis (65-69) 6th 50 breaststroke, Perry Rockwell (65-69) 1st 200 IM and 50 fly, 2nd 100 fly, 3rd 50 free, and 4th 100 free, William Payne (65-69) 3rd 100 free and 4th 400 free and 50 free. Congratulations to one and all on your fine showings both locally and nationally.

In response to my plea for newsworthy items for this newsletter Lisa Draveling sent me the official Badger State Games Swimming Results. Many Wisconsin Masters registered swimmers took part and their results follow. I used the official membership list to cross check for registered swimmers and hopefully didn't miss anyone.

CONGRATULATIONS TO ALL THESE WISCONSIN MASTERS SWIMMERS FOR THEIR FINE SHOWING AT THE BADGER STATE GAMES!

Sandra Gooch-50-59 1st 50 free 2nd 100 back 1st 100 free	Peter Lee-50-59 1st 100 free 2nd 200 IM 1st 800 free	Phil Hellmuth-50-59 1st 100 back 3rd 800 free
Alan Mood-50-59 1st 100 breast 3rd 50 free	Tim Trowbridge-50-59 3rd 200 IM	Robert Cyr-50-59 2nd 800 free
Morgan Byers-60-69 1st 200 free 1st 100 back 1st 800 free	Harlan Drake-60-69 2nd 200 free 1st 100 free 2nd 800 free	Lynn Surles-60-69 3rd 200 free 1st 50 free 2nd 100 free
John Bauman-60-69 2nd 100 breast 2nd 200 IM 3rd 800 free	Gordon Schalla-60-69 3rd 100 breast 2nd 50 free 2nd 100 back	Bob Kueny-60-69 1st 100 breast 1st 200 IM

Nina Heidemann-19-24 1st 100 breast 3rd 200 IM	Kenneth Mobile-25-29 2nd 100 back 3rd 100free	Daniel Shea-25-29 2nd 50 fly 1st 100 free
Christina McColly-25-29 2nd 200 free 1st 50 free 2nd 50 fly	Tony Jansen-25-29 1st 100 breast 2nd 50 free 3rd 200 IM	Christine Herr-25-29 1st 50 fly 1st 100 free 1st 200 IM
Viki Vanburen-25-29 2nd 50 free	Particia Miller-25-29 3rd 50 fly 1st 800 free	Randy Laughlin-30-34 3rd 200 free 3rd 800 free
Scott Johnson-30-34 2nd 200 free 2nd 100 back 2nd 800 free	Angie Lucas-30-34 3rd 200 free 2nd 100 breast	Greg Divis 1st 100 breast 3rd 100 free 3rd 200 IM
Tony Areneson-35-39 1st 200 free 2nd 50 fly 1st 100 free	Kevin Welton-35-39 1st 100 back 1st 50 fly 2nd 200 IM	Laurie Alioto-35-39 1st 200 free 1st 100 back 1st 200 IM
David Holland-35-39 1st 100 breast 3rd 50 fly 1st 200 IM	David Bart-35-39 2nd 100 breast 2nd 50 free 3rd 100 free	Keith Krueger-35-39 2nd 200 free 1st 800 free
Patty Baus-35-39 1st 100 breast 2nd 50 free 2nd 50 fly	Rob Meyer-35-39 2nd 50 free Jim Rooney-40-49 3rd 800 free	Larry Eschenburg-40-49 1st 200 free 1st 100 back 1st 800 free
Peter Toumanoff-40-49 2nd 200 free 1st 100 free 1st 200 IM	Charles Lonsdorf-40-49 3rd 100 breast 1st 50 free 1st 50 fly	Nedra Moore-40-49 1st 100 breast 2nd 50 fly 2nd 200 IM
Janet Schults-40-49 3rd 100 breast 3rd 100 back 3rd 200 IM	Nancy Fisher-40-49 1st 50 free 1st 100 back 1st 100 free	Cindy Maltry-40-49 2nd 100 back 1st 50 fly 1st 200 IM
Cathy Lied-40-49 2nd 100 breast 3rd 50 fly	Brian Morgan-40-49 3rd 50 fly 3rd 50 fly	Nancy Norcross-40-49 3rd 50 free 3rd 100 free
Susanna Tounamoff-40-49 1st 200 free 1st 800 free	Steve Justinger-40-49 3rd 200 free 2nd 800 free	Jeff Moore-40-49 3rd 100 back 2nd 50 fly
Elizabeth Graham-40-49 2nd 200 free	Richard Hubbard-40-49 1st 100 breast	Craig Monroe-40-49 2nd 100 back
Art Luetke-40-49 2nd 100 free	John Bailiff-50-59 2nd 200 free	John Gooch-50-59 2nd 100 breast
Dick Pitman-50-59 1st 200 free 1st 50 fly 1st 200 IM	Ingrid Stine-50-59 1st 200 free 1st 200 IM 1st 800 free	Alan Becker-50-59 1st 50 free 2nd 50 fly 2nd 100 free

WISCONSIN MASTERS AQUATIC CLUB
SHORT COURSE METRIC SWIM MEET
LAWRENCE UNIVERSITY
OCTOBER 28, 1995

- SPONSOR: WISCONSIN MASTERS AQUATIC CLUB
- SANCTION: USMS, INC. and LMSC for Wisconsin Sanction No. 205-08
- LOCATION: Lawrence University, Buchanan-Kiewit Aquatic Center, near corner of East College Ave. and Lawe St., Appleton, WI
- FACILITIES: 25 meter, 8 lane pool, non-turbulent lane lines, movable bulkhead, starting blocks and backstroke flags.
- TIME: Warm-up: 12:00 p.m. to 12:25 p.m. Meets starts at 12:30 p.m. and will end by 6:00 p.m.
- RULES: Official masters rules will apply. All events are timed finals. Heats are pre-seeded slowest to fastest. Swimmers not submitting seed times will swim in slowest heats.
- AGE GROUPS: 5-year age groups. Cumulative age for relay teams. Age groups and sexes are combined to expedite meet.
- TIMING: Automatic timing system backed up with watches.
- WARM-UP PROCEDURE Lane 1 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 2-8 will be for circle swimming only. NO DIVING in lanes 2-8. It is prohibited for any swimmer to dive or jump into a warm-up pool in any location other than the designated sprint lanes. At the discretion of the meet director, an offender may be disallowed from competition for the remainder of the day and be disqualified from events he or she may have already swum that day.
- ELIGIBILITY: Open to all Masters Swimmers 19 years old or older. Each entrant must be a registered Masters Swimmer and have a current card available at the meet.
- ENTRY FEES: \$2.50/individual event. \$3 for relays. Bargain rate: \$10. to register for Minnesota Postal Pentathlon. Fee for deck entries is \$4/event. Make checks payable to WISCONSIN MASTERS AQUATIC CLUB.
- ENTRY LIMIT: Five individual events plus relays.
- ENTRY DEADLINE: Entries must be received by meet director no later than October 21, 1995.

ENTRY FORM: The official entry form must be used. One person per form. Waiver must be signed.

AWARDS: Ribbons for 1st, 2nd and 3rd places.

MEET DIRECTOR: Robert Swain, 2100 N. Eugene St., Appleton, WI, 54914. (414) 731-1913.

ORDER OF EVENTS:

- | | | | |
|-----|--------------------------|-----|---|
| 1. | 50 m butterfly | 11. | 200 m IM |
| 2. | 400 m IM | 12. | 50 m freestyle |
| 3. | 100 m freestyle | 13. | 100 m backstroke |
| 4. | 200 m backstroke | 14. | 200 m breaststroke |
| 5. | 100 m breaststroke | 15. | 100 m butterfly |
| 6. | 200 m freestyle | 16. | 100 m IM |
| 7. | 50 m backstroke | 17. | 200 m mixed free relay |
| 8. | 200 m fly | 18. | 400 m freestyle |
| 9. | 200 m mixed medley relay | 19. | 1500 m freestyle (<u>Limited</u> to first 16 entries. Splits for 400 and 800 can be submitted for Top Ten & first 200 split can be used for Ironman Pentathlon entry.) |
| 10. | 50 m breaststroke | | |

Each year the Minnesota Masters sponsors a postal pentathlon swim meet. Once again this year we will incorporate all three pentathlon races in our October 28, 1995 short course metric meet. Official entry forms for this postal meet will be available at our meet and the meet director will serve as the official certification person. In past years Wisconsin Masters have placed in this meet and have won events and set new records. Let's try and do it again this year.

To participate in the Minnesota Masters Postal Pentathlon Meet, you will have an option for participating in our meet. Each participant swims a pentathlon of five events: Butterfly, backstroke, breaststroke, freestyle and individual medley. You may enter one of three pentathlons: The Sprint, Middle Distance or Ironman, for the bargain fee of \$10. The races will be in the order detailed above.

POST-MEET: Plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company on the west end of College Avenue at the railroad crossing (northeast corner) when the meet is over. It's on the way out of town and the food is good.

DIRECTIONS TO POOL: The pool at Lawrence University is on the main campus on East College Avenue which is Hwy 125 through the city. If coming from the north or south on Hwy 41, take the Hwy 125 off-ramp (West College Avenue) and go east all the way through the downtown business district to the campus on East College Avenue. When you arrive at the Chapel, Main Hall is across the street. Both are easy to spot! The pool is just beyond, to the left, and behind Main Hall. Parking in and around campus is terrible and the campus will be crowded with parents this weekend. If you're on College Avenue, go past the Chapel to the next stop/go light and turn left. Go one block, turn left again, go another block to Union Street and turn left again. There's a visitor's parking lot next to the Chapel and a fair amount of on-street parking in this general area. The rec center and pool are straight south of Union Street on the south side of College Ave.

ENTRY FORM
SHORT COURSE METER MEET
LAWRENCE UNIVERSITY
OCTOBER 28, 1995

NAME _____ BIRTH DATE _____ AGE _____ SEX _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ USMS NO. _____ USMS TEAM _____

Event # _____	Seed Time _____	Event # _____	Seed Time _____
Event # _____	Seed Time _____	Event # _____	Seed Time _____
Event # _____	Seed Time _____	Event # _____	Seed Time _____

Number of Entries _____ @ \$2.50 = \$ _____

PENTATHLON ENTRY FORM
OCTOBER 28, 1995

NAME _____ BIRTH DATE _____ AGE _____ SEX _____
 ADDRESS _____
 CITY _____ STATE _____ ZIP _____
 PHONE _____ USMS NO. _____ USMS TEAM _____

SPRINT PENTATHLON: 50 meters each stroke and 100 IM

Event #1: 50 fly _____; Event #7: 50 back _____; Event # 10: 50 Breast _____;
 Event #12: 50 free _____; Event #16: 100 IM _____

MIDDLE DISTANCE PENTATHLON: 100 meters each stroke and the 200 IM

Event #3: 100 Free _____; Event #5: 100 breast _____; Event #11: 200 IM _____;
 Event #13: 100 back _____; Event #15: 100 fly _____

IRONMAN PENTATHLON: 200 meters each stroke and the 400 IM

Event #2: 400 IM _____; Event #4: 200 back _____; Event #6: 200 free _____;
 Event #8: 200 fly _____; Event #14: 200 breast _____

WAIVER

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC, THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

The following article appeared in the Waukesha Freeman Newspaper shortly after Doris' successful trip to the Senior Olympics!

Local swimmer shines in national seniors competition

Perseverance pays off for Klitzke

By Tony Mooren
Freeman Staff

WAUKESHA — It seems as if whenever a tough situation presents itself to Waukesha's Doris Klitzke, she battles back with an overwhelming ferocity.

It happened again — on several occasions — in the 1995 U.S. National Senior Sports Classic Senior Olympics in San Antonio, Texas, last month.

Klitzke, who thought she would be lucky to win one medal (place in the top three), won six swimming medals in the 55-59 year-old division.

The sixth came after she was accepting her fifth medal on the medals stand and said to herself: "I've been a bridesmaid long enough! I'm going to win the next event."

She did — the 50 freestyle with a 37.00 clocking.

Not bad for someone who wasn't even sure she should be attending the meet.

The doubt started 11 years ago when Klitzke and her husband Ray were rear-ended in an automobile accident. That occurred shortly after Klitzke had begun to swim in the masters division.

"I had headaches for five years, I couldn't bring my arms up — I couldn't do much of anything except tread water," she said. "No one could seem to figure out the problem."

Finally, nerve stimulation helped.

Klitzke went into last month's meet not knowing what to expect.

"They only give medals for the first three places and ribbons for fourth, fifth and sixth places," she said. "I went in thinking maybe I'd be 8th, 9th or 10th — where I've been listed because I've been going downhill."

Downhill seems like a harsh word. She was a two-time YMCA national champion in 1990 — in the 50-yard freestyle and 50-yard butterfly with records that stood for three years.

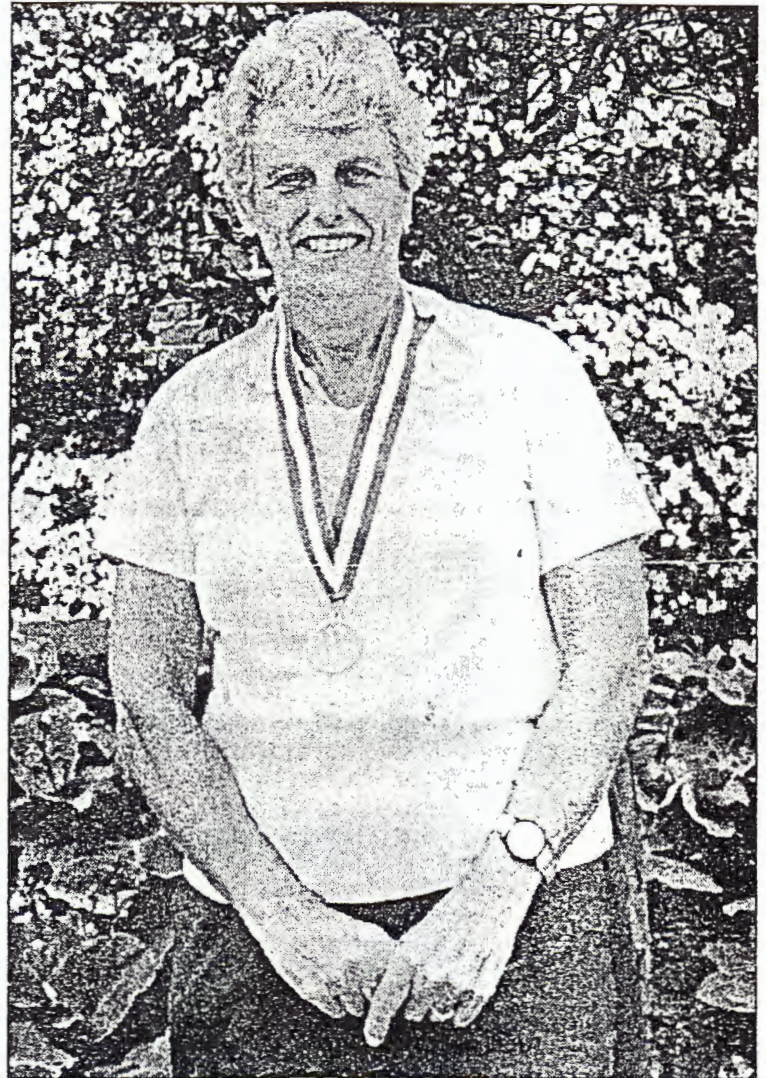
~~She placed fifth in the 200 butterfly in the World Games in 1992.~~

And Klitzke generally blows away her competition in state meets.

But that's a whole lot different from national competition.

"A lot of the people do cross-training, like weight lifting, but I don't have enough strength to do more than three pounds," she said.

But once she's in the water, she manages to often overcome any ailments.



Lee Fensin, FREEMAN STAFF

Doris Klitzke returned from a national seniors swim meet in Texas with a handful of medals, including a gold medal.

that she could adequately compete.

She was obviously wrong.

The meet is held every two years and in 1997 she will be one of the youngest competitors in her next age group — 60-65.

Klitzke's other medals in the Seniors Sports Classic were: seconds in the 50 and 100 butterfly and 50 and 100 backstroke and third in the 200 individual medley.

Klitzke started swimming when she was 3 years old and continued until she was 19, at which time she gave up the sport until 30 years later.

"Ray kept saying I needed exercise," recalled Klitzke. "So I started swimming at Horreb Pool."

She had qualified for the Seniors Sports Classic national meet before but never went because she didn't feel

*** 1995 POSTAL PENTATHLON SWIM MEET ***

Approval: By Minnesota LMSC for USMS Inc. # 305-13.

Eligibility: Open to all registered masters swimmers for the 1995 or 1996 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1995 to December 15, 1995 and the entries must be postmarked by December 24, 1995, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee. All fees are non-refundable.**

Age Groups: 19-24, 25-29, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1995.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US).

Checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees are non-refundable.

Postal Pentathlon Swim Meet
PO Box 100
10000 USA

Questions: wayde muller Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS or foreign registration #: _____
 Address: _____ Swim Club: _____
 City: _____ State: _____ Zip/Postal Code: _____ Country: _____
 Sex: M F Phone Days: _____ Evenings: _____
 Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date: ____/____/____
 Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____ MON / DAY / YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course	50 Yards/Meters each stroke and 100 IM	Date Swum	____/____
Fly _____	Back _____	Breast _____	Crawl _____
Middle distance	100 Yards/Meters each stroke and 200 IM	Date Swum	____/____
Fly _____	Back _____	Breast _____	Crawl _____
Ironman course	200 Yards/Meters each stroke and 400 IM	Date Swum	____/____
Fly _____	Back _____	Breast _____	Crawl _____

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING THESE ACTIVITIES. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

50 FLY, BACK, BREAST, CRAWL, 100 I.M.

100 FLY, BACK, BREAST, CRAWL, 200 I.M.

SPRINT

MIDDLE DISTANCE

Minnesota Masters is once again sponsoring their postal pentathlon swim meet and the official entry form is included in this newsletter. Also, you will have the opportunity to swim any of the 3 distances at the Lawrence SC Meter Meet. So not only does the Lawrence meet give you a chance to establish some good SC meter times but it also gives you the opportunity to support the postal pentathlon. As the saying goes - There are no excuses! See you all there!

The Wisconsin State records for SC Meters are enclosed in this issue of the newsletter. If space permits the SC Yards records will be listed also. If no space look for them in the January newsletter.
