

WISCONSIN MASTERS SWIM COMMITTEE
NEWS LETTER
JULY 1998

Summer arrived early in Wisconsin this year and we already have one of our long course meets under our belts. I hope everyone is enjoying the unusually warm weather we have had since mid-April. It will probably be a LONG time before we have another spring like this one. Attendance at our first long course meet was excellent (160 entrants!). Let's aim for as good a showing in our state meet in August. We have the numbers in our membership (over 300). We just need to get those who are registered to support the meet schedule. Do your part. Enter the state meet - and drag a friend along with you. I hope to see MANY of you in August.

Nancy Kranpitz - Editor

GETTING CREDIT FOR WISCONSIN RECORDS

IF YOU SWIM IN A MEET IN ANOTHER STATE AND BREAK A WISCONSIN RECORD IT IS YOUR RESPONSIBILITY TO SEND THE OFFICIAL MEET RESULTS TO JOHN BAUMAN IN ORDER FOR YOU TO GET CREDIT FOR YOUR RECORD SWIM. IF YOU DO NOT SEND OFFICIAL PROOF OF YOUR RECORD SWIM TO JOHN YOU WILL NOT GET CREDIT FOR THE RECORD. PLEASE KEEP THIS IN MIND WHEN YOU SWIM OUT OF STATE. WE WANT OUR RECORDS TO ACCURATELY REFLECT THE EFFORTS OUR SWIMMERS EXTEND. BUT WE NEED YOUR HELP. REMEMBER - IT IS YOUR RESPONSIBILITY TO GET THIS OFFICIAL INFORMATION TO JOHN BAUMAN!!!!

Please note the inclusion of the WI Masters State LC Championships entry form in this newsletter. There will not be a separate mailing. Also, the current long course meter records are included in this newsletter.

HELP! SWIMMER NEEDS A RIDE!

Lynn Surlis is in need of a ride to the state meet at Wilson Park. He lives on Amy Belle Lake Road in Hubertus - fairly close to the interstate. IF Lynn can get to Wilson Park he can round out a potentially dynamite 320+ relay (along with Betty Kendall, Fran Zeumer, and Herb Howe). Lynn has given a LOT of Wisconsin Masters over the years as well as to the youth of Menominee Falls through his coaching efforts. Now is a time when we could give something back to Lynn. Don't be bashful - especially some of you youngins' out there! Let's do what we can to help Lynn keep in the swim!

So far I have received only one suggestion for an official name for this newsletter. The submitted suggestion is "The Chlorine Chronicle". A decision will be made by the time our next newsletter is compiled (fall). Please send your suggestions to me at 10346 Cedar Falls Road, Hazelhurst, WI., 54531.

If the police arrest a mime, do they tell him he has the right to remain silent?

POSTAL PENTATHLON RESULTS
Fall - 1997

The 1997 Postal Pentathlon, sponsored by Minnesota Masters, attracted 178 swimmers and a pile of interesting statistics. Swimmers represented 32 of the United States, 1 province in Canada, 2 states in Australia, England, and the Netherlands. New York had the most entrants (33), California was second with 13, and Wisconsin third with 12 athletes. Swimmers ranged in age from 19 to 94 and for the 4th time in 5 years women submitted more entries (94) than men (84). Twelve people swam two courses, and 8 swam all three courses. Of the people who swam all three courses the youngest was Theresa Niemi (34) and the oldest was T.R. Johnson (75).

Several WMAC swimmers took advantage of the opportunity to swim a short course meters sprint, middle distance, or ironman pentathlon at the Lawrence University Meet way last October and several more took advantage of the new short course yards Fond du Lac meet in early December to fulfill requirements for entering this annual postal meet. For the second year in a row Doris Klitzke won the sprint competition (50 of each stroke plus a 100 IM) with an aggregate time of 4:10.80 in the 60-64 age group. Along the way Doris also placed first in all of the individual swims except the 50 breaststroke (2nd) and her aggregate time was 9.6 seconds ahead of the 2nd place finisher. Congratulations, Doris!

Doris wasn't the only Pentathlon champion. Edie Jacobsen (50-54) took firsts across the board and won the ironman distance pentathlon (200 of each stroke plus a 400 IM) with an aggregate time of 19:21.79. Fran Zeumer, swimming in the always tough 75-79 age group, was 4th overall in the sprint distance and took one 2nd (free), two 3rds (back and IM), and two 4ths (fly and breast).

For the men, Bob Swain (60-64) was 3rd in the ironman distance taking all 3rds along the way except in the free in which he was 4th. John Bauman (65-69) was 2nd in the middle distance final as well as in the back and IM. His fly and breaststroke efforts placed him first while he claimed 3rd in the free. Also in the 65-69 age group Tom "Grampa" Michelson placed 3rd, also in the middle distance category, taking 3rds across the board except for a 2nd in the freestyle.

Representing the "younger set", David Bart (35-39) was 6th overall in the sprint distance and placed 4th in the breaststroke, 5th in the free, 6th in the IM, and 8th in the fly and back. In the same age group William Curtis finished 2nd overall in the ironman distance and claimed 2nds in all the individual events except for the breaststroke, in which he was first. Robert Meyer (40-44), rounded out the WMAC entries with 5th place finishes across the board in the sprint distance.

CONGRATULATIONS TO ALL THOSE WHO TOOK THE TIME AND EFFORT TO NOT ONLY ENTER THE PENTATHLON BUT HAD THE FORTITUDE TO DO ALL 6 EVENTS IN ONE SHORT DAY (ACTUALLY, 1/2 DAY) OF SWIMMING!

On occasion we are asked why we don't print in this newsletter the names as well as the times for the records in the 3 official courses we swim. The reason names are omitted is that it would consume more than the total number of pages we allot for a swim news letter! For those who are that interested in obtaining not only the records but also the names of the swimmers who hold those records you may obtain this information by sending a request and \$5.00 (to cover copying and postage charges) to John Bauman, 11917 W. Rainbow Ave, West Allis, WI., 53214.

Chris Blimel and Bridget Anderson represented the Manitowoc-Two Rivers YMCA at the YMCA Masters National Meet in Ft. Lauderdale in April. Swimming in the 45-49 age group Chris was 4th in the 1000 (16:52.39) and 200 backstroke (3:38.53), 5th in the 200 breaststroke (3:52.13), 8th in the 50 back (:45.08), 100 back (1:39.58) and 500 free (8:08.04), and 11th in the 200 free(2:56.30). Bridget (35-39) was 13th in the 50 breaststroke (:40.20), 14th in the 100 free (1:10.50), 15th in the 50 free (:30.10), and 17th in the 50 fly (:35.00). Congratulations to both Chris and Bridget.

Ed. note: I KNOW many other WI masters swimmers participated in this meet. However - these are the only results I have received to date!

You might be a Wisconsinite if you have more fishing poles than teeth.

 USMS NATIONAL CHAMPIONSHIP REPORT
 Nancy-Leigh Fisher & Gordon Schalla

Fifteen swimmers, 4 women and 11 men, participated in the 1998 USMS National Masters Swimming Championships in Indianapolis in May. The women finished 9th out of 69 teams with 159 points and the men were 30th out of 56 teams with 66 points. Combined they were 18th. Individual results are as follows:

Laurie Alioto (40) 400 IM 5:09.33 1st 200 fly 2:28.54 2nd 100 fly 1:06.88 6th 100 back 1:08.61 6th 200 back 2:26.34 4th 500 free 5:56.00 5th	Melinda Mann (40) 50 breast :32.97 1st 100 breast 1:10.78 1st 200 breast 2:38.43 1st 50 fly :28.40 3rd 3rd 100 fly 1:03.78 2nd 100 IM 1:05.60 2nd	Corinna Maleike (38) 500 free 6:16.82 20th 200 fly 2:46.35 12th 200 IM 2:33.93 12th	Mark Simpson (40) 50 free :25.52 52nd 50 fly :27.71 36th 100 fly 1:04.69 41st	Rich Hubbard (45) 100 breast 1:14.90 20th 200 IM 2:41.73 34th
Nancy-Leigh Fisher (46) 100 free :56.97 3rd 200 free 2:05.61 2nd 500 free 5:38.22 2nd 1000 free 11:30.61 1st 100 back 1:04.69 2nd 200 back 2:23.19 1st	Morgan Byers (70) 200 free 2:37.75 6th 500 free 7:28.49 4th 1650 free 25:13.18 1st 200 back 3:15.81 5th 100 IM 1:24.21 6th 200 IM 3:09.83 4th	Tony Jansen (30) 50 free :25.18 38th 200 free 2:08.85 37th 50 breast :32.03 22nd 100 breast 1:09.81 25th 200 breast 2:34.33 15th 100 IM 1:05.04 26th	Gordy Schalla (71) 50 free :36.28 16th 50 back :44.00 10th 100 back 1:44.39 14th 50 breast :46.07 9th 100 breast 1:56.78 9th 100 IM 1:50.30 12th	Pete Toumanoff (47) 50 free :26.12 40th 100 free :57.51 38th 200 free 2:08.79 32nd 100 IM 1:06.58 23rd 200 IM 2:31.30 29th 400 IM 5:24.87 15th
Alan Becker (55) 1650 free 22:42.85 6th 50 fly :30.12 12th 100 fly 1:17.07 9th 200 fly 2:52.33 8th	Tom Meehan (51) 50 free :25.93 24th 100 free 1:00.26 30th 200 free 2:14.00 26th 200 back 2:31.37 10th	Andy Schaser (41) 50 free :23.71 23rd 50 fly :25.80 14th 100 fly :56.91 13th 200 fly 2:07.29	Steve Justinger (45) 200 free 2:19.59 42nd 1650 free 21:12.50 8th	Charlie Lonsdorf (47) 50 free :26.45 43rd 100 free :58.79 45th 50 fly :27.95 27th 100 IM 1:06.15 22nd

MELINDA MANN'S 100 BREASTROKE TIME IS A NEW AMERICAN RECORD! CONGRATULATIONS, MELINDA! SHE ALSO JUST MISSED THE AMERICAN RECORD IN THE 50 BREASTROKE. Nancy-Leigh reports that it was an amazing meet. Congratulations to all 15 of our WI masters swimmers on the fine job they did in representing our state at this national meet!

 1998 BADGER GAMES REPORT

A big THANK YOU to Dick Pitman and Phil Helmuth for the work they put in to making the 1998 Badger Games Masters Swim Competition such a tremendous success. 160 swimmers entered the meet and, like last year, we were greeted with a gorgeous summer day for our outdoor competition. Herb Howe, 86, claimed honors as the oldest male competitor (AND oldest over-all) while Fran Zeumer (78) was the oldest female competitor. What an inspiration for the younger swimmers to see Herb and Fran, and several others in their 70's still "in the swim". There was a lot of good, friendly, competition in all the events and it appeared that everyone really enjoyed themselves. Now - if we could just get those 160 entrants - plus others - to enter our state meet in August. Enter - and bring a friend!

Thanks, again, to Dick and Phil for making this another very successful masters swim meet.

 Word has been received that Herb Zien died in January of this year. Herb had been an avid swimmer until about a year before his death and was always interested in news of our swim events. Throughout his lifetime he participated in and won many events in many meets. Our condolences to Herb's wife, Nora, and other survivors.

 The following was sent to me by my daughter - most likely on a day when things weren't quite on the up and up with her boyfriend!

"Men are like a fine wine. They all start out like grapes, and it's our job to stomp on them and keep them in the dark until they mature into something you'd want to have dinner with."

10/05/97

WISCONSIN MASTERS LONG COURSE METERS RECORDS

	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK
WOMEN 19-24	:33.2	1:12.59	2:48.50	6:07.40			:37.63	1:25.41	3:11.92
WOMEN 25-29	:29.69	1:07.64	2:35.10	5:15.32	11:37.59	21:55.70	:39.71	1:26.59	3:09.85
WOMEN 30-34	:32.10	1:11.87	2:37.05	6:13.71	11:21.76	21:04.07	:36.64	1:20.84	2:56.30
WOMEN 35-39	:31.74	1:21.49	3:05.81	6:24.71	11:26.43	21:31.07	:37.98	1:18.32	2:49.56
WOMEN 40-44	:30.14	1:08.79	2:40.84	5:17.69	11:54.79	26:03.25	:34.65	1:20.13	2:50.62
WOMEN 45-49	:29.90	1:26.50	2:26.40	5:07.25	10:50.20	20:13.44	:34.41	1:45.81	2:44.19
WOMEN 50-54	:38.06	1:29.42	3:26.24	7:12.19	14:50.44	27:49.76	:43.95	1:52.73	3:41.38
WOMEN 55-59	:37.00	1:28.97	3:37.42	7:47.16	16:06.21	29:47.31	:45.24	1:56.69	4:17.23
WOMEN 60-64	:36.81	1:24.54	4:04.55	8:00.16	18:46.91	33:06.26	:44.32	1:40.29	3:45.39
WOMEN 65-69	:43.31	1:43.91	3:57.29	8:27.26	17:21.19	36:07.91	:54.78	2:02.77	5:20.23
WOMEN 70-74	:47.54	1:52.20	4:16.11	8:40.58	18:45.24	42:14.37	:51.45	1:56.77	
WOMEN 75-79	:49.73	1:57.68	4:16.45	9:05.63	22:08.18		1:13.67	3:34.32	7:20.63
WOMEN 80-84	1:57.41	3:06.37	6:28.32	11:51.96			1:34.64	3:33.40	7:52.16
WOMEN 85-89									
MEN 19-24	:29.00	1:02.02	2:23.27	5:13.51			:30.86	1:14.13	
MEN 25-29	:25.90	:58.76	2:08.09	4:32.64	10:07.38	17:54.03	:32.69	1:11.04	2:33.73
MEN 30-34	:26.76	:57.92	2:12.54	4:52.67	10:40.37	19:41.13	:30.57	1:07.77	2:37.28
MEN 35-39	:26.10	:57.90	2:18.69	4:54.52	10:53.70	21:12.76	:32.38	1:10.97	2:35.65
MEN 40-44	:26.33	:58.90	2:21.08	4:58.50	11:05.90	21:44.28	:32.78	1:17.34	2:39.34
MEN 45-49	:28.14	1:03.44	2:27.75	5:01.29	10:37.23	19:50.83	:36.72	1:20.43	2:56.01
MEN 50-54	:29.34	1:05.66	2:32.91	5:39.51	12:28.84	21:59.27	:42.51	1:25.69	3:02.02
MEN 55-59	:30.89	1:09.36	2:40.24	6:03.97	12:02.75	23:42.71	:35.85	1:29.09	3:09.35
MEN 60-64	:31.61	1:11.39	2:48.58	6:05.16	13:27.14	25:33.12	:39.83	1:31.62	3:14.36
MEN 65-69	:31.79	1:13.68	2:49.54	5:59.67	12:09.27	25:07.50	:43.23	1:44.01	3:40.33
MEN 70-74	:33.43	1:20.95	2:58.97	6:16.52	13:49.47	24:33.74	:46.59	1:50.07	4:07.78
MEN 75-79	:35.00	1:21.64	3:03.43	6:28.28	13:35.96	25:41.55	:56.99		
MEN 80-84	:40.00	1:41.97	4:04.11	8:55.00	17:20.08	31:13.13	1:02.05		
MEN 85-89	:51.09	2:22.65	5:33.99		18:54.18	35:41.62			
WOMEN 19-24	:38.27	1:23.96	3:06.89				2:47.36		
WOMEN 25-29	:40.32	1:24.77	3:08.15	:31.39	1:12.52	3:02.28	2:47.10	6:05.40	
WOMEN 30-34	:41.68	1:32.94	3:21.41	:34.45			3:03.28	6:23.97	
WOMEN 35-39	:40.34	1:31.39	3:17.74	:35.52	1:14.41	2:45.30	3:08.66	5:54.39	
WOMEN 40-44	:38.09	1:24.04	3:06.75	:31.87	1:13.80	3:30.08	3:00.56	7:04.88	
WOMEN 45-49	:43.65	1:42.17	3:47.73	:41.45	1:43.67	3:37.78	3:31.11	6:31.68	
WOMEN 50-54	:53.30	1:55.88	4:15.27	:41.68	1:47.99	4:16.47	3:35.81	8:22.64	
WOMEN 55-59	:47.17	1:46.30	3:47.56	:42.39	1:44.21	4:00.78	3:37.51	7:56.45	
WOMEN 60-64	:51.81	1:57.95	4:07.37	:42.84	1:53.23	6:24.33	3:40.57	10:55.62	
WOMEN 65-69	:53.36	1:56.69	5:20.00	:59.69					
WOMEN 70-74	1:02.70	2:29.31	5:20.28	1:11.79					
WOMEN 75-79	1:11.11	2:42.73	5:51.73						
WOMEN 80-84	1:26.20	3:22.91	7:24.77						
WOMEN 85-89									
MEN 19-24	:38.42	1:25.64		:27.91	1:16.07		2:42.95		
MEN 25-29	:33.98	1:14.53	2:46.18	:28.60	1:04.44	2:39.77	2:32.57	5:17.22	
MEN 30-34	:33.62	1:15.78	2:50.20	:28.41	1:07.06	2:46.19	2:31.79	5:40.17	
MEN 35-39	:35.61	1:17.79	2:49.35	:28.61	1:06.55	2:54.51	2:34.94	5:32.46	
MEN 40-44	:36.86	1:19.92	2:51.94	:28.66	1:05.90	2:37.18	2:33.30	5:35.22	
MEN 45-49	:37.30	1:21.85	3:02.15	:29.65	1:06.40	2:47.21	2:51.05	6:04.19	
MEN 50-54	:37.63	1:23.94	3:04.04	:31.50	1:15069	2:57.53	2:50.26	6:07.78	
MEN 55-59	:41.14	1:29.58	3:21.93	:33.56	1:25.40	3:21.17	3:03.49	6:31.56	
MEN 60-64	:40.20	1:33.19	3:26.80	:34.48	1:27.90	3:28.82	3:11.13	7:04.95	
MEN 65-69	:43.55	1:38.90	3:44.20	:34.78	1:33.61	3:40.65	3:28.92	7:21.76	
MEN 70-74	:54.77	2:20.04		:37.50	1:49.29	4:50.56	3:50.28	9:25.81	
MEN 75-79						5:08.90		9:53.41	
MEN 80-84	1:01.82	2:26.78				5:57.72			
MEN 85-89									

You might be a Wisconsinite if you know how to polka.

10/05/97

WISCONSIN MASTERS LONG COURSE METERS RELAY RECORDS

	200 FREE	400 FREE	800 FREE	200 MEDLEY	400 MEDLEY
WOMEN 76+					
WOMEN 100+					
WOMEN 120+				2:47.32	
WOMEN 160+	2:33.11			2:58.50	
WOMEN 200+	2:58.34			3:47.44	
WOMEN 240+	3:17.73			3:29.71	7:59.68
WOMEN 280+					
WOMEN 320+					
MEN 76+					
MEN 100+		4:36.81	11:21.54	2:17.75	
MEN 120+	1:50.32	5:27.77		2:05.61	5:18.68
MEN 160+	2:06.53	4:44.24		2:05.51	5:23.08
MEN 200+	2:44.55	5:59.51		2:48.99	6:26.40
MEN 240+	2:23.20			2:35.42	6:58.09
MEN 280+	2:23.20				7:18.98
MEN 320+					
MIXED 76+					
MIXED 100+				2:17.94	
MIXED 120+	2:13.36			2:17.44	
MIXED 160+	2:11.64	5:15.12		2:32.64	6:28.47
MIXED 200+	2:34.25	5:47.24		3:09.00	
MIXED 240+	2:29.94	5:37.11		2:50.36	7:25.53
MIXED 280+	2:43.48	6:57.74	15:57.06	3:42.97	
MIXED 320+					

RACINE QUARRY OPEN WATER CHALLENGE RESULTS

Sunday, July 5, 1998

Thanks to the OUTSTANDING efforts of meet director Linda Eberle, the 1998 Racine Quarry Swim was a big hit among the 52 masters entrants. As evidenced by the growing numbers (20 entries in '96, 40 in '97), this meet is quickly earning an excellent reputation in the Wisconsin, Illinois, and Minnesota area.

Swimmers were greeted with sunny skies, an air temperature of 75 and a water temperature of 80! The 1.2 mile masters segment of the swim (which included races for USS entrants as well) was started in 2 waves about 4 minutes apart. A shoreline start and finish was used which meant (for those of us unfamiliar with open water swims) swimmers lined up on the beach, and with the starting sound, ran into the water and proceeded to swim the course. Swimmers then had to exit the water and run into a timing chute to receive their finish times.

Chris Mayfield, San Francisco, CA., was the overall winner in 21:38.74. He was followed by Wisconsin swimmers Eric Jernberg (2nd), Keith Krueger (4th), Eric Eberle (8th), Andrew Schaser (10th), Antonio Portela (13th), Christopher Ehlenbach (14th), David Watson (17th), Joe Reischl (20th), Keith Wehr (23rd), David Avgeri (25th), Ed Wallen (26th), Paul Cooper (27th), Larry Baker (28th), Dan Joyce (32nd), Neil Wright, (34th), Gary Janicki (35th), Tom Mikulecky (39th), Brad Grunert (45th), John Bauman (46th), Will Moser (47th), and Ramon Klitzke (48th).

Doria Portela led the women entrants - who were ranked in the overall finish tabulation along with the men - in 5th place. Other Wisconsin women finishers were Laurie Alioto (9th), Carol Caesarean (19th), Melodee Nugent (24th), Carla Cooper (29th), Nancy Ehrke (31st), Doris Klitzke (37th), Carol Smollen (40th), and Ingrid Stine (44th).

In addition to a great swim and a great work out participants were able to enjoy the sandy beach, air conditioned bath house, FLUSH toilets (YES!), showers, lockers, and a concession stand. Each swimmer also received a goody bag with lotion, chips, Hardees coupons, note paper, candies, shampoo, and a bottle of 7-up as well as a T-shirt and swim cap! All for the \$15.00 entry fee!

Congratulations, once again, to Linda Eberle for her work in establishing this meet and running it so successfully. Mark you calendars for next year's quarry swim - Saturday, July 3rd, 1999!

TIP OF THE MONTH: WARM UP FOR MEETS
From Maverick Lane Lines
March 1998

If you have a warmup that has been successful for you in the past, use it! If you normally swim about 2000 yards in your training, you should swim about 500 yards for your warmup. Concentrate on technique, be relaxed and loosen up. Pace 50's will help on your distance events. Include 50's and 25's of each stroke, gradually building up to race pace. Get acquainted with the starting blocks by doing several starts for each of the strokes you are swimming. Sprint as you plan to do in your race, because your body needs to get used to swimming fast. Do turns for your events, and if the meet is outdoors, note how the wind is blowing the backstroke flags. Observe how that changes the number of strokes you need from the flags to the wall at each end of the pool.

It's a good idea to practice the warmup you will be doing at the meet in your training sessions, especially the week before the meet. Preparation for the meet also includes eating whatever foods work well for you. Do this before workouts, so your body doesn't have to adjust to new foods. Get to the meet on time and you won't be rushed. Check the heat sheet to know your events and lane assignments. Do a short warm up and stretch your muscles for each event. Cool down after each event to reduce the buildup of lactic acid in your muscles.

Mentally prepare for each event. Think about the event and visually go through your race - step up on the block, go through each stroke, turn and touch out at the finish. Program your meet so you will be on automatic and you will make fewer mistakes, be more relaxed and enjoy the thrill of the competition, whether it's your first meet or umpteenth.

USMS SERVICE AWARD
NOMINATIONS
DUE AUGUST 1ST

USMS recognizes the tremendous time, resourcefulness, and creativity of our volunteers. To show our appreciation for these volunteers, we have established the USMS Service Award. If you know of a worthy recipient, share your perception of this person's service by letter. Submit your nomination to Mary Lee Watson, Chairman, Recognition & Awards, 109 Cottonwood Drive, Franklin, TN., 37069, by August 1st. Be sure to include the name, address, and phone number of the nominee, the type of service, the scope and impact of the nominee's service, and your own name, address, and phone number. Fifteen of our invaluable volunteers will be recognized.

Congratulations to Gary Bezella who swims out of the Neenah-Menasha YMCA and for Wisconsin Masters. At the state short course yards meet this past April Gary won and set new state records in the 50 and 100 yard freestyle events (:26.59 and 1:01.99 respectively). Those records had been on the books since 1985 (for the 50) and 1986 for the 100. Gary swims in the 60-64 age group. CONGRATULATIONS, GARY!

Interested in the 3000 and/or 6000 yard postal National Championships? This event can be swum in any 25 yard pool any time between September 1 and October 31, 1998. Send a SASE to me (10346 Cedar Falls Rd., Hazelhurst, WI., 54531) or contact Ann Svanson, P.O. Box 425, Greenfield Center, NY, 12833, 518-893-1967 before 8:00 PM EST or E-Mail asvanson@skidmore.edu.

You might be a Wisconsinite if your 4th of July family picnic was moved indoors due to frost.

WISCONSIN MASTERS
LONG COURSE SWIMMING CHAMPIONSHIPS
AUGUST 7-8-9, 1998

- SPONSORED BY: The Wisconsin Masters Aquatic Club.
- SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 208-09.
- LOCATION: Wilson Park Recreation Center, 4001 So. 20th St, Milwaukee, WI.
- FACILITIES: 8 lane, 50 meter pool with anti-turbulent lane guides, starting blocks, and back-stroke flags.
- TIME: Friday, Aug 7: Warm-up 6:00 PM, meet starts at 6:45 PM. Saturday, Aug 8 and Sunday Aug 9, Warm-up 7:00 AM, meet starts at 8:00 AM.
- ELIGIBILITY: Open to all Masters Swimmers 19 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Swimmers not registered with the WI LMSC must submit a copy of their USMS registration card.
- RULES: Official Masters Rules will govern this meet. All events will be timed finals.
- SEEDING: The 400 and 1500 freestyle will be deck seeded, slowest to fastest. All other heats will be pre-seeded, by computer, slowest to fastest. Please submit a reasonably accurate seed time. A No Time will be seeded in the slowest heat. Entries for the 1500 freestyle will not be accepted without a seed time which, at the discretion of the meet director, may be subject to changed based on prior performances. Age groups and sexes will be combined to expedite the meet.
- TIMING: Will be with an automatic timing system backed up by watches. Members of the WMAC will be expected to assist with the timing.
- WARM-UPS: Lanes 1 & 8 will be start and sprint lanes with swimming in one direction only and exiting to the side or end. Lanes 2-7 will be for circle swimming only - NO DIVING STARTS from the blocks or the deck in lanes 2-7. Swimmers must enter the pool feet first in a cautious manner in lanes 2-7. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.
- WARM-DOWN: The shallow side of the pool, west of lane 1, will be available for warm-up/warm-down during the meet. Diving or jumping into or socializing in this area may result in an event disqualification at the discretion of the meet referee.
- ENTRY FEE: \$2.50/individual event, plus a \$5.00 surcharge for facility user fee. Fees must accompany entries.

DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED

Relays will be deck entered.

CHECKS PAYABLE TO: WISCONSIN MASTERS AQUATIC CLUB

- ENTRY LIMIT: Five entries per day plus relays and the 1500 freestyle. THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps.
- ENTRY DEADLINE: Entries must be in the meet directors hands no later than 6:00 PM, Sat, August 1.

ENTRY FORM: The official entry form must be used, one person per form and the waiver must be signed without any alterations.

AWARDS: Ribbons for 1st through 3rd place.

MEET DIRECTOR: John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53214 (414-453-7336)

SCHEDULE OF EVENTS:

Friday, August 7 - Warm-up 6:00 PM 1. 1500 freestyle

Saturday Aug. 8

- Warm-up 7:00 AM
- 2. 50 M butterfly
- 3. 400 M IM
- 4. 200 M backstroke
- 5. 100 M freestyle
- 6. 100M breastroke
- 7. 50 M backstroke
- 8. 200 M butterfly
- 9. 200 M free relay*
- 10. 400 M medley relay*
- 11. 800 M free relay*

Sunday Aug. 9

- Warm-up 7:00 AM
- 12. 50 M freestyle
- 13. 200 M IM
- 14. 100 M backstroke
- 15. 200 M breastroke
- 16. 200 M freestyle
- 17. 100 M butterfly
- 18. 50 M breastroke
- 19. 200 M medley relay*
- 20. 400 M free relay*
- 21. 400 M freestyle

*RELAYS MAY BE ALL MEN, ALL WOMEN, OR MIXED. SUBMIT RELAY ENTRIES AT THE MEET.

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GUIDELINES TO WATACH YOUR WEIGHT
from Shark Snooze

NEW MEAL APPEAL: People on diets tend to eat the same thing day after day, leading to boredom and binging. Try two new recipes every month. Serve soup. Broth-based, vegetable laden soups are naturally low in fat and calories. Pass up foods you don't like, even nutritious ones. Forcing down something you hate will turn you off to healthy eating.

FAT-TRIMMERS: Go meatless three days a week. Mix meat with rice or pasta to stretch it. Switching from 2 glasses of whole milk a day to 2 glasses of 1 percent can mean losing 10 pounds a year.

SALAD TRIMMERS: Put dressing in a spray bottle and mist salads. When eating out request dressing on the side. Stick to high-fiber salad bar fillers such as beans and raw vegetables.

DE-FATTING DINING: Balance a high-fat entree with a light dessert such as fruit ice. Skip the entree and order a few light appetizers. Eat the bread. It's a good, low-fat source of complex carbohydrates. Some restaurants serve over-size portions. Take some home.

DIET-WISE DESSERTS: Do your baking in the morning. At that early hour, rich ingredients are less tempting. Don't taste batter while baking, but allow yourself a small serving when done. Don't deprive yourself - you'll eventually give in and overdo it.

LIQUID ASSETS: Mix high-calorie fruit juices in favor of mineral water or water flavored with juice. Substituting club soda for a daily regular soda can mean shedding a pound a month. Curb caffeine, which may boost hunger. Limit calorie-packed alcohol to two drinks per day. Drink two calorie free drinks for every alcoholic one.

TRY MOTIVATOR: You should feel noticeable better after just one day of lowfat eating. If you don't, you haven't cut back enough. Don't broadcast your weightloss intentions. It's an open invitation for diet saboteurs. Forget the scale. It doesn't take into account increases in muscle, which weigh more than fat. Anticipate setbacks. When you slip, take the long view. Overeating one day isn't as important as what you eat over a whole week.

EXERCISE ADVANTAGE: Feeling down? Take a fast walk. Exercise boosts mood. Get active. March in place while you're on the phone. Walk instead of driving. Turn off the tube. Watching TV slows your metabolic rate. No time to exercise? Make an appointment with yourself on your calender - and keep it.

ENTRY FORM
 WISCONSIN MASTERS CHAMPIONSHIPS
 August 7-8-9, 1998

NAME _____ TEAM _____ MALE
 FEMALE

USMS NO: _____ BIRTH DATE _____ AGE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

SCHEDULE OF EVENTS

Friday, August 7	Seed Time		
1. 1500 M freestyle	_____		
Saturday, August 8	Seed Time	Sunday, August 9	Seed Time
2. 50 M freestyle	_____	12. 50 M freestyle	_____
3. 400 M IM	_____	13. 200 M IM	_____
4. 200 M backstroke	_____	14. 100 M backstroke	_____
5. 100 M freestyle	_____	15. 200 M breastroke	_____
6. 100 M breastroke	_____	16. 200 M freestyle	_____
7. 50M backstroke	_____	17. 100 M butterfly	_____
8. 200 M butterfly	_____	18. 50 M breastroke	_____
9. 200 M free relay*	_____	19. 200 M medley relay*	_____
10. 400 M medley relay*	_____	20. 400 M free relay*	_____
11. 800 M free relay*	_____	21. 400 M freestyle	_____

*RELAYS WILL BE DECK ENTERED AND MAY BE ALL MEN, ALL WOMEN, OR MIXED.

SURCHARGE	\$	5.00
ENTRY FEES _____ *INDIVIDUAL EVENTS @ \$2.50	\$	_____
TOTAL FEES	\$	_____

LIABILITY RELEASE

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 of 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, INCLUDING ALL 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 SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED _____ DATE _____

"THE DREADED DQ" FOLLOWUP

In a follow-up to Michael Moore's article, "The Dreaded DQ" (SWIM Magazine-May/June '97), the USMS conducted a study of DQ's at the '97 Pacific Northwest LMSC Championships, the '97 USMS Short Course National Championships, and the '97 Pan Pacific Championships. Out of 3000 swimmers, and 14,000 "splashes", there were 215 disqualifications. Throughout these three large championship swim meets the most common reasons for disqualification were as follows:

- #1 - early take-off on a relay.
- #2 - false start
- #3 - fly kick during breaststroke
- #4 - not completing the race
- #5 - past vertical during backstroke
- #6 - shoulders not level during breaststroke turn or finish
- #7 - non-continuous back turn
- #8 - one hand touch (fly or breaststroke)
- #9 - underwater recovery during fly
- #10 - non simultaneous touch (fly or breaststroke)
- #11 - alternating kick during fly
- #12 - double pull during breaststroke (start or turn)
- #13 - wrong stroke or out of sequence IM
- #14 - alternating kick during breaststroke
- #15 - no touch on back turn

The vast majority of these DQ's could have been eliminated if the swimmers practiced these aspects of the race more - and/or if they were more familiar with the USMS rules. It is vitally important to keep the little things in mind as we go through our daily swims!

WISCONSIN MASTERS SWIMMING
10346 CEDAR FALLS ROAD
HAZELHURST, WI 54531