

# WISCONSIN MASTERS SWIMMING

## SEPTEMBER 2001



### A Note From Nancy WMAC Newsletter Editor

Can you believe that summer has come and gone already! Just when we begin to feel comfortable with the long course pool we find ourselves back inside doing lots of turns. Despite the absence of a State LC Championship meet those who wanted to found several opportunities for competition this summer. Badger State Games participants were once again treated to an absolutely gorgeous summer day with great competition and a well run meet. Ditto for the Lake Amy Belle Swim and the Racine Quarry Swim. Three of our Wisconsin Masters teammates traveled to St. Louis for the State Games of America and while I do not have anything official from the Senior Olympics National competition in Baton Rouge I would imagine the Dairy State was represented there as well. But now it is time to turn our thoughts to indoor pools and short course yards and meters meets. Look in this issue for the entry information and entry form for the SC Meters meet at Lawrence University in Appleton on October 27. Our complete short course season will be established at the annual meeting of the Wisconsin Local Masters Swim Committee September 29. More details concerning this meeting are found elsewhere in this newsletter. Check for a BIG announcement from our LMSC chairman John Bauman. And please take the time to thoroughly read his report concerning the structure of Masters Swimming. Our meet participant numbers have been down for the last couple of years despite having record registration numbers. Let's all do our part to correct this! Here's to a successful 2001-2002 short course season for all of us - individually and as an organization.

### EXERCISE CAN LOWER BLOOD PRESSURE FOR HOURS

The Journal of the American Medical Association

Did you know that a single 45 minute session of exercise can lower your blood pressure for the entire day? A research team led by James Hagburg, M.D. conducted a study at the University of Maryland at College Park. They took baseline blood pressure readings on overweight, sedentary men aged 49-67. The men then logged 45 minutes on a treadmill in three 15 minutes sessions separated by short rest periods.

Systolic blood pressures (the first number) remained significantly reduced for 16 hours after exercise. Diastolic pressures (the second number) were lower for 12 hours although these readings were comparatively less lower than the systolic readings. Results of the study showed that average systolic, diastolic, and mean arterial blood pressures in the men involved remained lower than baseline blood pressure for 24 hours after exercise. Results were published in *The Journal of the American Medical Association*.

### WORLD MEET CHRISTCHURCH, NEW ZEALAND APRIL 23-30, 2002

Gordy Schalla is putting out the call! Anyone interested is attending the World meet in Christchurch, New Zealand, April 23-30, 2002, PLEASE contact Gordon at: 1660 Co Tr NN, West Bend, WI., 53095. Gordy is interested in formulating some relays for this meet and since attending a meet this far from home requires a bit of advance planning it should be easy enough to coordinate entries and form some relays. So - be sure to contact Gordy if you have any interest in attending this meet.

Greater Indiana Masters Swimming (GRIN) is hosting the Great Lakes Zone SCM Championships, Oct 27-28, 2001 at the IU Natatorium in Indianapolis. If you've never swum there you are in for a treat! Contact Nancy Kranpitz by e-mail ([jnk@newnorth.net](mailto:jnk@newnorth.net)) or 10346 Cedar Falls Rd, Hazelhurst, WI 54531, for meet entry info and entry form.

The annual meeting of the Wisconsin Masters Swim Committee, Inc., (LMS), will be held Saturday, September 29, 2001, at 1:00 PM at 11917 W. Rainbow Ave., West Allis, WI (Rainbow Ave is one block north of Greenfield Ave). Business to be conducted will include elections of LMSC officers (a new LMSC Chairman will be elected at this meeting); establish registration fees for 2002; set a meet schedule for 2001-2002; review of changes to the USMS rules as adopted at the 2001 convention; and any other business that may be brought before the committee. 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 prior to the meeting will be given consideration. Offices and officers up for election include: Secretary-Patricia Alarie; Sanctions-Harlan Drake; Treasurer-Ingrid Stine; Officials-Debra Mueller; Long Distance-Eric Jernberg; Coaches-Dick Pitman; Registrar and Top Ten/Records-John Bauman; Newsletter-Nancy Kranpitz; Web Master-Ray Diederich. This meeting is open to all WI registered swimmers!

## MOVING?????????

Please be sure to send your address changes as soon as possible to **John Bauman** by either snail mail or e-mail ([wmac@execpc.com](mailto:wmac@execpc.com)). John includes all address changes in his monthly registration report to USMS. Your issue of **SWIM** magazine may not get forwarded so it is important to allow enough time for all entities to be notified.

### 2001 USMS LONG COURSE NATIONALS

Three Wisconsin Masters swimmers participated in the **USMS Long Course National** meet held in Federal Way, WA, August 16-19.

**Melinda Mann, 45**, placed 1st in the 50 Breastroke in :37.35, 1st in the 100 Breastroke in 1:22.30, 2nd in the 200 Breastroke in 3:04.41, 3rd in the 50 Butterfly in :32.83, 1st in the 100 Butterfly in 1:12.26, and 2nd in the 200 IM in 2:41.31. **Melinda** literally **smashed** all the previous Wisconsin State record times for these events.

**Judy Davis, 66**, placed 3rd in the 200 Free in 4:21.00, 3rd in the 400 Free in 9:23.26, and 5th in the 200 Backstroke in 5:03.23. **Judy** took an amazing **16 seconds** off her prior state record time in the 200 Back.

**Betty Lorenzi, 74**, placed 2nd in the 200 Free in 3:29.84, 2nd in the 400 Free in 7:26.09, 1st in the 1500 Free in 29:11.02, 2nd in the 50 Back in :50.79, 1st in the 100 Back in 1:41.97, and 2nd in the 200 Back in 3:44.00. **Betty** set **new state records** in all but 1 event and she took an amazing **38 seconds** off her old record time in the 1500 free.

Congratulations **Melinda, Judy, and Betty** on your tremendous success at the National Meet and thank you for being such outstanding representatives of the great state of Wisconsin!

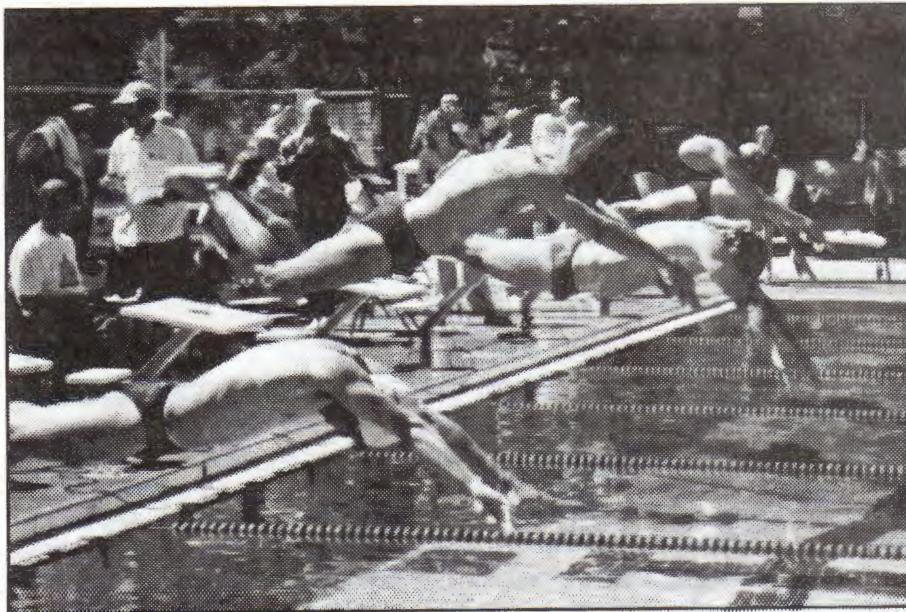
**Mike Ziniel** reports there is a brand new (or vastly remodeled) YMCA facility in Door County with not one, but two pools with, as Mike said, "an 8 lane 25 yard competition pool for me." He's been asked by the Director to form a Masters team for the pool. So next time you head to Door County for R&R don't forget to jump in with Mike for a good workout.

**Dick Pitman** reports that he has met with a group in Baraboo who want to get a Masters group going in that community. It will be based in the 4 year old Baraboo Middle School, an 8 lane, 25 yard facility with Colorado Timing System. According to Dick it is a beautiful pool where we may be able to schedule a meet in the future.

### Wisconsin Masters Web Site

[www.Swim-wimasters.org](http://www.Swim-wimasters.org)

Check it out!



**Badger State Games** swimmers were treated to a wonderful facility, nice pool temperature, a gorgeous, warm, sunny day, and a superbly run meet! Above, a heat of the men's 200 IM takes flight.

### Lake Amy Belle Swim

Eric Jernberg

Sunny skies, air temperatures in the 80's, water temperature in the 80's, and a good sized crowd all combined to make this year's Lake Amy Belle Swim one of the best yet. Approximately 50 masters swimmers entered. Most came early and many stayed late to socialize with the others. Several of the masters swimmers had children swimming in the age group events making this a real family event. Thanks to all who participated and all who helped to make this year's swim the best yet!

## Adventures in Japan

From GRIN Newsletter by Jim Barber and Sachi Sawamurs

The following is an abbreviated account of Jim Barber's swimming experience in Japan. Next time we think we have it bad when trying to get in a workout with all our "accessories" - remember this!

1 Dec 2000. Tokyo, Japan, Tatsumi International Pool. I couldn't believe it! I felt like I had committed the pool crime of the century. I had been stopped by the lifeguard for wearing my Ironman watch on deck.

I have always felt fortunate to have such a good swimming program as Indy Swim Fit. But I didn't know how lucky I was to be a masters swimmer in Indiana until I swam with Sachi Sawamura recently at Tatsumi International Pool. Tatsumi is a beautiful complex near downtown Tokyo with two 50 meter pools and a 25 meter pool/diving well. The complex has seating for approximately 4500 people. The competition pool is 10 lanes and the entire bottom can be hydraulically adjusted.

In addition to the basic rules such as no running and no diving in the shallow end, be prepared for the following when you visit Japan (or China) in search of a pool:

1. Plan your swim in advance. Most commute times are 60 to 90 minutes and you have to take the subway. Taxis or a car are out of the question and too expensive.

2. Pool admission varies. While visiting China, I found admission changed daily. The 1st day it was 16 RMB (\$2 USA). The next day it was \$6, and on the 3rd day it was \$10. I didn't go back for a 4th! My Chinese friend told me they thought I was a rich American and could afford it. The admission system in Japan is unique. Each time you visit the pool you purchase admission by vending machine and receive a paper card with a magnetic strip. The card lets you enter the gate and the locker areas. It also serves as your locker key and you need the card to exit the complex.

3. You must remove your shoes upon entering the locker room and they are strictly prohibited on deck. Shoes must also be bagged in plastic before stowing them in the locker.

4. Showering is mandatory. At Tatsumi, showers installed over the footbath turn on automatically when you pass.

5. Nothing is allowed on the pool deck, not even a towel. I made the mistake of taking my backpack on deck. The lifeguard was quick to tell us to remove it and stow it in the locker...a long walk back to the locker room.

6. No swimming paddles, pull-buoys, fins or kick boards. Sachi was stopped when she brought her favorite yellow paddles on deck...another long trek to the locker room.

7. You are not allowed to wear a wristwatch in the pool. I was told by take my Ironman off. I did, but once again, I had to make yet another long trek to the locker room.

8. No water bottles. After returning from putting her paddles away, another guard told Sachi to remove her water bottle...back to the locker room. At this point we were ready for a strip-search.

9. You must enter the water from the side of the pool not the end. This was our fifth violation in just 10 minutes.

10. Swim caps are required. This is the norm in Asia so I was prepared for this one.

11. In the Tatsumi pool we were able to swim all strokes, but some pools prohibit butterfly, kicking, or any stroke that makes too much splash.

12. No cameras...back to the locker room! (I did sneak a picture of Sachi on deck before getting busted).

13. No soap or shampoo is allowed in the showers. I quit asking questions at this point.

14. All of us should feel fortunate. We are blessed with convenient pools in Indiana.

COMPLETE TEXT CAN BE FOUND AT: [IndySwimFit.com](http://IndySwimFit.com)(eds).

## FROM THE PRESIDENT/CHAIRMAN

JOHN BAUMAN

The annual meeting of the Wisconsin Masters Swim Committee, Inc., will take place on Saturday, September 29, 2001, at 1:00 PM at 11917 W. Rainbow Ave, West Allis, WI. All Wisconsin Masters swimmers are invited to attend.

**After 27 years as President/Chairman it is time to turn the reigns of the organization over to someone younger. After much discussion with board members Dick Pitman will be nominated, as the board's choice, for President/Chairman at the annual meeting.**

**Other nominations, of course, will be accepted for this position as well as all the other corporate officer positions.**

Nominees for the other positions are: Patricia Alarie - Secretary; Harlan Drake - Sanctions; Ingrid Stine - Treasurer; Debra Mueller - Officials; Eric Jernberg - Long Distance; Dick Pitman - Coaches; John Bauman - Registrar and Top Ten/Records; Nancy Kranitz - Newsletter; Ray Diederich - Web Master.

**USMS 2000 TOP TEN SHORT COURSE YARDS**  
**WISCONSIN SWIMMERS -INDIVIDUALS**

**Congratulations to the following Wisconsin Swimmers for achieving Top Ten Short Course Yards recognition:**

**Amy Meinholtz 35**

10th 50 Breast :33.66

**Cynthia Maltby 45**

7th 50 Back	32.36
10th 100 Back	1:11.29
10th 200 Back	2:36.29
10th 50 Fly	:29.79
6th 100 IM	1:08.59
8th 200 IM	2:33.04

**Betty Kendall 80**

5th 50 Free	:45.60
5th 100 Free	1:46.46
5th 200 Free	3:54.01

**Bill Payne 71**

8th 100 Fly	1:33.08
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**Robert Kueny 70**

9th 100 Fly	1:33.94
7th 200 Fly	3:45.73

**Betty Lorenzi 73**

8th 100 Free	1:29.07
8th 200 Free	3:17.36

8th 500 Free	8:36.24
5th 1000 Free	17:30.44

2nd 1650 Free	28:39.77
3rd 50 Back	:44.32

3rd 100 Back	1:36.04
3rd 200 Back	3:29.25

**Doris Klitzke 65**

8th 50 Back	:43.07
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7th 100 Back	1:35.96
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4th 200 Back	3:29.01
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7th 50 Fly	:45.17
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3rd 100 Fly	1:42.13
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7th 100 IM	1:35.75
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3rd 200 IM	3:30.84
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**Lynn Surles 83**

9th 50 Free	:37.78
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10th 100 Free	1:32.53
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**Melinda Mann 44**

8th 50 Breast	:34.03
9th 100 Breast	1:14.71

**Arrietta Clauss 45**

4th 100 Breast	1:16.26
2nd 200 Breast	2:43.99

**Ingrid Stine 62**

10th 200 Fly	3:51.16
10th 400 IM	7:33.46

**Dan Natali 52**

6th 200 Fly	2:17.33
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**W. Morgan Byers 73**

10th 1000 Free	15:42.76
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**John Bauman 70**

10th 100 Fly	1:34.51
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**CONGRATULATIONS!**

**BADGER STATE GAMES**

Dick Pitman

The Badger State Games were once again a most successful venture. Things are running so smoothly with this meet that it is almost scary! The weather was gorgeous, the water temperature perfect, and the competition fierce. With all these "plusses" one hardly noticed that fewer people were there this year. Next year there are going to be some changes which MANY of us will like. The 50 Breast, 50 Back, and 100 Fly events will be added to the program. Entrants will still be limited to 3 individual events. However, there will be three more events to choose from. This meet is "unsanctioned" - so no fast/outstanding swims could be counted toward Wisconsin Masters State Records or for USMS Top Ten. However, several Badger Games Meet records were broken. Thanks to all who continue to make this meet such a success.

**STATE GAMES OF AMERICA**

Carol Smollen

Three swimmers from the state of Wisconsin competed in the **State Games of America** in St. Peters, MO, August 10-12, 2001. The competition was held in a beautiful 25 yd pool and despite the low number of swimmers competing (85) our Wisconsin contingent had a wonderful time. Their results are as follows:

**Carol Smollen, 57**, 100 Back (1st), 100 Free (1st), 100 Breast (1st), 160+ 200 Free Relay (1st), 160+ 200 MR (2nd).

**Morgan Byers, 73**, 500 Free (2nd), 400 IM (1st), 200 IM (2nd), 200 Free (2nd), 100 Back (1st), 100 Free (2nd), 200 Back (3rd), 100 IM (1st), 280+ 200 MR (1st).

**Gordon Schalla, 74**, 50 Breast (1st), 50 Back (1st), 100 Back (1st), 50 Free (2nd), 50 Fly (2nd), 100 Free (2nd), 100 IM (2nd).

**Congratulations Carol, Morgan, and Gordon** on your success in the **State Games of America**!

Don't forget-annual meeting of the WI LMSC, Sept 29, 1:00 PM, 11917 West Rainbow Ave, West Allis,

For 27 years John Bauman has spent most of his swim meet time behind the desk running the timing system-and doing a very fine job of it at that! Another long time volunteer, Harlan Drake, is behind John in this photo.

We now look forward to seeing John being able to spend more of his meet time in the pool. (See photo below!)

We hope you enjoy your "retirement", John!



## AN EXPLANATION OF THE STRUCTURE OF MASTERS SWIMMING

John Bauman

United States Masters Swimming, Inc. (USMS) is the national governing body and consists of 53 Local Masters Swim Committees (LMSC), each of which governs the operation in its designated territory. Each LMSC in turn registers swimmers and collects annual dues, which consists of a USMS annual fee and an amount to cover the LMSC's costs.

The Wisconsin Masters Swim Committee, Inc (WMSC), is a State of Wisconsin chartered non-stock and non-profit corporation. The corporation operates as the Local Masters Swimming Committee (LMSC) for Wisconsin.

In addition to registering individual swimmers, an LMSC may register clubs. A club pays an annual USMS fee plus a LMSC fee. Such a club is nominally known as a National club. However, Wisconsin and other LMSC's have found that having small local National clubs is not very practical when competing in out-of-state or National meets and therefore have one super or umbrella National club.

The Wisconsin super club is the Wisconsin Masters Aquatic Club (WMAC) and is a separate entity from WMSC. I am aware the similarity of names causes confusion, especially since the officers of one are also officers of the other. The current club president is Eric Jernberg and I am the secretary/treasurer. The club sponsors and runs almost all the swim meets. The Wisconsin Masters Aquatic Club, unlike most swim clubs, does not charge annual membership dues. The club's only revenue is from meet entry fees plus the annual dues charged to several local clubs that operate under the WMAC umbrella. All Masters swimmers registering in Wisconsin are automatically registered as members of WMAC unless they specifically choose to register as unattached. Relay teams must be composed of USMS members of the same club. Therefore, unattached swimmers may not compete in relays.

Besides registering swimmers and clubs the Wisconsin LMSC also produces a newsletter at least 4 times a year and maintains a web site ([www.swim-wimasters.org](http://www.swim-wimasters.org)) which has meet and registration information. We also post the results of meets and the state records on the web site.

Currently we have 350 registered swimmers - the largest number Wisconsin has ever had. From the recent inquiries we have received it appears that the program is finally about to blossom and I know Dick Pitman will do an excellent job as President/Chairman. -John Bauman



John Bauman graduated from Pulaski HS, Milwaukee, in 1948. He and Tom "Grampa" Michelson were teammates in '47-'48. Tom reports that John was a great breastroker who won many races. They also played together on the tennis team and fought a few battles there as well. Over 50 years later John still beats Tom more often than not and he continues to excell in the breastroke.

Here's John completing the fly leg of the 200 IM at The Badger State Games, June, 2001.

## **USMS 2001 TOP TEN - SHORT COURSE YARDS - RELAYS**

Congratulations to the following WMAC Relay teams for achieving Top Ten Status for 2001 Short Course Yards!

### **Women 25+**

9th 400 MR 5:00.54  
Jayne Wanless 28  
Sara Allen 25  
Heather Curnutt 27  
Angela Urbon 27

### **Women 55+**

2nd 400 FR 6:20.55  
Ingrid Stine 61  
Betty Kendall 80  
Betty Lorenzi 73  
Carol Smollen 56

### **Men 45+**

3rd 400 MR 4:17.53  
Rob Meyer 45  
Peter Toumanoff 50  
Tom Meehan 54  
Dan Natali 52

### **Mixed 25+**

7th 800 FR 9:05.59  
Sara Allen 25  
Peter Maternowski 43  
Jerry Lourigan 35  
Heather Curnutt 27

### **Mixed 55+**

2nd 800 FR 11:12.55  
Ingrid Stine 62  
Carol Smollen 57  
Dick Pitman 56  
John Couper 55

### **Women 45+**

8th 200 MR 2:21.48  
Janet Schultz 50  
Arrietta Clauss 45  
Cynthia Maltby 45  
Candy Christensen 54

### **Women 55+ \***

1st 400 MR 6:45.42  
Betty Lorenzi 73  
Carol Smollen 56  
Ingrid Stine 61  
Doris Klitzke 65

### **Men 25+**

### **Women 55+**

3rd 200 FR  
Ingrid Stine 61  
Betty Lorenzi 73  
Carol Smollen 57  
Doris Klitzke 65

### **Women 55+**

5th 200 MR 3:08.38  
Doris Klitzke 65  
Carol Smollen 56  
Ingrid Stine 62  
Betty Kendall 80

### **Men 35+**

5th 400 FR 3:35.72  
David Wells 36  
Guy Lofts 38  
Jason Wrone 28  
Chris Beyer 36  
Eric Jernberg 42

### **Men 65+**

3rd 400 MR 7:12.42  
Jack Hughes 69  
Alex MacGillis 72  
Robert Kueny 70  
John Bauman 70  
Tom Michelson 69

### **Men 65+**

9th 200 FR 2:27.50  
Gordon Schalla 74  
James Sevenich 71  
Robert Kueny 70  
John Bauman 70

### **Men 65+**

10th 200 MR 2:50.85  
Gordon Schalla 74  
Robert Kueny 70  
John Bauman 70  
Tom Michelson 69

### **Mixed 45+**

6th 400 FR 5:06.54  
John White 49  
Edith Jacobsen 53  
Tim Trowbridge 61  
Arrietta Clauss 45

### **Mixed 55+**

10th 200 FR 2:15.26  
Ingrid Stine 62  
Carol Smollen 57  
Dick Pitman 56  
John Couper 55

### **Mixed 55+ \***

1st 400 FR 5:00.34  
Ingrid Stine 62  
Carol Smollen 57  
Dick Pitman 56  
John Couper 55

\* By virtue of their first place ranking the Women 55+ 400 MR team of Betty Lorenzi, Carol Smollen, Ingrid Stine and Doris Klitzke AND the Mixed 55+ 400 FR team of Ingrid Stine, Carol Smollen, Dick Pitman, and John Couper have been named RELAY ALL-AMERICANS!

### **CONGRATULATIONS!**

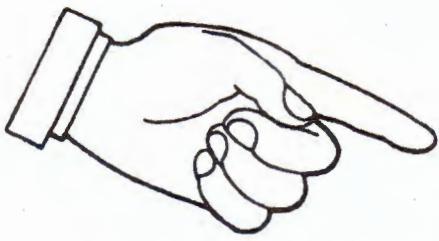
### **TOP TEN PATCHES**

The Top Ten Patches are sold by the Lake Erie LMSC. Darlynne Ferguson is stepping down and Thomas Gorman is now the person to contact to order Top Ten Patches. Thomas can be reached at 3369 Desota Ave., Cleveland Heights, OH, 44118, or at [trgorman@att.net](mailto:trgorman@att.net)

It is with great sadness that we report that Elizabeth John, an active member of Wisconsin Masters Swimming from 1973 to 1996, and a USMS All-American, passed away July 17, 2001, thirteen days short of her 91st birthday. My favorite recollection of Libs: Upon complimenting her on her colorful and attractive Speedo swim suit she felt compelled to justify her purchase by saying "It's probably the last suit I'll ever buy". Happily Libs out lived that suit, and several more. She has been missed poolside since she was forced to give up competing - and will continue to be missed in the future. Wisconsin Masters is better for having her with us for 23 years.

From the **Journal of Epidemiology and Community Health**  
Smoking negatively affects women more than men possibly because women's lungs are smaller. If women smoke the same amount as men, they inhale a greater concentration of harmful gas. Female smokers also are more at risk for developing asthma and other respiratory problems.

From the **American Heart Association**  
Laughter and a sense of humor may help prevent heart and artery disease according to a recent survey. A hearty laugh often coincides with a feeling of well-being and euphoria, lessening mental stress associated with heart attacks, says Michael Miller, M.D., director of the center for preventive cardiology at the University of Maryland Medical Center.



WISCONSIN MASTERS AQUATIC CLUB  
SHORT COURSE METRIC SWIM MEET  
LAWRENCE UNIVERSITY  
October 27, 2001

SPONSOR: WISCONSIN MASTERS AQUATIC CLUB

SANCTION: USMS, INC. and LMSC for Wisconsin Sanction No. 201-008.

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.

DATE/TIME: October 27, 2001. Warm-up: 12:00 noon to 12:25 p.m. Meet starts at 12:30 p.m. and will end by 6:00 p.m.

RULES: Official U.S. 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. Age group determined by swimmer's age as of December 31, 2001.

TIMING: Automatic timing system backed up with watches.

WARM-UP PROCEDURE Lane 8 will be a start and sprint lane with swimming in one direction only and exiting from the side or end. Lanes 1-7 will be for circle swimming only. NO DIVING in lanes 1-7. 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. Registrations will be accepted at the pool lobby beginning at 11:00 a.m. and closing at 12:00 noon.

ENTRY FEES: \$2.50/individual event. OR -- A Bargain rate: Pay only \$10. to swim a pentathlon. Fee for deck entries is \$4/event. A pool surcharge of \$2.00 will be added to entry fee. Make checks payable to WISCONSIN MASTERS AQUATIC CLUB. No charge for relays.

ENTRY LIMIT: Five individual events plus relays.

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

MAIL ENTRIES TO: John Bauman; 11917 W. Rainbow Ave., West Allis, WI, 53214

ENTRY DEADLINE: Entries must be received by JOHN BAUMAN no later than October 20, 2000. Deck entries and Masters registrations accepted ONLY until 12:00 noon.

## ORDER OF EVENTS

1. 50m butterfly
2. 400m IM
3. 100 m freestyle
4. 200m backstroke
5. 100m breaststroke
6. 200m freestyle
7. 400 medley relay\*\*\*
8. 50m backstroke
9. 200m butterfly
10. 200m medley relay\*\*\*
11. 50m breaststroke
12. 200m IM
13. 400 freestyle relay\*\*\*
14. 50m freestyle
15. 100m backstroke
16. 200m breaststroke
17. 100m butterfly
18. 100m IM
19. 200m freestyle relay\*\*\*
20. 400m freestyle
21. 1500m freestyle. (Limited to first 16 entries. Splits for 400m and 800m can be submitted for Top 10 and first 200 split can be used for Ironman Pentathlon entry.)



\*\*\*Relays may be all men, all women, or mixed, i.e. two women and two men.

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

Minnesota Masters sponsors an annual postal pentathlon meet. We will incorporate the individual events for all three pentathlon events into our meet. Official entry forms for this postal meet will be available at our meet. The meet director will certify pentathlon entries. 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.

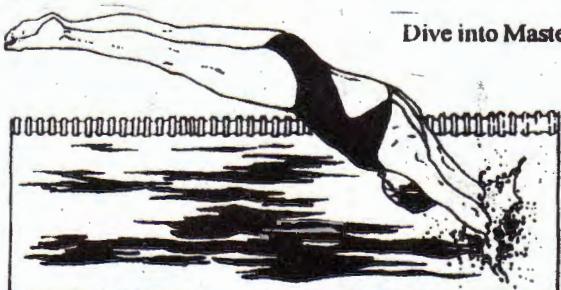
Participants in our meet will be able to swim the five events of one of the three divisions of the Minnesota Masters Postal Pentathlon Meet: Sprint, Middle Distance or Ironman. The entry fee for our meet and the five pentathlon events is only \$10. a \$2.50 saving. Events will be in the order described above. Note: There is a \$2 pool surcharge in addition to the entry fee.

**NOTICE:** Minnesota Masters will charge a separate fee for entry in its postal pentathlon. Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fee.

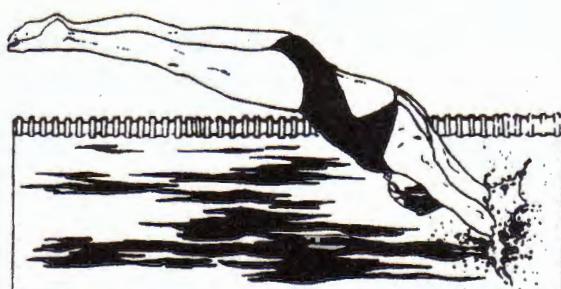
**POST-MEET:** When the meet is over plan on burgers, pizza, Tex-Mex and refreshments or what have you at Good Company at the west end of College Avenue at the railroad crossing. (Northeast corner) It's on the way out of town and the food is good.

**DIRECTIONS TO POOL:** The pool at Lawrence University is on the main campus on East College Avenue which is Hwy 125 into 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. The Chapel and Main Hall are on opposite sides of the street. Both are easy to spot! The pool is in the recreation center just east of and behind Main Hall on the south side of College Ave. Parking on campus is limited.

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



Dive into Masters Swimming!



ENTRY FORM  
SHORT COURSE METRIC MEET  
LAWRENCE UNIVERSITY  
October 27, 2001

Print Clearly, PLEASE

NAME \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_ USMS NO. \_\_\_\_\_ USMS TEAM \_\_\_\_\_

\*\*\*\*\*

Event # \_\_\_\_\_ Seed Time \_\_\_\_\_

Number of Entries \_\_\_\_\_ @ \$2.50 + \$2.00 Pool Surcharge: \$ \_\_\_\_\_  
\*\*\*\*\*

Pentathlon entrants: You pay only \$10.00 for five events plus \$2.00 pool surcharge.

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MINNESOTA MASTERS PENTATHLON INFORMATION

The Minnesota Masters Postal Pentathlon has three divisions: Sprint, Middle Distance, and Ironman. If you plan to enter the pentathlon, place a check in the space provided below and enter the event numbers and seed times in the spaces above. Pentathlon entrants can enter five Lawrence Meet events for the price of four.

**NOTICE:** Minnesota Masters will charge a separate fee for entry in its postal pentathlon.

Lawrence Meet entry fees DO NOT include the Minnesota Masters entry fee.

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 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 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 \_\_\_\_\_

## RACINE OPEN WATER CHALLENGE - JUNE 30, 2001

Linda Eberle

Another absolutely perfect day greeted 53 Masters swimmers this year as participants in the 1.2 mile and 3 mile Racine Quarry swims. Thirty-two (Yes, 32) of those Masters competitors were WMAC members. This was the largest meet so far with a number of Illinois Masters participating as regulars each year. There was great support from the Southeastern Wisconsin community in providing goody bags that were the best yet. The facilities are outstanding: nice sandy guarded beach area for family members to use during the race; great area to view the race; sand volleyball courts; picnic facilities; showers; toilets; and an *air conditioned* bath house. There was ample parking space and with the races concluding by noon participants and spectators still had plenty of time left in the day to picnic or explore the area. WMAC results are as follows:

### W 25-29 1.2 miles

1. Sara Allen	25:55.01
3. Ann Peterson	30:35.70

### W 30-34 1.2 miles

1. Raissa Nathan-Meyer	29:07.28
4. Jeanne Kasza	36:14.46

### W 35-39 1.2 miles

1. Carissa Watzka	29:12.95
2. Patti Jernberg	38:15.63
3. Jackie Borja	43:39.19

### W 40-44 1.2 miles

5. Sandy Ortega	41:24.30
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### W 45-49 1.2 miles

1. Arietta Clauss	25:20.83
2. Connie Welch	31:36.30
3. Monica Diamond	33:51.53
4. Cathleen Piermarini	34:45.80

### W 50-54 1.2 miles

1. Rosemary Poetzel	51:41.77
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### W 55-59 1.2 miles

2. Carol Smollen	36:24.72
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### W 60-64 1.2 miles

1. Ingrid Stine	38:09.77
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### M 30-34 1.2 miles

1. Glenn Biller	24:21.03
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2. Eric Wojta	26:42.40
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4. David Guzik	29:37.69
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### M 35-39 1.2 miles

1. Chris Weiss	25:54.31
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2. Steve Wishart	29:18.63
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### M 40-44 1.2 miles

2. Eric Jernberg	23:31.76
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4. David Melville	25:12.45
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5. Keith Krueger	25:41.25
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6. Edward Cox	26:49.57
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9. Mike Mickola	36:48.77
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### M 50-54 1.2 Miles

2. John White	37:59.87
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3. Any Remak	41:19.54
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### M 70-74 1.2 Miles

1. John Bauman	41:18.26
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### M 80-84 1.2 miles

1. Lynn Surles	51:38.02
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Three WMAC swimmers swam in the USS sanctioned 3 mile Open Water Swim also held on June 30, 2001, at the Racine Quarry against USS kids half their age! **Melodee Nugent**, 34, placed 13th out of 19 females in 1 Hr. 08:06.17. **Robert Pinter**, 33, was 3rd in 53:47.60 and **Charles Lorenz**, 25, was 4th in 53:54.15 out of 18 males entered. Great showing **Melodee, Robert, and Charles!**

And Much More!  
All-American Recognition  
LMSC Meeting Date/Time  
SC YardsTop Ten for 2000  
Lawrence SC Meters 10/27/01  
Entry Form:

AT WHAT'S INSIDE!

LOOK

HAZELHURST, WI. 54531  
10346 CEDAR FALLS ROAD  
WISCONSIN MASTERS SWIMMING