

Wisconsin Masters Swimming

Newsletter Date
Oct/Nov 2011

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OFF THE BLOCKS!

For my initial column as the new Chair of the LMSC for Wisconsin I have decided to give a report of the outcome of our **annual LMCS meeting** which was held on **September 24** at the Pabst Farms YMCA. I want to begin by thanking everyone who attended this marathon meeting. **Dick Pitman** took notes and will be publishing the minutes in the near future. We accomplished a lot at the meeting and addressed every point on the agenda. The next interim meeting will be at the Delafield Brewhaus following the January 8th meet scheduled for the YMCA @ Pabst Farms. We will have a short agenda so that several items related to the spring and summer schedule can be discussed, and any new business can come before the group.



Jeanne Seidler

A short summary from Sept 24th:

Congratulations and thanks to everyone who has been an officer for 2011. Each 2011 officer has been re-elected for 2012.

Congratulations to **John Bauman** for being one of the recipients of the **2011 USMS Dorothy Donnelly Volunteer Service Awards** at the convention. It was a pleasant surprise and well deserved.

The meet schedule in the agenda was approved through the end of the short course season (ending with the state meet. **Dave Holland** is researching holding a Middleton meet in the time frame between the Madison East YMCA and Baraboo meets.

The fee for the 2012 registration will become \$44. This breaks down as \$13 for the WI fee and \$31 for the USMS fee. The 2011 fee was \$42. USMS has raised their fee from \$29 to \$31 and plans to raise the fee by \$2/year for the next two years. The paper registration invoice that is mailed each year will only be mailed to swimmers who registered by paper last year. Swimmers who registered on-line will receive an e-mail registration reminder from USMS with possible registration offers as there were with last year's registration. Workout groups have to re-register no later than October 15 so that members registering beginning Nov 1 may select their workout group.

The summer LCM meet to replace BSG is being studied by **Jeanne Seidler, Dick Pitman, Steve Justinger, Jerry Lourigan, and John Bauman**. **Dave Holland** is working on a summer SCM meet for August 2012, but the pool has yet to be measured. The results of these studies will be on the agenda for the January 8th meeting.

It was decided that a 2014 OW swim bid for the USMS <6 and >9 mile National Championships on Lake Geneva will not be pursued. An OW swim event has huge inherent risks, such as the tragedy in the Maui Channel Swim.

From the convention there were neither rules nor legislation passed that would affect WI Masters. The USMS SCY and LCM nationals venues for 2013 were selected as Indianapolis (SCY-April, 2013, no date yet) and Mission Viejo (LCM-Aug 7-11, 2013).

Finally, there is a long term project that I had on the agenda looking for a volunteer. In **Dick Pitman's** last column in the Newsletter he mentioned that we are privileged to have some very talented octogenarians swimming in Wisconsin Masters. The history and archives maintained at USMS are for documenting the stories of the swimmers who have held offices, made volunteer contributions to the LMSC, achieved an All-American time (as many relays have), hold records,

CHAIRMAN'S COLUMN, CON'T:

and so on. This project would first identify the swimmers who's stories belong in the archives, and then divide up the responsibility for the stories to other volunteers to interview the candidate and write the story. This project will last a long time as there is catch-up work for the stories. I am looking for volunteers from our membership for anyone who would be willing to take on this project and kick it off. The more people who volunteer the lighter the work load for all! Please let me know if this is something in which you have an interest in pursuing.

Personally, I think there is a great year planned for WI Masters with some good meets and possibly some different meet locations. In summer of **2012 the USMS LCM Nationals in Omaha** are kind of, sort of, in our neighborhood being a 500 mile trip from Milwaukee, less miles from Madison and a few more from Green Bay, but an easy interstate highway drive that doesn't go around Chicago! I plan to attend that nationals and hope many more people from WI will also attend. For **spring of 2013 the SCY Nationals in Indianapolis** are only 295 miles from my house to the pool. I hope that we see many WMAC swimmers take advantage of these nearby nationals as well as our WI meets.



2.4 Mile Open Water National Championships!

Dick Pitman

All was going well with every aspect of our **9th Annual Madison Open Water Swim (MOWS) and 2nd National Championship**—until mother nature decided to butt in! Within 20 minutes of the start time it started to rain, and then blow so hard that one of the registration tents caught a gust of wind and nearly blew away! We experienced about 45 minutes, maybe an hour, of a rain delay. Unfortunately during that time we had some people leave and we lost a couple of life-guards because they had other jobs to get to. So, out of our 572 registrants we ended up with 432 finishing. We had—I heard— 24 disqualifications, which seems like a lot. But as the picture at the right shows there were still many swimmers eagerly awaiting the start of the competition.



The National Championship wave originally had 136 contestants between the ages of 18 and 80. There were 104 who finished. Most all of the people who finished praised the way we handled the rain delay. By the time the races started the sun had come out and it turned out to be a beautiful day, as you can see from the attached photos. It turned out to be one of our most successful events in our history of the event.

Wisconsin Masters swimmers fared extremely well in the 2.4 mile national championship event. Six men and 3 women captured national championships! They were: **Michael Wade** (18-24), 58:49; **Charles Lorenz**, (35-39), 51:49; **Frank Zillner**, (45-49), 1:00:18; **James Biles** (50-54), 54:13; **Dan Slick**, (60-64), 1:07:12; **Fred Salzmann**, (75-79), 2:05:04; **Megan Ryther**, (30-34), 54:26; **Megan Lassen**, (40-44), 1:03:17; **Laurie Alioto**, (50-54), 1:01:19. In addition to placing first in her age group **Megan Ryther** placed 1st overall for the women!



In addition to the national championship race, in which contestants did not wear wet suits, there were races for 2.4 miles with wetsuit, 1.2 miles with wet suit, and 1.2 miles without wet suit. Once again Wisconsin swimmers fared extremely well! **Anne Berres-Olivott** captured first place in the women's 55-59 2.4 mile wet suit race while **Ray Bourier** claimed the gold for men 55-59 in the same division. In the 1.2 mile non wet suit race **Allison Brown** came in first in the 18-24 age group while **Phylliss Jane Smith** took the honors in the 55-59 age group. In the 1.2 mile wet suit competition **Judy Zimmerman** cap-

tured first in the 50-54 age group.

2011 SCY Top Ten for WMAC Individuals

Kerry Russow 22 6th 50 breast :32.02 7th 100 breast 1:09.01	Leah Schneider 26 9th 1000 free 11:39.95 7th 200 fly 2:17.23 9th 400 IM 4:55.79	Lindsay Newport 28 8th 50 back :28.57 4th 50 fly :26.35 7th 100 fly :58.72	Jessica Connors 25 5th 50 breast :31.69 6th 100 breast 1:08.45 2nd 200 breast 2:29.11
Chris Stich 33 10th 1000 free 12:24.44	Erin Schneider 32 10th 200 fly 2:26.67	Heather Tiltmann 39 10th 50 back :30.52	Carol Reinke 74 10th 200 breast 4:16.20
Nancy Kranpitz 66 8th 50 free :33.49 9th 100 back 1:33.44 10 50 breast :46.79 6th 50 fly :39.20 7th 100 fly 1:34.80 4th 200 fly 3:34.31 8th 100 IM 1:29.51 8th 200 IM 3:23.54 5th 400 IM 7:07.36	Trina Schaeetz 38 3rd 50 free :24.66 3rd 100 free :54.38 2nd 50 breast :31.13 3rd 100 breast 1:07.44 10th 50 fly :27.94 4th 100 IM 1:03.04	Melinda Mann 54 5th 50 breast :34.76 4th 100 breast 1:15.15 9th 200 breast 2:49.55 4th 100 fly 1:06.69	Cynthia Maltry 56 10th 100 back 1:14.18 8th 100 breast 1:21.90 6th 100 IM 1:10.73 9th 200 IM 2:39.51 10th 50 back :33.98
Laren Tiltmann 41 5th 50 free :22.08 8th 100 free :48.92 3rd 50 back :25.45 2nd 100 back :55.01 3rd 50 breast :27.13 3rd 100 IM :54.97	Michael Wade 26 3rd 1000 free 11:21.65 6th 1650 free 18:59.83	Sarah Perez 35 8th 200 breast 2:42.29 6th 200 fly 2:37.38	Bela Sandor 75 6th 50 back :39.09 7th 100 back 1:26.66 2nd 50 breast :37.70 2nd 100 breast 1:27.46 2nd 200 breast 3:13.55 8th 100 IM 1:27.42
Geoff Mykleby 58 3rd 50 back :27.52 7th 100 back 1:00.66	Bill Payne 81 8th 200 free 3:32.03 6th 500 free 9:27.55 3rd 50 fly :46.36 1st 100 fly 1:51.01*	Alex MacGillis 82 9th 50 back :47.88 7th 100 back 1:47.40 7th 50 breast :49.00 7th 100 breast 1:49.38 3rd 100 fly 2:04.48 7th 100 IM 1:49.61	John Bauman 80 10th 50 back :48.84 8th 100 back 1:48.15 5th 200 back 4:01.66 9th 50 breast :49.98 9th 200 breast 4:25.27
Kip Fulbeck 46 2nd 50 free :21.91 5th 100 free :49.60 7th 50 fly :24.32	Brad Horner 56 4th 100 fly :57.77 1st 200 fly 2:09.09*	James Dannenberg 66 10th 100 breast 1:18.70 9th 20 breast 2:57.03	Charles Lorenz 35 4th 200 free 1:47.22 2nd 500 free 4:58.95 2nd 1000 free 10:01.49 1st 1650 free 16:43.81*
Christopher Brunson 30 6th 50 breast :27.05 4th 100 breast :57.67	James Biles 50 7th 1650 free 18:49.78	Gary Bezella 73 10th 50 free :29.44	Laurie Alioto 52 8th 200 fly 2:37.84
	Adam Mania 27 1st 50 back :22.16* 3rd 50 breast :26.11 1st 50 fly :22.10*	Fritz Schenker 25 9th 1000 free 10:40.14 5th 1650 free 17:34.17	
	Daryl Stich 35 10th 100 fly :54.66 5th 200 IM 2:09.90	Peter Nowak 29 10th 1650 free 18:17.66	

Congratulations to all of our SCY Top Ten swimmers with extra congratulations to **Bill Payne, Brad Horner, and Adam Mania**. By virtue of their first place times they have been designated at **Short Course Yards All Americans for 2011!** WMAC salutes you!

USMS LCM Nationals

The Top Ten page is definitely the most appropriate place to report on **James Biles'** extraordinary swims at the **Summer Nationals (LCM Nationals)** held this past August at Auburn University in Alabama. **James** placed 1st in the 1500 M free (18:51.67) and in the process he set new state records not only at that distance but also for the 800 (10:09.37) and 400 meter distances. He then lowered his state 400 free record with a 4:48.63 4th place finish in the individual 400 free. **James** was also the **national champion in the 200 fly** with a winning and state record time of 2:34.71, placed 3rd in the 400 IM in state record time of 5:33.40, and took 5th in both the 200 breast (2:58.54) and 200 IM (2:37.09). **James** was the only WMAC swimmer attending this meet. Congratulations on your fine swims and for representing Wisconsin so well!

2011 SCY Top Ten for WMAC Relays

Men 18+
3rd 800 FR 7:56.15
Mark Ritchie 22
Kevin Welton 51
Nicholas Janous 23
Fritz Schenker 25

Men 25+
9th 200 MR 1:39.19
Laren Tiltmann 41
Christopher Brunson 30
Darryl Stich 35
Michael Power 43

Men 35+
1st 200 FR 1:28.48*
Kip Fulbeck 46
Darryl Stich 35
Laren Tiltmann 41
Michael Power 43

Men 35+
1st 800 FR 7:59.10*
James Biles 50
Jason Gottlieb 41
Dirk Stallmann 41
Charles Lorenz 35

Men 55+
8th 200 FR 1:42.60
Geoff Mykleby 58
Barry Mandel 58
John Kinsella 58
Steve Forrer 58

Men 55+
3rd 400 FR 3:46.81
Geoff Mykelby 58
Barry Mandel 58
Steve Forrer 58
John Kinsella 58

Men 75+
9th 200 FR 3:15.57
Fred Salzman 78
John Bauman 80
Tom Michelson 79
Alex MacGillis 82

Men 75+
7th 200 MR 3:20.51
Fred Salzman 78
John Bauman 80
Alex MacGillis 82
Bill Payne 81

Men 75+
2nd 800 FR 16:30.74
Fred Salzman 78
John Bauman 80
Tom Michelson 79
Alex MacGillis 82

Women 18+
3rd 200 FR 1:43.18
Lindsay Newport 28
Jessica Connors 25
Kerry Rossow 22
Trina Schaetz 38

Women 18+
3rd 200 MR 1:51.58
Jessica Connors 25
Kerry Rossow 22
Lindsay Newport 28
Trina Schaetz 38

Women 18+
1st 800 FR 8:39.40*
Ally Keller 21
Amanda Fay 25
Lauren Schudde 28
Krisa Kuffel 19

Women 35+
2nd 200 FR 1:45.51
Trina Schaetz 38
Sarah Perez 35
Krista Van Enkenvoort 37
Heather Tiltmann 39

Women 35+
3rd 200 MR 1:59.70
Heather Tiltmann 39
Trina Schaetz 38
Cheryl Sinitz 42
Krista Van Enkenvoort 37

Women 55+
5th 200 FR 2:07.16
Cynthia Maltry 56
Debbi Peterson 56
Nancy Kranpitz 66
Nancy Ehrke 57

Women 55+
5th 200 MR 2:27.96
Germaine Havel 62
Nancy Ehrke 57
Cynthia Maltry 56
Nancy Kranpitz 66

Women 55+
3rd 800 FR 13:58.33
Joanne Moder 73
Carol Reinke 74
Candy Christenson 64
Janet Schultz 60

Mixed 18+
3rd 200 MR 1:44.03
Adam Mania 27
Jessica Connors 25
Lindsay Newport 28
Matt Behnke 24

Mixed 18+
9th 400 MR 4:19.76
Michael Wade 24
Trina Schaetz 38
Erin Schneider 31
Daniel Schaetz 40

Mixed 25+
5th 200 FR 1:34.56
Trina Schaetz 38
Adam Mania 27
Lindsay Newport 28
Daniel Schaetz 40

Mixed 35+
1st 200 FR 1:33.96*
Laren Tiltmann 41
Michael Power 43
Heather Tiltmann 39
Trina Schaetz 38

Mixed 35+
3rd 200 MR 1:45.96
Laren Tiltmann 41
Trina Schaetz 38
Darryl Stich 35
Heather Tiltmann 39

Mixed 45+
10th 200 MR 1:55.27
Cheryl Mortensen 46
Jeff Alexander 47
Kip Fulbeck 46
Michi Alexander 47

Mixed 55+
9th 200 MR 2:08.03
Cynthia Maltry 56
Jim Dannenberg 66
Brad Horner 56
Nancy Kranpitz 66

Mixed 65+
2nd 400 FR 6:38.28
Joanne Moder 73
Carol Reinke 74
Tom Michelson 79
Donald Jackson 70

A special **CONGRATULATIONS** to the **Men 35+ 200 FR, Men 35+ 800 FR, Women 18+ 800 FR, and Mixed 35+ 200 FR.** By virtue of their 1st place rankings they have been named **All Americans!** Way to go! Of special note—both 800 relays were swum at the WI State SCY Championships in April.

2011-2012 Indoor Meet Schedule for WMAC

- December 3 (Saturday), West Bend, West Bend SCM
- January 8 (Sunday), Pabst Farms YMCA SCY
- January 29 (Sunday), Oshkosh YMCA SCY
- February 12 (Sunday), Madison East YMCA SCY
- March 17 (Saturday), Baraboo Middle School SCY
- March 31/April 1 (Saturday/Sunday), WI State SCY Championships, Schroeder Aquatic Center
- April 11-14 (Thur-Sun), YMCA Masters National Championships, Ft. Lauderdale, FL
- April 26-29 (Thur-Sun), USMS Spring Nationals SCY, Greensboro, NC

Wisconsin Water Warriors

Date: November 1, 2011 – December 31, 2011

Place: Your local pool

You can choose any 2-week time period (14 consecutive days) of swimming between November 1 and December 31 of this year. The goal of this swim is to swim as many yards as you can and challenge yourself like you have never challenged yourself before and to be motivated to swim during the upcoming holiday season. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the New Year. The winner of each age category (5-year age groups) and the overall male and female winners will be awarded prizes. Overall teams logging the most yards will also be recognized.

If you are not a USMS registered swimmer, then there is a nominal fee of \$5 for the swim. If you would like to join USMS, go to www.usms.org and click on the "Join/Renew" button.

To Participate in the event, simply e-mail or mail your results (by Jan 10) to	Day 1 _____
Melodee Nugent	Day 2 _____
S77 W30745 Mosher Dr	Day 3 _____
Mukwonago, WI 53149	Day 4 _____
E-mail: mlnugent@mcw.edu	Day 5 _____
Non-USMS swimmers make checks payable to: WMAC	Day 6 _____
Information needed for results include:	Day 7 _____
Swimmers Name _____	Day 8 _____
E-mail address _____	Day 9 _____
Home Address _____	Day 10 _____
_____	Day 11 _____
_____	Day 12 _____
Gender: _____ Male _____ Female	Day 13 _____
Specify dates of 2-week swim _____	Day 14 _____
	Total _____



WMACer **Gwen Jorgensen** literally came out of nowhere to place second in an ITU World Championship series in London, England, on August 6th. In so doing she claimed a spot on the **U.S. Olympic team!!** Gwen is 25 and hails from Waukesha. She was a super multi sport athlete at UW-Madison where she competed in swimming, cross country, and track. She competed in her first triathlon in 2010, placed 3rd, and immediately turned pro. The August 6th competition was her first triathlon since March 2010. She needed to finish in the top nine to automatically qualify for London. It was the first time athletes had a chance to compete on the Hyde Park course that will be used for the 2012 Games. Gwen had the fastest run split of the day (33:43) and ended up finishing just seven seconds behind the winner, Helen Jenkins, from Britain. Shortly after this triumph Gwen went on to win the women's triathlon World Cup race in Tiszaujvaros, Hungary. Congratulations, Gwen. We're looking forward to following you in the **2012 Olympics!**

Point to La Pointe Swim

Julie Van Cleave

Swimming the **two miles** in cool **Lake Superior** from **Bayfield, Wisconsin** to **Madeline Island** has been a challenge since the time of the Ojibwa. This open water swim is a great one as it combines the endurance of a two mile swim, the beauty of Lake Superior, the challenge of sighting a straight line course, and the opportunity to raise funds for the Bayfield Recreation Center. The water is crystal clear, but current, wind, and water temperature can all be factors in the race.

On August 6th the **6th annual Point to La Pointe** was held, and a record 410 combined swimmers registered for the race in the Competitive and Community divisions. This race has grown significantly since its initial 25 swimmers six years ago as it is a premier race site and the race is very well organized and run. Safety is well considered as there is a large fleet of volunteer kayakers in addition to boats with safety personnel and the Coast Guard standing at the ready.

As the race day dawned this year, the waters were extremely calm and there was not a cloud in the sky. Swimmers picked up their timing chips, and a few brave ones swam to warm up, while most adjusted their wetsuits (strongly recommended for this swim), put on



Exceptionally calm water aided the swimmers in the Point to La Pointe swim in Bayfield as they neared the end of the 2 mile open water swim between Bayfield, WI, and Madeline Island.



Heidi Martell, Kevin Van Cleave, Julie Van Cleave, Peter Allen, and Scott Powley await the start of the Point to La Pointe open water swim in Bayfield, WI, on August 6.

Competitive division started as a group first, and the Women's Competitive division followed about seven minutes later. Then came the Community swimmers with their kayak escorts. Some small chop came up during the race, but overall it was as smooth as anyone can hope for in Lake Superior. The water temperature was mild (low 60's) and the sun added extra warmth as it ascended during the swim. Some small current was a factor, moving some swimmers, but overall, it was picture and race perfect. Afterwards there was a great breakfast and award ceremony held on Madeline Island, beautifully organized by **Scott Armstrong** from the Bayfield Recreation Center and the myriad of community volunteers.

Many participants have swum this race before, but it continues to attract new swimmers. From WMAC **Jerry Lourigan** was 13th in the 40-49 age group, **Kevin Yaeger, Scott Powley, Peter Allen** and **Kevin Welton** placed 3rd, 4th, 7th and 12th in the 50-59 group. **Julie Van Cleave** and **Heidi Martel** were 3rd and 9th in the 50-59 age group. **Phylliss Smith** and **Fred Salzmann** also competed with special honors going to Fred for being the oldest participant in the race at 79 years old. On the young end of the spectrum **Kevin Van Cleave** (14) placed 4th in the 19-under category, and for the record, he beat

his mom, **Julie**, in his debut Point to La Pointe race.

With over 400 swimmers it was a huge task to find the WMACers in the group. So please forgive us if we neglected to report your results. Full results can be found at www.itiming.com. Registration for this race opens in October and it is a great race to get on your 2012 Open Water calendar.

Janet Schultz, Ann Yauger, and Candy Christenson, all from Manitowoc, enjoy some down time between events at the meet at the Madison East Y last February.



WISCONSIN MASTERS SHORT COURSE METERS SWIM MEET
December 3, 2011

- SPONSORED BY: The Wisconsin Masters Aquatic Club.
- SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 201-011.
- LOCATION: West Bend West High School, 1305 E Decorah Rd., West Bend, WI The pool is on the west end of the building with adjacent parking.
- TIME: Saturday Dec. 3, 2011, Pool Opens at 11:30 AM, warm-up at 12:00, Meet starts at 1:00 PM
- FACILITIES: 8 lane, 25 meter pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 2-7 will be used for the competition. The pool measurement meets the USMS requirements. This is not a bulkhead pool.
- ELIGIBILITY: Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers current USMS registration card.
- RULES: Official Masters Rules will govern this meet. All events will be timed finals.
- SEEDING: Heats will be computer seeded, slowest to fastest. Please submit a reasonably accurate seed time, a NO TIME will be seeded in the slowest heat. Age groups and sexes will be combined.
- TIMING: Automatic timing system backed up by watches.
- WARM-UP PROCEDURE: Note: The lanes are numbered in reverse order of the standard. Lane 4 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only. NO DIVING STARTS from the blocks or the deck in these lanes. Swimmers must enter the pool feet first in a cautious manner. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period. Lane 1 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 1 while the meet is in progress.
- ENTRY FEE: \$3.00/individual event, plus an \$8.00 pool surcharge. Fees must accompany entries, checks payable to WMAC. Deck entries for individual events will not be accepted. The meet director will accept late entries, via email, until 6:00PM, Friday, December 2. The fee for these email entries will be \$5.00/individual event plus the surcharge. Bring paper work and fees to the meet.
- ENTRY LIMIT: Five individual events plus relays. THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 12 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 6:00PM, Saturday, Nov. 23, 2011.
- MEET DIRECTOR: John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53214
(414)-453-7336 Email: wmacswim@sbcglobal.net
- ENTRY FORM: The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.
- AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS:

- | | |
|-----------------------|--------------------------|
| 1. 50m Butterfly | 11. 50m Breaststroke |
| 2. 400m IM | 12. 200m IM |
| 3. 100M Freestyle | 13. 50m Freestyle |
| 4. 200m Backstroke | 14. 100m Backstroke |
| 5. 100m Breaststroke | 15. 200m Breaststroke |
| 6. 200m Freestyle | 16. 100m Butterfly |
| 7. 50m Backstroke | 17. 100m IM |
| 8. 200m Butterfly | 18. 200m Free Relay* |
| 9. 200m Medley Relay* | 19. 400m Medley Relay* |
| 10. 400m Free Relay* | 20. 800m Freestyle Relay |
| 21. 1500m Freestyle | |

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* Submit relay entries at the meet. Relays may be all men, all women or mixed (two men, two women). Swimmers will be permitted to swim in only one 200 Free, 200 Medley 400 Free, 400 Medley and 800 Free relay.

WEST BEND MEET INFO CON'T:

DIRECTIONS TO POOL: From the Milwaukee area: Hwy 45 north to the exit at Paradise Rd. East on Paradise to the "round-about" at Hwy. G. North on G to the school, on the left, at Decorah Rd. From other areas: Hwy 33 to Hwy G, south on G to the school.

Meet results will be posted on our web site, www.swim-wimasters.org

GLOW Series 2011

Melodee Nugent

I bet you are wondering.....what is a GLOW swim? I didn't know either until I was doing a Google search for a swim result earlier this year and found that for 2010, I was a participant in this event. GLOW stands for Great Lakes Open Water Series. Last year was the first year for the event. It involves 7 open water swims, one for each of the 7 states in the Great Lakes region. Points are awarded based on how many swims you attend (50 participation points for each event started) and the based on how you place in your age group (1st place = 22 points, 2nd place = 18 points, 3rd place = 16 points, etc). At least 2 swims are required for this event. Last year there were only a total of 12 swimmers listed who had participated in at least 3 of the events (10 men and 2 women).

This year there were 54 participants. The 7 swims had different distances (1/2 mile to 15.5 miles) and included the following: **USMS Open Water National Championship**, Noblesville, IN (June 18th), **Search for Monongy**, Pittsburgh, PA (July 9th), **Lake Erie Open Water Swim**, Cleveland, OH (July 30th), **Central Illinois Open Water Swim**, Hudson, IL (August 6th), **Big Red Lighthouse Open Water Swim**, Holland, MI (August 13th), **Ohio River Open Water Swim**, Prospect, KY (August 13th), **Madison Open Water Swim**, Madison, WI (August 20th).

The winners were announced at the USMS Convention in September. For men there were a total of 31 participants. The Wisconsin swimmers included **James Biles** in 11th place with 2 events and 138 points and **Phil Gredler** in 20th place with 2 events and 118 points.



Melodee Nugent—GLOW Series winner for 2010— and daughter/future masters swimmer MacKenzie relax after finishing the Diamond Lake Open Water Swim in Michigan this summer. Congratulations Melodee!

Clark Knuth



For women, there were 23 participants. The Wisconsin swimmers included **Melodee Nugent** in 1st place with 4 events and 278 points and **CJ Hartman** in 8th place with 2 events and 116 points. There was one swimmer who was able to do 5 of the swims, 3 that did 4 of the swims, 6 that did 3 of the swims, and the remaining included those that did 2 swims.

So maybe this is something to think about doing next year? It was fun trying to squeeze in a weekend get-a-way, just so I could swim. I will keep my eyes open for the swims scheduled for next year and hopefully report on the specific events in the spring newsletter.

Swim 4 Freedom

Steele Whowell

This was the 3rd year running Swim 4 Freedom and we had the most participation (44 swimmers) and we raised the most money (north of \$18,000). In that light it was our best event yet. The swim itself was once again affected by the weather. The start was delayed by an hour to wait for lightning to pass. After the delay the weather was decent, but about 1.5 hrs into the swim more bad weather rolled thru and a few swimmers got pulled from the water by the patrol boat that was helping us. It was too bad because the bad weather was mainly to the south of us and shortly after a few swimmers got pulled the clouds cleared and it ended up being a beautiful day. They were playing it safe—so I appreciate them looking out for swimmers' safety.

The top swimmers were those that got pulled. At the time **Charles Lorenz** was leading the race and on pace to finish in under 3 hrs. He was also among the top fund raisers. **Melodee Nugent** was also among the leaders when she got "pulled". There were four relay teams entered and one swimmer again attempted to swim the entire 8 miles butterfly!

All the money raised goes to the Special Operations Warrior Foundation (SOWF) which is a 4 star rated charity. It is a great foundation that supports our special operations personnel. The day after 22 Navy SEALs were killed in a helicopter crash in Afghanistan the SOWF issued a statement promising full college scholarships to all the children of the fallen SEALs.

Next year's swim is tentatively scheduled for Sunday, Aug 5th. Hopefully we will finally get a nice weather morning!

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your registration card is in the box to the right you do not have to complete the personal information below, except for the phone number and E-mail address.

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees. Please be guided by the specifics on the meet information page.

NAME _____

MALE _____

FEMALE _____ USMS NO _____

BIRTH DATE _____ AGE _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

E-MAIL ADDRESS _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME	EVT #	EVENT	SEED TIME
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

FEES PER MEET INFORMATION PAGE:
 _____ Events @ \$ _____ each + pool surcharge \$ _____ = _____

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 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 _____

Wisconsin Senior Olympics

David Watts

Senior Olympics? Me? No way. Not this kid. Somehow the term "Masters" is a lot more agreeable. But since they took Badger State Games away, where else was I going to be able to get some hardware? Some gold to drape around my neck after a race. I figured the Senior Olympics would be my best shot.

I had been to a masters meet at Wauwatosa West High School 2-3 years before, so I was somewhat prepared for the setting. The pool area has low lighting, but at least there were lights on in the pool. (Did I mention that seniors need a lot of light?)

The pool is seemingly antiquated and shallow, and the dive blocks are lower than usual. I think if they were standard height that people would hit the bottom of the pool. It would seem like a slow pool, but having been there before, I knew it was swimmable.

John Bauman organized the meet, and ran the show, (with help from **Jeanne Seidler**) so that seemed pretty usual. And **Sue Zblewski** refereed, so in some ways it was like a typical meet. Demographically, though, it was different. It was as if you took a typical meet, then subtracted everybody under 50. Because that's the qualifying age for the Senior Olympics. There were novice races, including sidestroke, which I wish I could have entered, because I've got a ripping scissor kick!

Something else was different in that I hadn't submitted any seed times for this meet. So how were they going to seed us? Alphabetically? But when I got there, there was a heat sheet with seed times entered by none other than **John Bauman**. And mine were right on! So if you want to know how fast John thinks you can swim, you've got to sign up for this meet.



Jeanne Seidler
Rowdy Gaines

I started out with the 200 free: I got tired, lost focus, and was distracted by **Dave Clark** passing me by. I nearly collided with the wall on lap 3, and made a huge swerving flip turn which further sapped time and energy. But even with all that my time wasn't as horrible as it could have been.

For the 50 free I was determined to do better. I had watched a You-Tube video of **Michael Phelps** the night before, and when he gets to the blocks, he looks like he's ready to kill his race. So I put on my best **Michael Phelps** race-face, in the hope that that would help. My time in the 50 was better than it had been at the State meet last Spring, in a supposedly faster pool, so I probably owe Michael a debt of gratitude.

My last race, the 500, was also a bit faster than at State. **Dave Clark** led the way, but instead of being distracted, I used his speed to help pace my race.

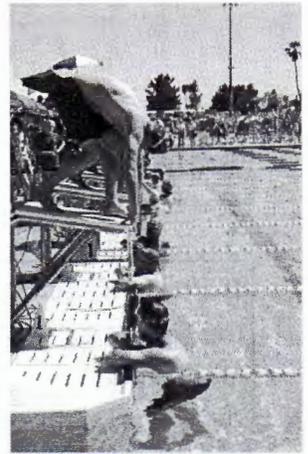
Senior Olympics at Tosa West was a great meet, and I'm sure I speak for my fellow seniors in welcoming the youngsters to this meet as they age up. Oh, yeah, I did pick up some medals. But they're not that great, and even say "Hasty Awards" in small print. I do plan to put this meet on my calendar for next year, but not for the hardware!

Lake Amy Belle

This year's annual **Lake Amy Belle** open water swim could not be scheduled in mid July as it had been in the past due to conflicts with the YMCA camp from which the race is based. It had to be moved to August 6—which under normal circumstances would not be an issue. However, this year it did conflict with the Point to La Pointe swim, which drew several of the Amy Belle regulars, and the combination of a warm summer and a later in the summer swim resulted in water temps in the 83-84 degree range. A bit warm for open water swimming, but it was still a beautiful day for a lake swim. About 75 swimmers participated—kids as well as masters—and while awards went by age groups (as young as 10 and under) all contestants swam together.

In the 1/2 mile race **Tom Thomas** placed first in the 60-69 age group in a time of 14:38. **John Bauman** took the honors in the 80-84 age group in 20:55.

In the one mile race **Kimberly White** won the women's 30-39 race in 21:46, **Megan Lassen** beat **Kim Johnson** to the finish in the 40-49 age group with a 21:23, and **Sandy Lisowski** brought home the gold for women 50-59 in 24:06. **Michael Wade** swam a 19:30 to place first for men 20-29, and **Mark Sheldon** took honors in the 60-69 age group in 31:33. **Steve Justinger** (24:35), **Gus Robledo**, **Gary Dunn**, and **Jim Drought** went 1, 2, 3, and 4 in the 50-59 age group, while **Jason Lassen** and **Tim Voss** placed 2nd in the 30-39 and 40-49 age groups respectively. In addition to winning the 20-29 age group for men **Michael Wade** also captured 1st place overall for the men. Another great open water swim for our members!



Due to the large number of entrants in the USMS SCY Nationals in April "dive over starts" were successfully implemented to speed up the meet.

2011 Maui Channel Swim Tragedy and Adventure

Brad Horner/Julie Van Cleave

On Saturday, September 3, 30 “Grumpy Old Badgers” on 5 relay teams, accompanied by another 20 or so friends and family, joined 65 other relay teams and 19 solo swimmers from the US and Australia for the 39th Annual Maui Channel Swim. This was the 10th bi-annual participation for the Grumpy Old Badgers. Ten states and South Africa were represented this year on GOB relays!

This was a memorable Maui Channel Swim for many reasons, some bad. Race morning was windy from the start, with 6-8 foot waves at the Lanai start, which provided a challenge. Not as much for the swimmers, but for the boats. One Wisconsin boat was hung up on a coral reef at the start until it could be pulled off and then it joined the race. For the 10 mile Maui Channel Swim, each team of six swimmers swim in a 30 minute rotation, and then in 10 minute segments into the finish. One escort boat for another team sank near the start and relay members transferred to a back up boat. Another took on water but made it in safely. Boat seaworthiness had never been a major issue before.

The boat bug hit another of the Grumpy Old Badger boats. It was an all-women’s relay called the **Neptunites** (the name comes from the god(dess) of the sea, Neptune, and for you rock lovers, Neptunite is also a mineral that has special properties.) On the positive side, 5 of the 6 Neptunites got to ride on a waverunner with hunky young EMT guys, which was deemed by some Neptunities as the high point of the event!

By far the most unfortunate happening in the race was that a 41 yr old solo swimmer from a team in CA lost most of his arm and the thumb and finger on his other hand when one of the escort boats ran into him just 200 yards from the finish. This was in an area where boats are prohibited. Many of the Grumpy Old Badgers swimmers friends and family members saw it happen from the beach/finish area. It put a major damper on a day that was already unusual for boat problems due to waves.



Neptunite Relay members: Gail Allen, Sandy Hicks, Julie Van Cleave, Laurie Tackett, Heidi Martell, Nicole Forelli.



Geoff Mykelby
Julie Van Cleave



As if the MCS wasn’t enough—the day after the MCS these hardy WMAC swimmers participated in the annual Aumakua swim—a 2.4 mile or 1 mile open water (ocean) swim! A great time was had by all.

Wisconsin Masters Swimmers on a Maui Channel Swim Relay were: Relay Captains **Art Luetke, Kevin Welton, Brad Horner, and Julie Van Cleave**. Other WI relay participants were: **Jerry Lourigan, Matt Prest, Jeff McFarland, Derek Toomey, Brad Toomey, Derek Scheer, Heidi Martell, Gail Allen, Laurie Tachett, Rich Lynch and Geoff Mykleby**.

None of the Grumpy Old Badger relays “toweled” (top 3 finish) in their division this year. Nevertheless, our presence was felt and seen all around Lahaina, Kaanapali, and the various MCS events. Our **Grumpy Old Badger T-shirts** created by **Art Luetke** were great! Also noticeable around town were the Teach Me How To Bucky T-shirts given by organizer **Brad Horner** to our relay captains. Most Grumpy Old Badgers said that their swim was great and the adventure they were expecting. Clouded, of course, by the tragedy.

The MCS is held annually over Labor Day weekend but the Grumpy Old Badgers attend every other year. If you may be interested in joining us in 2013, contact **Brad Horner** (bhorner1486@hotmail.com or 608-235-0902). The only requirement is that you can swim 30 minutes in the ocean and are NOT grumpy!



Grumpy Old Badgers in Maui, 2011.

Big Shoulders 2011

Melodee Nugent

This year was definitely an improvement from last year's weather conditions. It was a foggy morning with calm waters, but by the time the swim was over, the sun was shining. The water temperature was 65 degrees (cold enough that when you got into the water you had difficulty breathing, but once you got moving, it was fine). There were 495 swimmers that participated in the 5K and 271 swimmers in the 2.5 K. This was a well organized event that included: frequent e-mail updates, quick moving registration lines, and yummy barbecued beef sandwiches after the swim. So how did the Wisconsin Masters swimmers do in their rival state of Illinois? The results listed are for registered WI USMS swimmers (there were no age group awards for the wet suit division):

5K Results: **30-34: Megan Ryther**, 1:01:34—no wet suit (1st in age group, 4th overall); **Kimberly White**, 1:17:15—no wet suit (3rd in age group, 131st overall); **Walter Bialkowski**, 1:32:37—no wet suit (9th in age group, 327th overall); **35-39: Jason Lassen**—1:44:14—no wet suit (34th in age group, 427th overall); **40-44: Melodee Nugent**—1:15:23 no wet suit (4th in age group, 105th overall); **Shaun Morrow**—1:08:05 no wet suit (16th in age group, 174th overall); **Jeff McFarland**—1:20:19 no wet suit (16th in age group, 174th overall); **45-49: Kim Johnson**—1:32:25 no wet suit (14th in age group, 325th overall); **Mark Richards**—1:11:00 no wet suit (10th in age group, 64th overall); **50-54: James Biles**—1:05:04 no wet suit (1st in age group, 22nd overall); **James Drought**—1:25:10 no wet suit (24th in age group, 238th overall); **Ann Berres-Olivotti**—1:09:11 wet suit (44th overall); **Lorraine Ortner-Blake**—1:34:50 wet suit (352nd overall); **55-59 Rayo Boursier**—1:45:41 wet suit (432nd overall).

2.5 K Results

35-39: R. David Styers—41:15 no wet suit (5th in age group, 44th overall); **40-44: Megan Lassen**—38:07 no wet suit (1st in age group, 24th overall); **45-49: Jacqueline Jegenheimer**—53:13 (164th overall); **50-54: Paul Robey**—39:53 wet suit (34th overall); **55-59: Dan Meek**—48:36 no wet suit (6th in age group, 11th overall); **60-64: Greg Wyder**—51:35 no wet suit (4th in age group, 151st overall).



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