

Wisconsin Masters Swimming

On Deck.....

Newsletter Date
Feb/March 2012

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Greetings Fellow Swimmers ... As I drove to the pool this morning, 1/17/2012, on the coldest day of the year, I thought of various things about masters swimming. First, I remembered reading an article that stated that the hardest part of masters swimming isn't the workout. The hardest part is getting to the pool. Once there, everything else falls into place, but just getting there takes a lot of ambition. The other thing I thought about was the inverse relationship between the temperature outside and the perceived temperature of the pool. When it is 1 degree above zero outside, an 80-degree pool feels like a warm pool. When it is warm outside, the 80-degree pool feels very cool. I dove into the pool on 1/17, and it did feel warm, just as I remembered. The moral to my story is ... even if it is the coldest day of the



Jeanne Seidler

year, you'll be rewarded in getting out to swim, because the water temperature will feel warm. It won't feel as warm as a hot tub, but it won't feel as cold as the outside temperature and the dive into the pool will be pleasant.

An **interim board meeting** was held after the Oconomowoc (YMCA at Pabst Farms) masters meet on 1/8/2012. At that meeting we reported back on some of the items that were being worked on between meetings. The next paragraphs have some of the highlights related to meets planned after the short course season.

There will be a Wisconsin Masters Long Course USMS-Sanctioned meet held on June 24th (a Sunday) at the Schroeder pool. June 24th is the same relative weekend date that Badger State Games held the masters meet for the last 25 years. We were lucky in that the weekend was the only weekend in which there was a 50 meter pool available. The meet will follow a similar format to the Wisconsin Masters SCM Champs held in fall at West Bend West High School. Swimmers will be allowed to enter 5 events, all relays will be offered, and all times achieved will qualify as reportable to FINA. In researching this event, we found that the Wausau Convention and Visitor's Bureau had purchased the Badger State Games rights as Wausau had a very successful Winter Games for many years. I spoke with Wausau to determine if Wausau had a masters swimming event planned for summer. Wausau told me that they had not given thought yet to planning the summer and had no commissioners. We also discussed a meet with the Shorewood Hills Pool in Madison. However, there have been structural changes made to the pool and the touch pads will not hang correctly on a new gutter. Finally, we also talked with Pleasant Prairie, but their pool was not available until late August. It has always been fun at the BSG meet with the outdoor pools, especially when it was sunny and warm. But, it hasn't been fun in rain or high winds or low temperatures. By using the indoor pool we are insulated from the weather. More information about the meet will follow in the next newsletter. Save the date!

There will not be a masters meet in Middleton at the end of February!

Dave Holland and Jerry Lourigan will investigate a summer short course meters meet at the Hill Farms Pool in August in Madison. To hold a meet, the pool has to be measured to determine if the length is in compliance with USMS measurement rules. If the pool does not meet the 25 meter measurement, none of the times can be reported to USMS or FINA for top ten consideration. Every pool used for WMAC events has been previously measured and meet the measurement requirements. Although a meet can be held in a pool which is short of the measurements, the times would not compare to those of other SCM pools.

The **Madison Open Water Swim** will be held by the **Madison Area Masters** on August 19, a Saturday, and will follow the same format as in the past.

(Continued on Page 2) →

On Deck... Con't

This newsletter has the meet information for the **March 17th meet in Baraboo**. From my house to Baraboo is an easy 95 miles across the center of the state, driving past the Horicon Marsh. The feedback we receive about this meet is that it is a very friendly meet. People are relaxed and enjoy the friendships and competition.

This newsletter also has the meet information for the **State Meet (SCY Champs)** being held at **Schroeder on March 31st and April 1st**. The order of events changed slightly for this meet with some events swapping over to the opposite day from the day they were swum last year. This is to give people the opportunity to swim different events if the only day that they can attend is always the same day. We kept the two 50 freestyle events, one on each day. The purpose of the 50 freestyle being swum twice is to give options to the swimmers that can make only one of the two days and also for those swimmers that swim sprint freestyle. Last year, the two 50 freestyle events were popular. Some swimmers swam both 50's. Some swimmers could make a choice of day to swim their 50 free depending on where the event was in the schedule related to their other swims. On-line entries will be used for the State Meet.

Please don't forget the two other local meets on the event schedule. **Oshkosh is January 29th and Madison East Y is on February 12th**. It is important to support these local meets with your attendance. Pool fees continue to rise, and it helps to have more swimmers to spread out the costs. Plus, if you're thinking of attending meets like the State Champs or any Nationals, these are not the places to try out new events and stroke changes. It is far better to become comfortable with your starts, turns, strokes, and finishes on the local level before attending a national meet.

Check the note (on page 8) about the **USMS Nationals** being held in **Greensboro, NC on April 26-29**. **Trina Schaetz** did an excellent job of organizing for the 2011 USMS Spring Nationals in Mesa, AZ last year that 51 Wisconsin swimmers attended and is unofficially heading up this year's group. If you're thinking of going to Greensboro, please check this note and keep in touch with Trina (e-mail address on page 1) for hotel rooms, T-shirts, and "parties"!

In summary, reflecting back to the beginning of this column, please remember this. As you think about hitting the alarm and skipping swimming on a cold day, remember that the colder it is outside, the warmer the pool will feel!



Look for Coach **Fred Russell**, **John Bauman** (not pictured) and meet organizer extraordinaire **Trina Schaetz** to take us through another inspiring and successful national meet in Greensboro, NC, April 26-29, 2012. **BE THERE!**



James Biles is the king of distance/postal swimming! In four postal events **James** placed **first** in the men 50-54 age group in the 5K, 10K, 3000 yard swim AND 6000 yd swim! Congratulations **James!**

Opine and Whine

A short "editorial" here—some opine and some whine! It regards the **2011 WWW** event (results on page 5). **Melodee Nugent** graciously accepted responsibility for compiling these results 2 years ago—and as a statistician she does an outstanding job! So what's the "whine"? Look at the numbers! **Nineteen (yes 19)** WMAC swimmers participated this past year—**19** out of a membership that was close to **500** in 2011. Over **60** WMACers entered the WB meet—obviously they swam on a regular basis to get in shape for this meet. **Nineteen** entered WWW. Last spring **51** swimmers made the effort and footed the expense to go all the way to Arizona for USMS SCY Nationals. **Nineteen** entered WWW. I don't have official entrant numbers for the Pabst Farms meet—but I would imagine it was more than 19. I believe the entrant number for the SCY State meet last April was close to **100**. **Nineteen** entered WWW. West Bend, Pabst Farms, State and Nationals all required entrance fees—significant ones for nationals. **It costs NOTHING to enter WWW**. Awards for WB, Pabst Farms, State and Nationals were either medals or ribbons. **Kiefer (a USMS sponsor)** is supplying nice Kiefer products for the WWW placers. My point? Melodee makes it super easy for all of us to enter WWW. It is simply a matter of recording our yardage over any 2 week period between Nov 1 and Dec 31 and e-mailing (or snail mailing) our yardage numbers to her. It couldn't be any easier. We all need to do a better job next year of supporting this "event".
Your editor—Nancy Kranpitz

Upcoming Meets

- January 29—Oshkosh YMCA
- February 12—Madison East Y
- March 17—Baraboo
- March 31/April 1—SCY State Championships at Schroeder
- June 24—LCM Meet Schroeder
- July 5-8—LCM Nationals, Omaha
- July 21—Lake Amy Belle Swim
- August 19—MOWS

Wisconsin Masters Website

www.swim-wimasters.org

Check it out for the latest meet results, meet entry information, state records, and MORE!

2011 LCM Top Ten For WMAC

| | | | |
|--|---|--|---|
| Krisa Kuffel 20 9th 50 back :35.1 | Kathryn Maltry 25 8th 100 back 1:17.97 | Lauren Schudde 28 10th 50 breast :40.52 6th 200 IM 2:43.56 | Megan Lassen 41 10th 800 free 10:59.86 |
| Melinda Mann 55 2nd 50 breast :40.18 3rd 50 fly :33.87 1st 100 fly 1:15.38* | Cynthia Maltry 57 7th 200 IM 3:05.55 | Nancy Kranpitz 66 6th 50 free :37.47 9th 100 free 1:29.69 6th 50 fly :46.20 | Candy Christensen 64 8th 50 breast :48.12 |
| Adam Mania 28 1st 50 back :26.05* 1st 50 free :23.48* 1st 100 free :50.75* | Carol Reinke 75 10th 200 free 4:17.36 8th 400 free 8:58.22 8th 800 free 18:00.79 3rd 50 breast 1:05.17 | Fritz Schenker 26 4th 800 free 9:51.27 | Mark Ritchie 22 6th 50 breast :34.08 |
| Kip Fulbeck 46 4th 50 free :25.67 7th 50 fly :27.37 | Zach Newcomer 36 8th 200 free 2:10.90 9th 400 free 4:46.08 6th 800 free 9:53.91 | Michael Power 43 7th 100 free :58.57 | Charles Lorenz 36 8th 50 free :25.68 3rd 100 free :54.71 2nd 400 free 4:23.75 5th 200 free 2:08.43 2nd 800 free 8:53.03 |
| Bela Sandor 76 7th 50 back :44.31 2nd 50 breast :44.69 1st 100 breast 1:42.19* | John Bauman 81 8th 100 back 2:10.60 9th 50 breast 1:00.87 6th 100 breast 2:17.15 | James Biles 50 7th 400 free 4:48.63 9th 800 free 10:09.37 4th 1500 free 18:51.67 3rd 200 fly 2:34.71 10th 200 IM 2:37.09 4th 400 IM 5:33.40 | 400 FR Men 280-319 3rd 8:49.74 Fred Salzmann 69 John Bauman 81 Bob Swain 74 Tom Michelson 80 |

Congratulations to all our WMAC Top Ten swimmers and extra congrats to **Adam Mania, Melinda Mann and Bela Sandor**. By virtue of their first place rankings they have been named as **All Americans** for the 2011 LCM rankings.

West Bend SCM Meet a Record Setter!

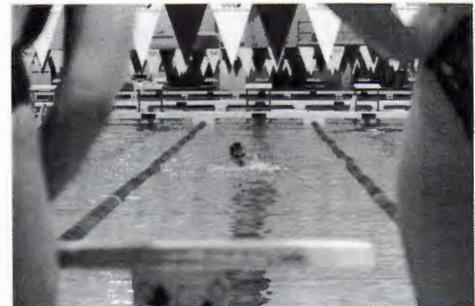
The first record broken at the West Bend SCM meet was in the number of entrants—over 60 swimmers! This was by far the largest SCM meet ever held. The weather cooperated, for a change, and this well attended meet was enjoyed by all.

Twenty-one swimmers combined to set 47 new individual and 2 relay SCM records in this meet. Setting records were: **Michael Wade** 18-24; 200 IM 2:33.62, 200 free 2:14.00, 400 free 5:07.62, 800 free 10:25.60, 1500 free 19:41.24; **Sam Hickenbottom** 18-24; 100 free :55.35, 100 fly 1:00.29; **Fritz Schenker** 25-29; 400 free 4:39.06, 800 free 9:33.91 1500 free, 18:10.83; **Sean Tepper** 25-29; 100 back 1:02.30, 200 back 2:21.16, 100 IM 1:03.82; **David Dallman** 30-34; 200 free 2:11.16; **Laren Tiltmann** 40-44; 100 IM 1:02.27, 50 back :28.84, 100 free :55.24, 50 free :24.60; **David Clark** 50-54; 800 free 10:40.55, 1500 free 20:11.14; **Mark Pfaltzgraff** 50-54; 200 IM 2:45.72, 400 IM 5:51.40, 200 free 2:20.62; **David Ludeman** 55-59; 200 IM 2:46.86, 200 free 2:26.86; **Daniel Slick** 60-64; 200 free 2:31.88; **Bill Payne** 80-84; 50 back :59.40; **Gordon Schalla** 85-89; 50 back 1:13.82; **Lauren Schudde** 25-29; 400 IM 5:45.18; **Jessica Connors** 25-29; 200 IM 2:38.52, 100 fly 1:13.33, 100 breast 1:16.86, 100 IM 1:12.11; **Kimberly White** 30-34; 100 free 1:09.33; **Trina Schaetz** 35-39; 50 free :28.45; 100 breast 1:19.22, 50 breast :35.74, 100 free 1:02.85; **Rachel Budde** 40-44; 200 fly 2:51.09, 100 fly 1:13.48; **Megan Lassen** 40-44; 800 free 10:56.73, 1500 free 20:41.13; **Gigi Boswel** 50-54; 200 free 2:56.85; **Janet Schultz** 60-64; 200 breast 3:57.35, 200 back 3:40.60; **Carol Reinke** 75-79; 200 breast 4:57.20, 50 breast 1:03.50.

In relays, **Trina Schaetz, 39, Kristen Barton, 36, Megan Lassen, 41, and Rachel Budde, 41**, set a new record in the 120-159 400 free relay with a 4:25.27. **Michael Wade, 24, Fritz Schenker, 26, Sam Hickenbottom, 22, and Nicholas Janos, 23**, combined for a new 72-99 800 free relay record with a 9:10.84.

Not to be outdone—**James Biles** (50-54) competed in a SCM Meet in California on Dec 4th and set new WMAC records in the 800 free 9:45.43, 1500 free 18:40.11, and 400 free 4:51.02.

Congratulations to all our record breakers!



Fritz Schenker set three new individual SCM WMAC records and was part of a record setting relay at the West Bend SCM meet.

Pabst Farms Meet

The YMCA at Pabst Farms hosted yet another successful SCY Swim Meet on January 8. While not the record breaking meet that West Bend was there were still 3 new WMAC SCY records set. **Laren Tiltmann** (40-44) set a new 200 yd backstroke record with a 2:03.24 swim and **Melinda Mann** set new marks in the 55-59 50 fly in :30.87 as well as the 100 breaststroke (1:19.68). Congratulations to both **Laren and Melinda!**

Deck entries for individual events will not be accepted

WISCONSIN MASTERS SWIM MEET
SHORT COURSE YARDS
MARCH 17, 2012

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 202-004

LOCATION: Jack Young Middle School
1531 Draper St
Baraboo, WI 53913

TIME: Saturday March 17. Warm-up 10:00 AM, meet starts at 11:00AM.

FACILITIES: 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.

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 2012 USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

SEEDING: Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time, a **NO TIME** will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.

TIMING: Automatic timing system backed up by watches.

WARM-UP: 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 lanes 1-3 or 5-8. Swimmers must enter the pool feet first in a cautious manner during warm up. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up. Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress

ENTRY FEE: \$3.00/individual event plus a \$7.00 pool user surcharge for entries received by the entry deadline, 6:00PM, Saturday March 10.

Deck entries for individual events will not be accepted.

The meet director will accept late entries, via email, until 6:00PM Friday, March 16. The fee for these email entries will be \$5.00/individual event plus the surcharge. Bring paperwork and fee to the meet

CHECKS PAYABLE TO WMAC.

ENTRY LIMIT: Five individual events per day plus relays. The 1000 Freestyle will be limited to the first 14 entries received.

SEND TO: John Bauman – MEET DIRECTOR
11917 W Rainbow Ave
West Allis, WI 53214-2166
wmacswim@sbcglobal.net

ENTRY FORM: The universal entry form must be used, one person per form. The **LIABILITY RELEASE** must be signed without any alterations. Remember to include a copy of your USMS registration card.

AWARDS: Ribbons for 1st to 3rd place.

Continued on page 5 →

Baraboo Meet Entry Information - Continued:

SCHEDULE OF EVENTS

- | | |
|------------------------|-------------------------|
| 1. 50yd Butterfly | 11. 400yd Free Relay* |
| 2. 100yd Breaststroke | 12. 50yd Backstroke |
| 3. 100yd Backstroke | 13. 100yd IM |
| 4. 200yd Medley Relay* | 14. 1000yd Freestyle |
| 5. 50yd Freestyle | 15. 50yd Breaststroke |
| 6. 100yd Butterfly | 16. 100yd Freestyle |
| 7. 200yd Breaststroke | 17. 400yd Medley Relay* |
| 8. 400yd IM | 18. 200yd Butterfly |
| 9. 200yd Backstroke | 19. 200yd Free Relay* |
| 10. 200yd Freestyle | 20. 200yd IM |

*Submit relay entries at the meet. Mixed Relays must consist of 2 men and 2 women.

Results will be posted on the Web site, www.swim-wimasters.org, within 48 hours

Directions From Madison:

I90/94 towards the Dells
Use the Baraboo/Portage exit for Hwy 33
West on Hwy 33 towards Baraboo, approx. 14mi
Stay on Hwy 33 in Baraboo to Draper St, the third stop light
Right on Draper St to the High School on the left.
Continue up the hill, the Middle School is behind the High School
The pool entrance parking lot is on the back side of the Middle School
(on top of the hill)

2011 Wisconsin Water Warriors Results

Melodee Nugent

The **Wisconsin Water Warrior** swim is a 2-week swim challenge (14 consecutive days) between November 1st and December 31st of 2011. The goal was to swim as much yardage during the 2-week period. We had 19 swimmers this year participate in the event with a total of 1,006,941 yards (572 miles)! Not as many swimmers as last year, but the event is held at a busy time of the year. 9 of the swimmers did their 2-week swim starting in November and 10 started their swim in December. The flexibility with the start date can help swimmers plan their swim when their life is not so crazy.

We had 9 men and 10 women with an average age of 51 years of age (the youngest was 32 years old and the oldest was 79 years old). There were actually 4 swimmers who were exactly 50 years old, maybe this was a good challenge for turning the big five-O. Eleven of these swimmers participated last year in the event. Nine of these swimmers improved their distance from the previous year (ranging from 300 yards to 27,955 yards more than the previous year). It is good to see that people are setting higher goals for themselves!

There were three swimmers who swam over 100,000 yards (56.8 miles): **Maurice Tetzlaff (top male), Angie Robert and Melodee Nugent (top female)**. As you can see from the results, there were many 1st place finishers (by the time you break up the swimmers by gender and age, there is a good chance of a first place finish). Awards have yet to be determined, but will be awarded at the Wisconsin State Meet that will be held at Schroeder on March 31st and April 1st. **Kiefer has agreed to help us with the awards, so thank you Kiefer!**

| Age | Place | Men | Total | Age | Place | Women | Total |
|-------|-------|-------------------|---------|-------|-------|----------------------|---------|
| 35-39 | 1st | Tetzlaff, Maurice | 102,433 | 30-34 | 1st | White, Kimberly | 47,140 |
| 40-44 | 1st | McNair, Alex | 47,000 | 30-34 | 2nd | Kiefer, Stacey | 25,500 |
| 50-54 | 1st | Biles, James | 89,814 | 35-39 | 1st | Deyo, Shelly | 31,250 |
| 50-54 | 2nd | Clark, David | 66,700 | 40-44 | 1st | Nugent, Melodee | 142,600 |
| 50-54 | 3rd | Pfaltzgraff, Mark | 42,000 | 50-54 | 1st | Robert, Angie | 100,719 |
| 50-54 | 4th | Robledo, Gus | 32,000 | 50-54 | 2nd | Kisowski, Sande | 44,135 |
| 55-59 | 1st | Justinger, Steve | 45,800 | 50-54 | 3rd | Berres-Olivotti, Ann | 42,100 |
| 55-59 | 2nd | Gebert, Robert | 23,000 | 55-59 | 1st | Pillsbury, Diane | 40,300 |
| 75-59 | 1st | Salzmann, Fred | 30,400 | 60-64 | 1st | Christensen, Candy | 33,350 |
| | | | | 65-69 | 1st | Kranpitz, Nancy | 20,700 |

Congratulations and thanks to all who participated!

2012 Wisconsin Masters SCY State Championships

Short Course Yards

March 31 and April 1, 2012

SPONSORED BY: The Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 202-005

LOCATION: Walter Schroeder Aquatic Center (Website: <http://wsacltd.org/>)
9240 N Green Bay Road, Brown Deer, WI 53209-1104
GPS: Wisconsin: Brown Deer: Intersection W Schroder Dr and N Green Bay Rd

PARKING AT THE POOL: Park & enter the building on the east side of the Aquatic Center.

TIME: Warm-up 10:00AM, Meet starts at 11:00AM on both Saturday and Sunday.

ENTRY OPTIONS: Enter On-Line via Club Assistant (see www.swim-wimasters.org for link) OR via US.Mail with the Wis. Masters Swimming Universal Entry Form, one athlete per form. On-Line entry preferred.

NO E-MAIL OR DECK LATE ENTRIES FOR INDIVIDUAL EVENTS WILL BE ACCEPTED.

FACILITIES: Measured 50-meter pool with bulkheads, configured as two 8-lane, 25-yard pools with anti-turbulent lane guides, starting blocks and backstroke flags, plus one 2-lane, 20-meter pool between the 25-yard pools. Competition will be held in 8-lanes of one 25-yard pool. Water depth: 2 meters at both start & turn ends.

ELIGIBILITY: Open to all USMS-Registered Masters Swimmers 18 years old or older. Mail entries must include a copy of the swimmer's 2012 USMS registration card. Register with USMS before registering for this meet.

RULES: Official U.S. Masters Swimming 2012 Rules will govern this meet. All events will be timed finals. **TECHNICAL SUITS** that are on the current FINA approved list may be worn at this meet.

OFFICIALS: Susan Zblewski and Karen Perry

SEEDING: Heats will be seeded slowest to fastest, age groups and sexes combined. Please submit a reasonably accurate seed time. Any "NT" will be seeded in the slowest heat. Entries for the 1650 Freestyle must have a seed time. Heat sheets will be provided.

TIMING: Electronic timing backed up by two buttons and two watches.

WARM-UP PROCEDURE: Lanes 2 & 7 are start/sprint lanes, swim in one direction only and exit to the side or end. Lanes 1, 3-6 & 8 are circle swim only. **NO DIVE STARTS** from the blocks or deck in circle swim lanes. Entry into the pool must be feet first in a cautious manner. Swimming aids, e.g., paddles, etc., may not be used at any time. Lanes in the center and south pool are used for warm up & cool downs, circle swim only, no dives, during the meet.

ENTRY FEE: \$4.50/individual event plus a \$17.00 pool user surcharge. Fees must accompany US. Mail entries. **CHECKS PAYABLE TO WMAC.** Relay-only swimmers must register for the meet, pay the facility fee and sign the waiver. Relay-only swimmers may enter on-line.

ENTRY LIMIT: Ten (10) individual events total, max of five (5) individual events per day, plus relays. **THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED.** Each swimmer entered in the 1650 will be responsible for providing a person to count his/her laps. The 1000 split will be recorded.

SCY State Meet Entry Information Continued:

- RELAYS:** Submit relays at the meet. Relay teams may be all men, all women or mixed (2 men & 2 women). Relay events may be combined at the discretion of the officials. Relay-only swimmers must register for the meet.
- TIME TRIALS:** If time permits, Time Trials will be offered at the conclusion of each day. Swimmers must be registered for the meet. A swimmer may swim no more than 2 time trials and the time trials count toward the five (5) events per day limit. Individual events only, 200 yards or less only. No relays. Cost: \$8 each.
- ENTRY DEADLINE:** Mail entries must be received by Monday, March 26th, 2012. On-line entries will be cut-off on Monday, March 26th, 2012 at 11:00PM central time.
- SEND ENTRIES TO:** Jeanne Seidler – Meet Director
N128W16779 Holy Hill Rd, Germantown, WI 53022-1533
(262) 894-0613 ... email: jseidler2@wi.rr.com
- MEET CO-DIRECTOR:** Eric Jernberg, email: jernberge@yahoo.com
- LIABILITY RELEASE:** The LIABILITY RELEASE must be signed as-is without any alterations. Universal entry form with liability release can be found on page 9 of this newsletter.
- AWARDS-INDIVIDUAL EVENTS:** Medals 1st-8th place.
- AWARDS-RELAYS:** Ribbons 1st-3rd place.
- CONCESSIONS:** The Elsmore Swim Shop (<http://www.elsmoreswim.com/>) will be open. There will not be any USMS-identified merchandise available for purchase through the swim shop. Soft drink vending machines with Coca-Cola products will be available, but no food service will be available at the meet. Bring your own lunch and snacks.
- HOTELS:** See WSAC website for hotels. The Holiday Inn Express/Candlewood Suites is closest to the WSAC.
- SATURDAY SOCIAL:** Libby Montana's, 1 mile north on Hy 57 (N Green Bay Rd), left on Donges Bay Rd. Website (<http://www.libby-montana.com/>)
- MEET RESULTS:** Check the Wisconsin Masters Web site, www.swim-wimasters.org, and the USMS Event Rankings and Individual Results website about 24-48 hours after conclusion of the meet.

SCHEDULE OF EVENTS

Saturday, March 31st

1. 100yd Freestyle
2. 50yd Butterfly
3. 200yd Backstroke
4. 100yd Breaststroke
5. 50yd Freestyle
6. 200yd IM
7. 200yd Medley Relay (Male/Female)
8. 200yd Medley Relay (Mixed)
9. 500yd Freestyle
10. 50yd Backstroke
11. 200yd Butterfly
12. 800 Free Relay (Male/Female)
13. 800 Free Relay (Mixed)

Sunday, April 1st

14. 400yd IM
15. 50yd Freestyle
16. 100yd Butterfly
17. 50yd Breaststroke
18. 200yd Freestyle
19. 100yd IM
20. 200yd Free Relay (Male/Female)
21. 200yd Free Relay (Mixed)
22. 100yd Backstroke
23. 200yd Breaststroke
24. 400yd Free Relay (Male/Female)
25. 400yd Free Relay (Mixed)
26. 400yd Medley Relay (Male/Female)
27. 400yd Medley Relay (Mixed)
28. 1650yd Freestyle

Go the Distance with Nike in 2012

Melodee Nugent

Think about a new challenge for 2012 that offers prizes from Nike for yardage milestones. Set a goal for yourself this year and track your distance (and maybe have a friend join you). Here are some of the details of the event from the USMS website.

It is the most popular fitness event offered by USMS. More than 2800 members participated in 2011 and passed one BILLION yards in 2011 (that is over 577,000 miles).

GTD is a self-directed program intended to encourage Master swimmers to regularly exercise and track their progress. There is no time limit for the distance milestones, except that they must be achieved in the calendar year 2012. Speed does not count - just the effort to attain whatever goal you set for yourself.

- GTD is on the honor system - you track the distance you swim. Daily, weekly, or monthly, you enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, ranging from 50 miles through 1500 miles, you will be recognized on the U.S. Masters Swimming website and will receive special prizes from Nike Swim, our event title sponsor for the event.
- There is no cost to enter GTD. You may register for GTD through your FLOG in the My USMS section of the website. Your FLOG allows you to track all your fitness activity, not just swimming, while simultaneously participating in GTD. Once you've entered GTD, your results are automatically included in the daily summary reports and your milestone awards are sent directly to you.
- Nike Swim is partnering with All American Swim Supply to provide the awards for certain milestone achievements: 50 miles - a GTD Nike swim cap, 250 miles - a Nike draw string bag and at 500 miles - a Nike swim suit.

Here is a list of the Wisconsin LMSC swimmers that participated this year. Congratulations to all the swimmers. Unfortunately, this list may not include all Wisconsin swimmers, since some may be registered as "unattached". There were 20 WMAC swimmers with a total of 6,034.82 Total Miles, 251.45 Average Miles/Swimmer:

| Name | Age | Miles | Name | Age | Miles |
|---------------------|-----|--------|----------------------------|-----|----------|
| Elizabeth Baker | F30 | 4.49 | Scott T. Kissman | M43 | 136.80 |
| Richard Barry | M65 | 204.53 | Sheryl B. Leonaard-Schneck | F47 | 68.26 |
| Erica K Bergstrom | F24 | 216.63 | Charles E. Lorenz | M36 | 898.55 |
| Ann Berres-Olivotti | F53 | 389.32 | Alex McNair | M41 | 342.65 |
| James B Biles | M50 | 764.05 | Medolee A. Nugent | F44 | 1,057.38 |
| James A Culp | M54 | 466.03 | Gus I Robledo | M53 | 306.60 |
| William R Curtis | M53 | 55.74 | Daniel R. Slick | M63 | 400.04 |
| Angela M Hansen | F40 | 208.30 | Krista Verhelst | F36 | 29.91 |
| William R Jeppson | M59 | 1.51 | Michael Zahn | M64 | 64.03 |
| Stephen W Justinger | M59 | 393.93 | | | |
| Stacey L Kiefer | F33 | 26.09 | | | |

Check out the website at

<http://www.usms.org/fitness/content/gothedistance>

Going to Nationals???

If you are thinking about going to **Spring USMS Nationals** in Greensboro, NC, April 26-29, please keep these things in mind:

Entry deadline will come up **BEFORE** the next edition of this newsletter. Be sure to check the USMS website ([usms.org](http://www.usms.org)) for the entry deadline date! On line entry will be available around February 1st.

Trina Schaeetz is once again rallying and organizing the troops! She has a block of rooms reserved at the Hilton Doubletree—just a few miles from the Aquatic Center and on the shuttle route. If you need a place to stay she can be contacted via e-mail (see page 1 of newsletter for her e-mail address).

Trina is also coordinating T-shirt orders. Let her know if you are going and she will include you in her T-shirt ordering e-mails.

Remember—you can swim 3 events without meeting ANY time standards—and **Coach Fred** and **John Bauman** are masters of including just about everyone on at least one relay.

Most importantly—be sure to pack your smile. This is a **FUN TIME!** You won't want to miss it!



Brad Horner at USMS Spring Nationals in Mesa last April.

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

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

Sec. 202.1.1 F (5) 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 _____

PHONE _____

TEAM _____

CONTACT PERSON IN CASE OF EMERGENCY _____ 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 |
|-------|-------|-----------|--|-------|-------|-----------|
| _____ | _____ | _____ | | _____ | _____ | _____ |
| _____ | _____ | _____ | | _____ | _____ | _____ |
| _____ | _____ | _____ | | _____ | _____ | _____ |
| _____ | _____ | _____ | | _____ | _____ | _____ |

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

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 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 _____

Great Lakes Zone Info:

Our region did well at convention! **The new president of USMS is from Great Lakes!** Congratulations! Also, we would like to honor all our award winners for the past year. I have been accumulating that and will post all the award winners on the Great Lakes Website soon. I also will start to post the featured events once again.

Featured Event:

Lake Erie LMSC has been working with **Spire Institute** to come up with a spectacular swimming event in the fastest pool in the world. The spire institute has built the fastest pool and they have been chomping at the bit to debut their fast pool to the masters' community. Spire will host a meet on February 18-19 and will host a dinner presentation on Saturday night with U.S.A coaching icon **Don Easterling**. If that's not enough **Ohio State University Men's Head Coach Bill Wadley** will be having a Masters Swim Clinic after the meet on Sunday. What else could you ask for? An opportunity to swim in one of the fastest pools on the planet, a dinner with Don Easterling and a Masters clinic put on by Ohio State University's Head Coach Bill Wadley! What a swimming weekend in Cleveland!

Link to the swim meet at Spire: <http://www.spireinstitute.org/events/swimming/masters-winter-classic-meet>

Convention News:

The Midwest LMSCs decided to fund the Great Lakes Zone! It's not a lot but at least now the Great Lakes Zone can keep awarding prizes for our **Great Lakes Open Water Series (GLOW)** which has been a smashing success! You can see the awards as well as the winners on our web site www.greatlakezone.org. As our pot of money grows we can start to think about sponsoring coaches to clinics or handout some seed money for a worthy swimming endeavor!

Oh and btw I was re-elected for a two-year term so you're stuck with me for a while! Looking forward to serving the Zone in 2012!

Daniel Cox, Great Lake Zone Chair

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