

Wisconsin Masters Swimming

On Deck.....

Newsletter Date
April/May 2012

WI LMSC Officers

Chair: Jeanne Seidler
WChair@usms.org
262-643-7922

Vice Chair: Dick Pitman
WIViceChair@usms.org

Co-Registrar: Trina Schaetz
WICoRegistrar@usms.org

Coaches: Fred Russell
WICoaches@usms.org

Editor: Nancy Kranpitz
WIEditor@usms.org

Fitness: Melodee Nugent
WIFitness@usms.org

Officials: Susan Wagner
WIOfficials@usms.org

Open Water: Julie VanCleave
WIOpenWater@usms.org

Registrar: John Bauman
WIRegistrar@usms.org
11917 W. Rainbow Ave
West Allis, WI 53214-2166
Ph: 414-453-7336

Safety: Jerry Lourigan
WISafety@usms.org

Sanctions: Eric Jernberg
WISanctions@usms.org

Secretary: Suzi Green
WISecretary@usms.org

Top Ten: Jeanne Seidler
WITopTen@usms.org

Treasurer: Ingrid Stine
WITreasurer@usms.org

Webmaster: Jeanne Seidler

The week before the 2012 Wisconsin Masters State SCY Championships, I was swimming a workout by myself in the afternoon. When I was ready to get out, I swam, pushing my kickboard with pull buoy and fins balanced on top, over a few lanes and halfway down the outside lane to a ladder. As I climbed out of the pool, a very young male lifeguard was standing by the ladder. I said, "Hi, I'm Jeanne and I swim with the Masters" to which he replied, "I didn't know old people could swim." That really took the wind out of my sails! We talked more, and he just dug the hole deeper with everything he said. But, finally, we communicated on the same plane when he said, "I meant that I didn't know old people could race." The young man was very



Jeanne Seidler

polite and friendly, but had never heard of Masters Swimming.

This incident pointed out two important thoughts for Masters Swimmers. First, many of our swimming youth and lifeguards do not know about Masters Swimming. That's a point of emphasis that is clearly missing from our USMS objectives. Swimming is always one age group away from extinction. What can you do about getting the word out to the newest age groups eligible for Masters Swimming?

The second thought, of which we're all aware, Masters Swimming isn't like the Masters of Golf. Masters Swimming means adult swimmers with their own personal goals. What can you do to get the word out on this important point?

We do have brochures from US Masters Swimming that you can put at your workout site or give to your non-USMS swimming friends. If you wish to obtain some brochures, please e-mail me with your address and also the number of brochures that you can use at your pool and for your friends. I will send the brochures! When you receive them, please write your name as the contact person so your friends can call with any questions about Masters Swimming. Post one at your swimming site.

On another topic, our State Meet was very successful. One page 6 of this newsletter you will find some of the results, new WMAC records, and stories about this very successful meet!

Although the State Meet is behind us there are still two championship meets for swimmers in the short course yards venue. Thirty (30) WMAC swimmers will be attending the USMS Nationals in Greensboro, NC, from April 26-29. Thirty-seven (37) swimmers are registered for the YMCA Masters Nationals in Fort Lauderdale from April 12-15. While the USMS Nationals are a USMS *sanctioned* event of only USMS swimmers, the YMCA Masters Nationals are a USMS *recognized* event and only YMCA membership is required. Some swimmers attend both championships, which I did last year. The USMS Nationals have 1,863 swimmers on their Meet Roster!

This summer, in place of the Badger State Games, Wisconsin Masters will hold the LCM Championships on June 24th at Schroeder. Long course pools are very hard to get in the summer, but it just happened that the one weekend available at any LCM pool was at Schroeder and on the weekend of Sunday, June 24. This date is the same relative date on which the Badger State Games meet was held. Keep the date on your calendar.

Finally, please remember the USMS Summer Nationals are only a 500 mile drive away in Omaha, NE, this summer, July 5-8. Being less than a

Con't on page 2 →

On Deck... Con't from page one

day's drive away from Wisconsin, please take advantage of attending this USMS National meet. Your expenses for a meet within easy driving distance are so much less than for a meet in which you need to use flights and rental cars. I'm planning to attend this summer. If you have never attended a USMS Nationals, it is worthwhile to attend a USMS Nationals at least once. This Nationals in proximity to Wisconsin is as close as it gets. Registration for the USMS Summer Nationals is open on the USMS website (usms.org).

... "I didn't know old people could swim" ...help to educate others so we get rid of this old perception. All of us "old people" (and to a teenager that means anyone over 30) know that swimming is one of the best exercises to keep us "old people" rather than "dead people."



Tuesdays and Thursdays at 5:15 AM you will find these dedicated swimmers at the Monona Grove High School practicing under the tutelage of **Jerry Lourigan**. From left are: **Tim Potter, Anne Schoenemann, Jerry Lourigan, John Jorgensen, Steve Lepak, and Carl Millholland**. This was the first meet for **John** and **Steve** who both also do triathlons—including ironmans. **Anne** has a background in synchronized swimming and also bikes and runs. In addition to swimming at Monona Grove HS with **Jerry, Tim** also swims at the East Y with **Dick Pitman**, bikes, and runs, while **Carl** and **Jerry** also bike in addition to their swimming.

Wisconsin Masters Website

www.swim-wimasters.org

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

Elmbrook's Winter Training Trip

EBSC went to Boca Raton and Fort Lauderdale for our first annual Masters Training Trip the last weekend in January. We did two doubles (F&S) and two singles workouts (TH and S) and we trained side by side with Ft. Lauderdale HOF Masters and with Florida Atlantic University Masters. We even did an open water swim, toured the HOF Museum and Archives and sampled endless Florida coastal refreshments.

Chris Stich, Dan Schaetz, Nora Settimi, and Heather Tiltmann found some time for some R & R during their training trip to FL in January.



Upcoming Meets

June 24th—LCM Meet at Schroeder
July 5-8—LCM Nationals, Omaha, NE
July 21—Lake Amy Belle
August 18—MOWS, Madison

Where's Ingrid?

Ingrid Stine, Wisconsin's LMSC Treasurer, has unfortunately had a rather tough last six months! It all started with a fall which resulted in two broken bones in her right leg. Shortly after recovering from that she fell again and broke her right arm. Reports are that she is up and about—but not yet back in the pool as she is still feeling a bit unsteady and, of course, is fearful of another fall. But knowing Ingrid she will most likely be back in the water when the outdoor pools open in late May.

Here's to a speedy, complete recovery, Ingrid—and no more falls!

2011 usms Top Ten SCM for WMAC

Jessica Connors 26 2nd 100 breast 1:16.86 9th 100 IM 1:12.11 9th 200 IM 2:38.52	Trina Schaetz 39 5th 50 free :28.45 3rd 100 free 1:02.85 4th 50 breast :35.74 3rd 100 breast 1:19.22	Kristen Barton 37 6th 100 breast 1:22.66	Megan Lassen 41 9th 800 free 10:56.73 8th 1500 free 20:41.13 6th 200 back 2:51.09
Melinda Mann 55 4th 400 free 5:24.22 7th 100 back 1:23.56 3rd 50 breast :39.88 2nd 200 fly 1:15.23	Paula Larsen 66 6th 50 free :37.82	Rachel Budde 41 7th 200 fly 2:51.09	Janet Schultz 60 9th 200 breast 3:57.35
Michael Wade 24 7th 800 free 10:25.60 4th 1500 free 19:41.24 6th 200 IM 2:33.62 4th 400 IM 5:35.56	Janice Wolowicz 79 9th 100 back 2:52.76	Lauren Schudde 28 10th 400 IM 5:45.18	Carol Reinke 75 8th 400 free 8:51.93 7th 800 free 17:56.30 6th 1500 free 33:53.53 7th 50 breast 1:03.50 5th 200 breast 4:57.20
Laren Tiltmann 41 4th 100 free :55.24 2nd 50 back :28.84 1st 100 IM 1:02.27* 2nd 50 free :24.60	Fritz Schenker 26 4th 800 free 9:33.91 3rd 1500 free 18:10.83 9th 200 back 2:27.23	Sam Hickinbottom 22 4th 100 free :55.35 3rd 100 fly 1:00.29	Guiseppe Mazzone 33 9th 1500 free 20:34.69
Gordon Schalla 85 6th 50 back 1:13.82	Kip Fulbeck 46 2nd 50 free :24.26 5th 50 fly :27.14	Sean Tepper 29 7th 100 back 1:02.30 5th 200 back 2:21.16	Mark Pfaltzgraff 50 9th 400 IM 5:51.40
Men 72-99 800 M FR 1st 9:10.84* Michael Wade 24 Fritz Schenker 26 Sam Hickinbottom 22 Nicholas Janous 23	Geoff Mykleby 58 7th 50 back :32.50	James Biles 50 7th 800 free 9:45.43 6th 1500 free 18:40.11	Bill Payne 82 8th 100 back 2:10.56 5th 50 fly :55.82
Women 120-159 400 M FR 1st 4:25.27* Trina Schaetz 39 Kristen Barton 37 Megan Lassen 41 Rachel Budde 41	John Bauman 81 8th 100 breast 2:19.98	Tom Michelson 80 7th 100 back 2:10.52 10th 50 breast 1:04.25	Joanne Moder 73 9th 200 back 4:40.45 10th 200 free 4:24.86

Congratulations to all of our Top Ten finishers and extra congratulations to **Laren Tiltmann** and both **relay teams** on their 1st place rankings. By placing 1st they have all earned **All American honors** for the 2011 short course meter rankings.

Registration Statistics

Some interesting USMS registration statistics for the 2012 membership year as of February 29, 2012:

- 42,601 total members
- That is 75.7% of last year's total (56,158)
- That is about 2,000 members ahead of this time last year
- 93.1% of members have registered online
- The 50-54 age group is the largest, followed by the 45-49 age group.
- The highest number of paper registrations has come from the 50-54 age group.
- There are 50 members in the 90-94 age group; more than half registered online!
- There are 10 members age 95 or above.

In Wisconsin we had **553 members in 2011, 427 in 2012 as of February 29th. 68.6% registered online, a whopping 31.4% on paper.** Only 2 other LMSC's had a higher percentage of paper registrations—which means, we need to get with it! Go paperless—register ONLINE next time!



New mom **Maya Wilkes**, 34, from Madison, (shown here with son Sebastian) made quite a splash in her first masters meet in Baraboo churning out some pretty impressive times in the 50 free (:27.76), 100 free (1:01:82), 50 fly (:30.99), and 100 IM (1:11.88).

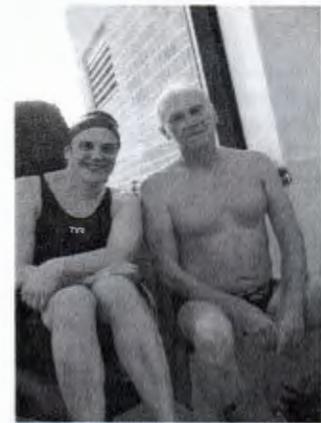
Oshkosh YMCA Meet

Melinda Mann

Six WMAC records tumbled at this meet with **Melinda Mann** breaking 4 and **Candy Christenson** breaking two. Swimming in the 55-59 age group **Melinda's new records** came in the 100 fly (1:09.22), 50 breaststroke (:35.75), 500 free (6:13.28) and 200 free (2:18.74). **Candy's** came in the 65-59 age group in the 50 breaststroke (:44.84) and 100 breaststroke (1:44.12).

In addition to these official records there were some unofficial "awards" and "duels" in the pool. **The Animal Award:** This year's award goes to **David Clark** (54) for swimming the 400 IM, 200 butterfly, 200 backstroke, 200 breaststroke and the 500 freestyle. What a tough schedule! Congratulations! **The Duel in the Pool:** Oshkosh YMCA coach **Stephanie Rothe** and her dad, timing system operator **Pat Rothe**, duelled it out in the 50 free and the 50 fly. The races were close with Dad just edging daughter. We can't wait until next year!

Thank You: A big thank you to the Oshkosh YMCA swimmers and parents for coming and being our timers for the meet. We really appreciated it!



Melinda Mann
Greg Hullub



Art Luetke

Baraboo Meet

Ten more SCY Records were set on 3/17/2012 at the Baraboo meet. **Melinda Mann** broke 3 in the 55-59 age group: 200 breast 2:54.89, 100 IM 1:10.16, 200 IM 2:34.56; **Candy Christenson**, (65-69) 50 breast :44.42 (3rd time in 3 meets!), 200 breast 3:52.34; For the men **Art Luetke** (65-69) also had 3: 50 free :27.79, 100 free 1:04.22, 200 free 2:29.42; **Greg Hollub** (65-69) 1000 free 13:08.26, 100 back 1:19.70.

With new records being set in every meet one could wonder how these results can be attained. Perhaps by taking **Art's** following words to heart we might all experience our own measure of "success":

"Yes, it was a pretty good day for me yesterday. I've trained hard for the last 5 months but had no idea I was going to do all that. It was all about one word, **discipline**; getting off the sofa all those winter nights and going to workouts, doing all those sets, doing all those yards, and suddenly, it was really worth it ALL." With an approach like this there ought to be many more records set in the upcoming spring championship series—WI state meet, YMCA nationals, and USMS nationals. Go for it!

Madison East Y Meet

Dick Pitman

Ten (10) new members swam in our meet in February!! Wow! They were: **Austin Bisbee, Mark Dorney, Daylyn Hopp, John Jorgenson, Dave Kroening, Steven Lepak, Abby and Joshua Lubbert (brother & sister) and Nicole Madonia**. . .OH! and **Kelly Greul** who signed up at the meet! Three of these newcomers, Austin Bisbee, Dave Kroening, and Daylyn Hopp came from Stevens Point

The meet started pretty much on time. We had about 60 registered swimmers! But, too many no-shows. A lot of good swims! **Shaun Morrow** was probably responsible for the invasion of Madison by the Stevens Point swimmers. He had some really great swims. **Jerry Lourigan**, who has a Masters Swim coaching stint at the Monona Grove HS encouraged three of his swimmers to come to their first meet: **Mark Dorney, Steven Lepak and John Jorgenson**. The four of them comprised a relay. Of course, Jerry had to bribe them by telling them that if they swam the meet, he would swim a 500 butterfly. I think that was his 3rd time swimming that "unofficial" event. Way to go Jerry! We were also pleased to have **Kevin Scanlan** and **Susan Smar** come up from Illinois to swim in our meet.

Four WMAC records bit the dust at this meet. **Dan Slick** set a new mark in the 200 free (M60-64) with a time of 2:16.25. The ink was barely dry on the record books as **Candy Christenson** (65-69) broke her own records in the 50 and 100 breaststrokes (:44.43 and 1:44.07) which she had just broken 2 weeks earlier at the Madison East Y meet, as well as the 500 free (8:13.22).

We had a great lunch after the meet at the MAM swimmers' favorite haunt: the Harmony Bar & Grill. Our meet officials, **Cathy Marty** and **Phil Ball**, did a great job! Thanks to all who came to meet, swam and competed, and helped with timing, and kept the meet moving.

Mary Schneider
Candy Christenson



WMAC 2012 NATIONALS TEAM WEAR ORDER FORM
ORDER by April 16!

Name: _____

Address: _____

City State Zip: _____

Telephone: _____

Email: _____

Write shirt quantity on the line beside the size you want:

SHORT SLEEVED
 _____ S _____ M _____ L _____ XL _____ 2XL (add \$1.00 for 2XL) @ \$16.00 = _____
 LONG-SLEEVED SHIRT

_____ S _____ M _____ L _____ XL _____ 2XL (add \$1.50 for 2XL) @ \$18.00 = _____

Shipping is \$5.00 per item if you are not headed to Greensboro, NC TOTAL = _____



Erin Schneider

Please make checks payable to WMAC and mail order form to:
Trina Schaeetz, 3965 Glen Echo Dr., Brookfield, WI 53005, 262-751-9144

Congratulations to **James Bile's** for a remarkable 2011 swim season. After sitting out 2010 with two shoulder surgeries, James had an amazing comeback year in 2011. His accomplishments last year included **2 pool national championships—1500 free and 200 fly—at USMS Long Course Nationals, 4 postal national championships - 5k, 10k, 3000 and 6000, 1 open water national championship - 2.4 mile in Madison, and completing the grueling 25k open water championship (3rd place).** He was also **one of only sixty-four swimmers to complete all 5 Postal National Championships.** His 5 long distance championships, along with his 25k finish and his One Hour Postal finish (8th in the top of the 45-49 age bracket - and only with a couple of months of training behind him), earned him the title as the **50-54 men Long Distance All Star.**



Congratulations, James!



Design Property of
SPRINT TEAMWEAR
 (800) 700-0000 • (414) 241-0000
 www.sprintteamwear.com

Great Lakes News Flash.....

Coaching certification is coming to the Midwest April 21-22, 2012!!! This is it! Level 1 and Level 2 Masters coaching certification. Coaches, don't miss this opportunity. They will put a limit of 50 coaches....the other certification programs all sold out...so don't wait...register today!

Prerequisites: You must be a 2012 USMS Member to participate in the course. You must be a member of ASCA to receive certification. ASCA and USMS Membership information is provided on the application for this clinic. ASCA Membership fee is \$70 for one year. More information about ASCA may be found here: www.swimmingcoach.org.

Upon successful completion of the class: Each person will be awarded a USMS Level 1 ad 2 Coaches Participation Certificate.

Level 1 Saturday April 21, 2012, 12:00 PM—4:00 PM.

Level 2 Sunday April 22, 2012, 9:00 AM—1:00 PM.

Location: Spire Institute, 1822 South Broadway, Geneva, OH, 44041 (Cleveland). <http://www.usms.org/coach/>

Daniel Cox, Great Lakes Zone Chairman

Do you have something you want included in the next newsletter? The deadline for submissions is: May 25, 2012 E-mail address is on page 1.

Wisconsin Masters SCY State Championships

Jeanne Seidler

The 2012 Wisconsin Masters SCY State Championship meet, March 31-April 1, was the largest meet I have ever attended in Wisconsin since I've been a Masters Swimmer. We hosted 170 registered USMS swimmers from six states! That was so amazing!

The meet ran fast—so fast that we had to add a little break here and there on Sunday for the officials and also to give a breather to individual swimmers on relays who were in the heat immediately following the relays. I never heard any complaints about the speed of the meet except that one or two individuals said that it was a really run fast.

Some of the other feedback was just astounding. Wisconsin swimmers and the State Meet were praised with very pleasant and positive statements. A swimmer from Illinois said that Wisconsin needed to come down to Illinois and show Illinois how a State Meet should be run. (chuckle, chuckle, wink, wink) A swimmer from California, who combined a family visit with our meet, mentioned that she was enjoying the meet, it was not at all like a California meet, and that she couldn't believe how friendly everyone was at the meet. Another swimmer from Illinois said that they never have an Illinois meet in a pool as good as the pool we swam in. Many said they were planning to attend the long course meet on June 24th.



Nora Settimi
Maurice Tetzlaff
Fred Russell (front)

Five swimmers deserve special mention for their inspiring swims. **Fred Salzmann** (at left), Madison, age 79, swam 10 individual events and 4 relays. Two of the relays (400 FR and 400 MR in the 75+ age group) were swum just before Fred was to swim in Heat 1 of the 1650 freestyle. If there ever was an award to give, Fred would receive the honor for the most swims in one meet by any swimmer age 79 and under!



Tim Potter swam all 10 of his events, including the 1650. Tim and Fred swam their 1650's in the south pool so that the 1650 could start up with Heat 2 in the north competition pool and run simultaneously with Heat 1. Here's a thank you to Fred and Tim for their willingness to use the south pool for Heat 1 to speed up the meet.

Janice Wolowicz, Manitowoc, age 79, swam her first ever relay. She was teamed up with **Jeanne Seidler**, **John Bauman**, and **Jim Arnold** (swimming with his new pacemaker) for the 65+ 200 mixed free relay.

And **Alex MacGillis (83)**, at right, deserves a determination award. He swam the 75+ Men's 400 FR and was convinced to go right back into the water in the 75+ Men's 400 MR doing the 100 fly leg. Doubting he would be able to finish a 100 fly he nevertheless dove in when his turn came and finished his leg of the relay. Also on those 2 relays were **Fred Salzmann (79)**, **John Bauman (81)**, and **Tom Michelson (80)** (pictured below-left) whose combined ages total 323!



The most inspiring swimmer of the meet had to be **Tara Warren**, 42, originally a Special Olympics swimmer before she joined WMAC. Only a few of us knew this, but Tara was swimming every race for her Mom who passed away in August of 2011. This is what my daughter, **Nina Seidler Wagner**, who was running the computer at the meet, posted on her Facebook Page... "Today an official stopped a Masters swim meet and several people helped a swimmer with disabilities not miss her event. Just one of the reason I am proud to be a masters swimmer." I am happy that Tara comes back and swims with us at her old Special Olympics venue and renews acquaintances with Masters Swimming, her old coach, and her good friend, Katie. Masters Swimming has something to meet everyone's needs, because every Masters Swimmer has their own goals.



Three Wisconsin Relay records in the Men's 65+ age group, which had stood for 15, 14, and 13 years, were taken down by the new kids on the blocks. **Greg Hollub**, **James Dannenberg**, **Dick Pitman** and **Art Luetke** broke the 200 and 400 medley relays. **Don Jackson** replaced **Jim Dannenberg** to break the 800 free relay record. I always say that the stars in the sky have to line up just right for the great combination of strong swimmers and complimentary strokes to be at the same meet at the same time and to know they have record setting potential as a group. Congrats to these five men and to all the other record-setting swimmers!



Suzi Green

Finally, I hope everyone had a chance to view our :20.52 seconds of entertainment on Sunday. **Adam Mania**, age group and masters coach, member of USMS and USA Swimming, and 2012 Olympic hopeful, did an exhibition swim in the first heat of the 50 free. Adam had a nice, fast exhibition swim for all of us to enjoy. Best wishes to Adam to do well at the Trials.



Footnote from **Julie Van Cleave**: **Jeanne Seidler** (left) did a fantastic job of organizing and running this meet. It was great to see that she was also able to swim in the meet despite all her responsibilities. Her husband, **Neil**, worked the registration and awards tables. Daughter **Mindy** helped organize timers and other on-deck things. Daughter **Nina** worked the computer and calculated meet results. Other volunteers included **Eric Jernberg**, **Jerry Lourigan** (Colorado system), and **James Biles** (timers). No doubt there were others, also, that I didn't see. Thanks to all for a great meet. Check page 10 for a listing of the new WMAC records set in this meet.

St. Pete (FL) Masters Meet



Dan Schaetz

Suzi Green

St. Petersburg, FL, Masters held their 42nd consecutive SCY Masters meet March 24-25. This meet is the longest running masters meet in the country! **Nancy Kranpitz** swam to eight first place finishes and the high point award in the women's 65-69 age group and in the process broke two WMAC records—the 100 freestyle (1:16.22) and the 200 IM (3:22.80). Weather conditions that day? Mid 80's, sunny, breezy—absolutely perfect conditions for this annual outdoor meet!

2012 WISCONSIN MASTERS LCM STATE CHAMPIONSHIPS LONG COURSE METERS

JUNE 24th, 2012

SPONSORED BY: The Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 202-S006

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 10:00 AM, Meet starts at 11:00 AM.

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 8-lane 50-meter pool with bulkheads, anti-turbulent lane guides, starting blocks and backstroke flags. Water depth: 2 meters at the start end, 5 meters at the turn end. Events of 50 meters will start at the 50 meter end.

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 Wagner will be heading up the officiating team.

SEEDING: Heats will be seeded slowest to fastest, age groups and sexes combined. Please submit a reasonably accurate seed time. "NT" will not be allowed for an event. Please estimate a seed time for all events. Heat sheets will be provided at the meet and posted in advance on the website after the entries close.

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

WARM-UP PROCEDURE: All Lanes will be open for the warm-up period (10am-11am). 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. After the meet begins, Lane 8 will be the continuously available warm down lane, circle swim only, no dives allowed. Lane 7 will be an empty buffer lane between the racing lanes and Lane 8, no warm downs allowed in Lane 7.

Wisconsin LCM Meet Entry Info, Continued:

- ENTRY FEE:** \$4.50/individual event plus a \$13.00 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:** Five (5) individual events, plus relays. **THE 1500 and 400 FREESTYLE EVENTS and THE 400 IM EVENT WILL BE LIMITED TO THE FIRST ENTRIES RECEIVED** up to a max of 24 entries for the 1500 free and 400 IM and 36 entries for the 400 free. Each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps. The 800 free split will be recorded from the electronic timing, if available. A swimmer may also put two additional watches of their own on the lane to ensure that the 800 split is available if the electronic timing fails.
- 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.
- ENTRY DEADLINE:** Mail entries must be received by Monday, June 18th, 2012. On-line entries will be cut-off on Monday, June 18th, 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.
- AWARDS: INDIVIDUAL EVENTS:** Medals 1st-8th place. **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.
- SUNDAY 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

Sunday, June 24th, 2012 Five (5) events maximum

- | | |
|--|---|
| 1. 50m Butterfly | 14. 400m Freestyle (36 entries max.) |
| 2. 400m IM (24 entries max.) | 15. 200m IM |
| 3. 100m Freestyle | 16. 100m Backstroke |
| 4. 200m Backstroke | 17. 50m Freestyle |
| 5. 100m Breaststroke | 18. 200m Breaststroke |
| 6. 200m Freestyle | 19. 100m Butterfly |
| 7. 50m Backstroke | 20. 200m Free Relay – Male or Female |
| 8. 200m Butterfly | 21. 200m Free Relay – Mixed (2 M, 2 F) |
| 9. 200m Medley Relay – Male or Female | 22. 400m Medley Relay – Male or Female |
| 10. 200m Medley Relay – Mixed (2 M, 2 F) | 23. 400m Medley Relay – Mixed (2 M, 2 F) |
| 11. 400m Free Relay – Male or Female | 24. 800m Freestyle Relay – Male or Female |
| 12. 400m Free Relay – Mixed (2 M, 2 F) | 25. 800m Freestyle Relay – Mixed (2 M, 2 F) |
| 13. 50m Breaststroke | 26. 1500m Freestyle (24 entries max.) |

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
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

FEE 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 _____

GLOWS Series

We are pleased to announce the schedule for the 2012 USMS GLOWS Series (Revision 0; March 1, 2012). The 2012 USMS GLOWS Series schedule information was consolidated from the USMS Great Lake Zone's LMSCs who have confirmed the status of their LMSC's designated open water event contribution to the 2012 GLOWS Series.

The 2012 USMS GLOWS Series schedule has been added to the drop-down menu at www.GreatLakesZone.com. Briefly, the Open Water Swims (OPW) are as follows:

Saturday, June 2, Greenswell, Ohio, Alum Creek State Park Reservoir, 5., 1.0, 2.0 miles.

Saturday June 23, Morse Reservoir, Noblesville, IN, USMS 3-6 mile OW National Championships, (5K USMS Championship, 5K non-championship).

Saturday, July 28, Lake Erie OWS, Edgewater State Park, .5, 1.0, 2.0 miles)

Saturday, August 11, Ohio River OWS, Prospect, KY, .5, 1.0, 2.0 miles).

Saturday, August 18, Madison OWS (MOWS), Lake Monona, Madison, WI., 1.2, 2.4 miles.

Saturday, September 8, Big Shoulders OWS, Ohio Street Beach, Chicago, IL.

For more information and contact info go to the website listed above.

Respectfully John Traynor, Chair, ILSA Open Water & Long Distance Great Lakes Zone

New WMAC Records Set at State Meet

Chris Hruska (18-24), 200 IM 2:03.58; 400 IM 4:30.74.

Nathan Taylor (18-24), 50 breast :28.17.

Art Luetke (65-69), 100 free 1:03.74.

Greg Hollub (65-69), 100 back, 1:19.53; 200 free, 2:22.96; 50 back, :35.78; 50 free, :27.57.

Alex MacGillis (80-84), 100 IM, 1:48.18.

Gordon Schalla (85-89), 50 back, 1:05.15.

Jessica Connors (25-29), 100 breast, 1:07.03; 50 breast, :31.31.

Melinda Mann (55-59), 100 breast, 1:16.75; 100 fly, 1:06.57; 100 IM, 1:09.82; 200 breast, 2:53.42; 50 fly, :29.64; 500 free, 6:01.55.

Janet Schultz (60-64), 400 IM, 6:51.80.

Candy Christenson (65-69), 100 breast, 1:40.85; 1000 free, 16:50.78; 1650 free, 27:49.62; 200 breast, 3:44.68.

Men 65+ 800 Free Relay: 10:37.07 **Greg Hollub, Donald Jackson, Art Luetke, Dick Pitman.**

Men 65+ 200 Medley Relay: 2:19.02 **Greg Hollub, James Dannenberg, Dick Pitman, Art Luetke.**

Men 65+ 400 Medley Relay: 5:14.93 **Greg Hollub, James Dannenberg, Dick Pitman, Art Luetke.**

WISCONSIN MASTERS SWIMMING
11917 W. RAINBOW AVE
WEST ALLIS, WI 53214