

Wisconsin Masters Swimming

April 2015 / May 2015

O N D E C K . . .

WI LMSC Officers

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

Vice Chair: Dick Pittman
WViceChair@usms.org

Coaches: Fred Russell
WCoaches@usms.org

Editor: Mary Schneider
WiEditor@usms.org

Fitness: Melodee Nugent
WIFitness@usms.org

Officials: Susan Wagner
WIOfficials@usms.org

Long Distance and Open Water: James Biles
WILongDistance@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: Jeanne Seidler
WISanctions@usms.org

Secretary: Suzi Green
WISecretary@usms.org

Top Ten: Jeanne Seidler
WITopTen@usms.org

Treasurer: Mike Murray:
WITreasurer@usms.org

Auditor: Elyce Dilworth
InternalAudit@USMS.org

Webmaster: J. Seidler
WIWebmaster@usms.org

Now that the SCY State Champs and the Baraboo meet are finished, what's next for swimming?

As Yogi Berra said ... it's not over until it's over ... There is still the USMS Spring Nationals in San Antonio, TX, April 23rd to April 26th and the YMCA Masters Nationals in Sarasota, FL, May 7th to May 10th. Some WMAC swimmers enjoy traveling to these meets. There will be 46 at the USMS Nationals and 30 at the YMCA Masters Nationals.

As the short course yards season wraps up, please note that the long course meters season starts with the State LCM Champs on June 20th at the Schroeder Aquatic Center. The meet information for this event is published with this newsletter. On-Line entry is open for the meet.

April is Adult-Learn-To-Swim Month as designated by USMS. Did you know that the USMS Swimming Saves Lives Foundation will give grants to groups so that they can offer free Adult Learn-To-Swim lessons. If your pool would like to conduct the free Adult-Learn-To-Swim lessons, please apply for the grant and follow the USMS program. USMS has training for swimmers to become certified as Adult Learn-to-Swim instructors. If you cannot offer lessons, please consider contributing to the Swimming Saves Lives Foundation when you renew your USMS registration so that the program has the resources to continue. Thirty-seven percent of adults cannot swim one length of a pool. This program is addressing the issue. If your group plans to apply for a grant, please e-mail Jeanne Seidler to acknowledge your plans. By the way, there is now a Wisconsin proclamation claiming April as Adult-Learn-To-Swim month in Wisconsin. The proclamation is referenced from the home page on the website.

On the weekend of March 15th, USMS held a two-day meeting of all LMSC Chairs in Phoenix. I attended along with forty-four other LMSC Chairs from the rest of the United States. All meeting notes and presentations are published on the USMS website at the following link http://www.usms.org/gto/gto_lmsscmanagement, under the topic heading of "Webinars and Workshops" followed by "LMSC Leadership Summit 2015". It was a good meeting. One key takeaway to share is the reminder that Masters Swimming is an all-volunteer organization at the LMSC level. People volunteer to host meets. People volunteer to serve in LMSC jobs like the Registrar, Top Ten Recorder, Long Distance and Open Water and Newsletter Editor, to name some of the jobs. At meets, people volunteer to be timers and scorers. Masters swimming keeps on swimming because of all the individual efforts of many, many volunteers. I would like to personally thank all the swimmer/volunteers who make masters swimming happen. Without volunteers, some of us might still be swimming but not organized into programs with events. Some of us might not be swimming at all. Thanks a bunch to all our volunteers.

On April 11th, the final short course yards meet of the season was held at the Baraboo Middle School. Thirty swimmers attended the meet. The meet ran very quickly, with just one or two heats per event. But, 12 hearty swimmers did compete in the 1000 freestyle. And for two of the swimmers, this was their first attempt at the 1000 freestyle. When



Jeanne Seidler

(On Deck, continued from page 1)

this meet is held next spring, please consider attending the meet. The aquatic center is fairly new, with a fast 8-lane pool. It is used for numerous meets including the high school sectionals. This meet has the reputation of being very friendly and relaxed. The drive to Baraboo is scenic. The meet is a pleasant end to the short course yards season Wisconsin.

Jeanne Seidler, LMSC Chair, 4/11/2015

SCY State Record—Baraboo 4/11/2015

Event	Age Group	Time	Name
200 Back	W 30-34	2:16.67	Amanda Skartvedt,

SCY State Relay Records—Schroeder Aquatic Center 3/28-329/2015

Event	Age Group	Time	Name
400 Medley Relay	Women's 18 +	4:28.41	Molly Woodford 25 Katelyn Brittain 26 Valerie Thorp 23 Jamie Maier 36
400 Free Relay	Mixed 55 +	4:32.63	David Drury 55 Nancy Ehrke 61 Gigi Boswell 56 David Clark 57

USMS National Meet—San Antonio, Texas

by Mary Schneider

Forty-six members of WMAC will be attending and competing at the USMS Nationals to be held April 23 through April 26. All age groups and ability levels of swimmers will be represented. The youngest swimmer is Ricky Perez, age 18, and the oldest swimmer is John Bauman, age 84. Some swimmers will be swimming 6 events, and some without time cuts will swim 3 events. Some swimmers are very competitive, and some swimmers are just happy to be at the meet. Since everyone in the state competes for Wisconsin Masters, there's a lot of comradery going on at the meet, with new friendships being made. Fred and John compile the most amazing relays, and this year, the 65+ swimmers should field some pretty competitive ones. It's amazing to see the 80 and 90 year olds compete, with some still going off the blocks. It certainly seems to be true that you are never too old to swim, and to watch the older swimmers, they are just as competitive as ever. The largest swimming family contingency is the Perez/Schneider extended family. There's Sarah Perez, husband OC Perez, daughter Esmeralda Perez, son Ricky Perez, sister Erin Schneider, and mom Mary Schneider. Yes, that is my family, and you would think after all the years of watching age group swimming, I would have retired from the pool. Quite to the contrary, my daughters talked me into competitive swimming. Now, it's a family affair. Making a repeat performance is Esmeralda Perez. Two years ago, at age 18, she swam at her first national meet in Indianapolis, after having undergone treatment for Hodgkin's Lymphoma in the prior year. She enjoyed the competition so much, that even as a current college swimmer, she's returning to nationals. It's nice to see all the younger swimmers at the meet, and I often hear them talking on deck with how impressed they are seeing the older swimmers, and how fast they still are. It makes them understand what a lifetime sport swimming is. It's great to talk to swimmers from across the US, and how most people have to fight for pool space, and those that don't, realize how fortunate they are. To see almost 1,900 swimmers in one place is awesome. Swimmers are a family, and with masters swimming, you compete hard, and then you go socialize. If you are not going to nationals, cheer the team on, and follow the results online. There should be a link for results on the nationals page at <http://www.usms.org/comp/scnats15/>, along with live streaming. Go WMAC!

Open Water / Long Distance Corner

James Biles, Wisconsin LMSC Open Water/Long Distance Chair, USMS Long Distance Committee

Isn't Mother Nature a trickster? Just when we thought it was getting warm, another blast of cold hits us. But we did expect this; so no foul, no harm. The warmer weather is right around the corner with warm water directly behind it. Now is the time to plan your summer swim schedule. Big Shoulders sold out under a week after registration opened so if you didn't register, cross that one off your list. The Madison Open Water Swim will be held on Saturday, August 15th. Expect registration to open in early May. Sign up quickly as this race also promises to be a fast sell out. Keep up your training and distance in the pool to prepare for summer's events and as soon as lake temps reach a temperature you're comfy with, get outside and swim!

Meanwhile, in the first USMS Long Distance Championship of the year, the One Hour ePostal, Wisconsin swimmers performed well, with several new WI records broken. Full list is below.

ePostal National Championships:

5k and 10k: 5/15 – 9/15 (50m pool only)

3000-6000 Yds: 9/15 – 11/15 (25y or 25m pool)

2015 National Championships

Date	Event	Location
6/13	1 Mile Sprint Distance Championship	Livermore, CA
6/14	Marathon Distance Championship (10k)	Livermore, CA
6/20	Ultra Marathon Distance Championship (15k)- sold out	Noblesville, IN
6/27	2 Mile Cable Championship	Foster Lake, OR
8/29	Middle Distance Championship (2.5k)	Lake George, NY
9/12	Long Distance Championship (5k) – sold out	Chicago, IL (Big Shoulders)

2015 One Hour ePostal results for WMAC:

Women

Age group	Place	First Name	Last Name	Distance	
45-49	33	Debbie	Katzman	4075	
45-49	142	Renee	Scherck-Meyer	2775	
50-54	35	Karen	Kimple	4250	New WI Record
50-54	197	Cheryl	Drury	2825	

Men

Age group	Place	First Name	Last Name	Distance	
45-49	62	Dan	DeWeerd	4125	
50-54	8	James	Biles	5000	
50-54	15	Mark	Richards	4810	
55-59	33	David	Drury	4300	
55-59	96	Dan	Meek	3540	
60-64	25	Dave	George	4125	New WI Record

ePostal 2015 National Championships

Relay

Age group	Place	Club Name	Total Distance	First Name	Last Name	
Women 45+	10	WMAC	11,150	Cheryl	Drury	New WI Record
				Karen	Kimple	
				Debbie	Katzman	
Men 45+	6	WMAC	13,935	Daniel	DeWeerd	
				Mark	Richards	
				James	Biles	
Men 55+	10	WMAC	11,965	Dave	George	New WI Record
				David	Drury	
				Dan	Meek	
Mixed 45+	8	WMAC	18,135	Mark	Richards	New WI Record
				James	Biles	
				Karen	Kimple	
				Debbie	Katzman	

SCY State Records—Oshkosh January 25

Event	Age Group	Time	Name
50 Back	W 60-64	37.32	Cynthia Maltry
100 IM	W 60-64	1:16.48	Cynthia Maltry
50 Fly	W 60-64	33.45	Cynthia Maltry

SCY State Records—Monona Grove February 14

Event	Age Group	Time	Name
50 Back	W 30-34	29.27	Ann Skartvedt
100 Back	W 30-34	1:02.56	Ann Skartvedt
200 Free	M 85-89	4:06.92	Bill Payne
50 Fly	M 85-89	56.47	Bill Payne
100 IM	M 85-89	1:57.49	Alex MacGillis
200 IM	M 85-89	4:43.04	Bill Payne

Monona Grove Meet—February 14 by Steve Justinger

On February 14, 83 swimmers braved frigid temperatures to swim at the Monona Grove High School Pool. The swimmers, from 11 different clubs/work-out groups, ranged in age from 22 to 86. All four states, Wisconsin, Illinois, Iowa and Arizona were represented

**SCY State Records—Whitefish Bay
3/8/2014**

**Whitefish Bay Meet 3/8/2015
By Dave Clark**

The Whitefish Bay meet was attended by 100 athletes from 5 different States. It was one of the nicer days to date, weather wise. The meet ran smoothly and there were a number of WI Masters' records set. The 1650 was well attended, with 24 people opting to swim this event as it was the last chance to qualify for USMS Nationals. The team provided yummy baked goods that disappeared well before the end of the meet. Looking forward to next years meet!

**SCY State Records – RecPlex,
Kenosha 3/8/2015**

**SCY State Records—Schroeder
Aquatic Center 3/28—3/29/2015**

Event	Age Group	Time	Name
1650 Free	W 25-29	19:22.44	Molly Woodford
200 Free	W 25-29	1:57.28	Amanda Patzke
800 Free Relay	25+	8:51.88	Amanda Patzke, Karen Kimple, Katelyn Brittain, Molly Woodford
400 Free Relay	55+	5:38.52	Gigi Boswell, Heidi Fischer, Laurie Clausen, Nancy Ehrke

Event	Age Group	Time	Name
100 Free	M 18-24	46.49	Ricky Perez
200 Free	M 18-24	1:41.64	Ricky Perez
50 Back	M 18-24	23.39	Ricky Perez
100 Back	M 18-24	49.88	Ricky Perez
200 Back	M 18-24	1:48.00	Ricky Perez
100 Fly	M 18-24	50.21	Ricky Perez

Event	Age Group	Time	Name
1650 Free	W 18-24	18:58.61	Valerie Thorp
400 IM	W 18-24	4:53.01	Valerie Thorp
1000 Free	W 25-29	11:26.66	Molly Woodford
1650 Free	W 25-29	18:59.27	Molly Woodford
100 Breast	W 40-44	1:09.04	Trina Schaetz
50 Free	W 60-64	30:48	Cynthia Maltry
200 Free	W 60-64	2:29.42	Cynthia Maltry
100 Back	W 60-64	1:20.10	Cynthia Maltry
50 Fly	M 70-74	35.96	David Keddie
100 Back	M 85-89	2:00.94	Alex MacGillis
100 Breast	M 85-89	2:09.06	Alex MacGillis

2015 Wisconsin Short Course Yards State Meet

By Mary Schneider

The Wisconsin Short Course State Meet was held at the Schroeder Aquatic Center on the weekend of March 28-29. One hundred sixty nine swimmers were registered for the meet. Swimmers hailed from all parts of Wisconsin, from Illinois, Iowa, Michigan, and Washington. As usual, there was fast swimming. Eleven new individual state records and two relay records were set at the meet. In addition, there was team scoring for those swimmers who belong to a workout group.



Swimmers relaxing between swims

The top 5 overall teams were:

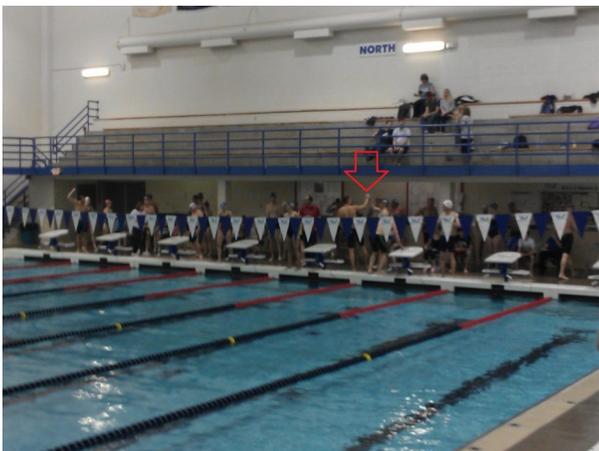
- WMAC (all state swimmers not in a workout group)
- Illinois Masters
- Elmbrook Masters
- Libertyville Masters (IL)
- Whitefish Bay Masters

On the women's side, the top 5 teams were:

- WMAC
- Elmbrook
- Illinois Masters
- Whitefish Bay Masters
- Libertyville Masters

On the men's side, the top 5 teams were:

- WMAC
- Illinois Masters
- Elmbrook
- Libertyville Masters
- Madison Area Masters



High-fiving before a swim

From a swimmer perspective, the meet was well run, and well organized. The officials kept the heats going without delays, and even the relays organized themselves quickly. Hats off to **Jeanne Seidler** for the tremendous organization for a well run meet. Plus, she recruited some age group swimmers to time, along with a few adult volunteers. It's very much appreciated as a swimmer, not to do double duty with timing.

One interesting race at the meet was the 100 Fly. Seeded next to each other were Brad Horner, swimming in the 60-64 age group, who still holds the world record in the age 55-59 200 M Fly, and a much younger Elmbrook swimmer in the 35-39 age group. Brad out touched the Elmbrook swimmer by 0.03 seconds. When the Elmbrook swimmer was told who he swam against, it still didn't help the sting of defeat, but we all thought it was a fun race to watch.

Next up is the LCM State meet June 20.



Start of the 200 Medley Relay

2015 WISCONSIN MASTERS LCM STATE CHAMPIONSHIP LONG COURSE METERS, SATURDAY, JUNE 20th, 2015

SPONSORED BY: The Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 205-S008

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 11:00 AM, Meet starts at 12:00 noon.

ENTRY OPTIONS: Enter On-Line via Club Assistant (see <http://www.swim-wimasters.org/w/> 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.

https://www.clubassistant.com/club/meet_information.cfm?c=1176&=6479 (On-Line entry)

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 5-meter end. **TIMING:** Electronic timing backed up by two buttons and one watch.

ENTRY FEE: \$5.00/individual event plus a \$22.00 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.

SEEDING: All events are timed finals. All events are seeded slowest-to-fastest, mixed gender. There are no separate men's/women's events.

ENTRY LIMIT: Five (5) individual events, plus relays. THE 800 and 400 FREESTYLE EVENTS and THE 400 IM EVENT WILL BE LIMITED TO THE FIRST ENTRIES RECEIVED up to a max of 28 entries for the 800 Free and the 400 IM and 35 entries for the 400 Free. Each swimmer entered in the 800 will be responsible for providing a person to count his/her laps. The 400 freestyle 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 insure that the 800 split is available if the electronic timing fails.

ENTRY DEADLINE: Mail entries must be received by Saturday, June 13, 2015. On-line entries will be cut-off on Saturday, June 13th, 2015 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

SCHEDULE OF EVENTS

1. 400 m IM (28 entries max.)	11. 200 m Mixed Freestyle Relay
2. 100 m Butterfly	12. 400 m Freestyle (35 entries max.)
3. 50 m Freestyle	13. 400 m Mixed Medley Relay
4. 200 m Backstroke	14. 50 m Breaststroke
5. 100 m Breaststroke	15. 100m Backstroke
6. 200 Mixed Medley Relay	16. 200 m Freestyle
7. 100m Freestyle	17. 50 m Butterfly
8. 200m Breaststroke	18. 400 m Mixed Freestyle Relay
9. 50 m Backstroke	19. 200 m IM
10. 200 m Butterfly	20. 800 m Freestyle (28 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
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

FEES PER MEET INFORMATION PAGE:

_____ EVENTS @ \$_____ ea. + pool surcharge \$_____ = \$_____

Fill out both pages of this form. Page 1 is the meet entry info; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.

Signed _____ Date _____

UMEF R6...7/3/2014



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Wisconsin Water Warrior Awards



The Wisconsin Water Warriors awards for 2014 were presented by Melodee Nugent at the Wisconsin Masters Short Course State Meet March 28. The first place winners received a swimmer trophy like the one pictured here. This unique trophy was designed and crafted by Melodee's dad. A big Thank You to him for helping out! Additional prizes in the packet included a sports bottle and a Jet Fuel packet from Infinit Nutrition, Foggies for goggles, a sample of shampoo and conditioner from TriSwim, and for some extra fun, some snack size candy. According to Melodee, more swimmers participated in the event than in the previous year. Please see the list of winners in the Feb-Mar 2015 newsletter. Wisconsin Water Warriors is a fun event, that you can do on your own. It is held every year between Nov 1 and Dec 31, and involves swimming as many yards as you can in any 14 consecutive days. Those who have done this for several years, challenge themselves to swim at least a little more than the previous year. It's amazing how you can push yourself an extra 100-200 yds at the end of a workout, knowing that over the 14 days, that little extra each day adds to the total. This event also adds some friendly competition among other swimmers in your age group throughout the state.

N e x t N e w s l e t t e r D e a d l i n e w i l l b e M a y 2 3

Wisconsin Masters Swimming
11917 W. Rainbow Ave
West Allis, WI 53214