

Wisconsin Masters Swimming

December 2015/ January 2016

O N D E C K . . .

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It's the new season and almost the New Year ... and we are starting to swim on our new competition schedule. There are 8 pool meets, one fitness event and one open water event for the 2015-2016 October 1st to September 30, 2016 season.

All events are listed on the Wisconsin website (www.swim-wimasters.org), and all events, except the Water Warriors Fitness Challenge, will use on-line entries via Club Assistant. Links to on-line entries are on the Wisconsin website.

Meet information for the January 10th (Pabst Farms Y), January 31st (Oshkosh Y) and February 13th (Monona Grove HS) pool events are in the content of this Newsletter and are available to enter on-line.

It's time now to register with U.S. Masters Swimming for 2016. The registration drive for 2016 began on November 1st, 2015. As of this writing, 194 Wisconsin swimmers have completed the 2015 USMS Registration. In 2015, the Wisconsin LMSC had 550 swimmers. If you have not yet registered for 2016, please register soon. There are several discounts with USMS partner vendors that are offered to swimmers who complete the 2016 registration at the end of 2015. The link to the USMS registration website can be found on the Wisconsin website. Alternatively, on the USMS website (www.usms.org) select "Membership" on the furthest upper right corner of the Home page or any other page. When registering, please select "Wisconsin" as the LMSC and "WMAC – Wisconsin Masters Aquatic Club" as the Club. If you swim with one of the registered Workout Groups, please also select that Workout Group. In 2015, there were almost 60,000 adult swimmers

registered with U.S. Masters Swimming. See membership benefits at <http://www.usms.org/reg/content/benefits> on the USMS website.

There will be a meeting held on Saturday, Dec 12th, that is the continuation of the LMSC Annual Meeting. This continuation is to address several items of business that we couldn't complete until after the USMS/USAS Convention was held. The meeting will be held at the Klotsche Pavilion at UW-Milwaukee in Room 140 beginning at 1:00pm. Meetings are open to all swimmers registered in the Wisconsin LMSC. If you plan to attend, please e-mail wichair@usms.org so I can keep a count of attendees.

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Jeanne Seidler

(On Deck continued from page 1)

Finally, the preliminary 2015 USMS Top Ten for Long Course Meters is now posted on the USMS website. See <http://www.usms.org/comp/tt/toptenlmscsummary.php?LMSCID=20> for a page that links to Wisconsin Top Ten by year for both Individual Events and Relay Events. This preliminary list is posted so that swimmers can review the lists and point out any errors prior to the publication of the final lists in late December. Given that only one LCM meet is held in Wisconsin, and several swimmers attended the USMS LCM Nationals or local USA meets, we have an excellent showing of 11 relays in the preliminary Top Ten and 54 individual events. Reminder ... if you swim in a USA meet, and the pool is listed on the USMS List of Measured Pools, report your times to witopten@usms.org and we will submit the times for USMS Top Ten consideration.

See you at the pool and at the WMAC events ... Jeanne Seidler, LMSC Chair

Oshkosh Meet Special Incentive

As a special incentive to swim the distance events at the Oshkosh meet on January 31, there will be an Animal Award. As described by the meet director, there are 2 ways to claim the prize. A swimmer must register for, swim, and complete 5 specified long events. Here are the two options:

1. Swim the 1000 freestyle, plus choose four of the following: 400 IM, 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle .

OR

2. Swim the 400 IM, plus choose four of the following: 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle

Thanks to Melinda Mann for creating this award. Just remember, if you swim these events, you don't have to finish fast, you just have to finish. Then drag yourself out of the pool and congratulate yourself for surviving the challenge.

Monona Grove Meet

by Steve Justinger

February 13, 2016 is the date of the 3rd annual Monona Grove High School Pool swim meet. The pool features clean, cool, crisp water, wide lanes, and ample seating for friends and family. Come join the fun.

Wisconsin Water Warriors

This is a reminder that the Wisconsin Water Warriors competition is currently going on. The entry form was in the last newsletter, and is also on the Wisconsin Masters Swimming website, <http://www.swim-wimasters.org/w/>. The competition dates are from Nov 1, through Dec 31, 2015. Melodee is waiting for your entry, and is hoping to top the 36 entries from last year. So, start your swimming and record the results. You don't need to be a mega-yard swimmer to enter. Challenge yourself, and have some fun with it. Some age groups only had 1 or 2 entrants last year, so your chances of winning one of the prizes are significantly better than the lottery. Come on and join the fun! Everyone can do this, regardless of where you swim.

USMS Registration Renewal Time

It's time to renew your USMS registration for 2016. Your current registration expires on Dec. 31, 2015, and if you anticipate entering any swim meets in January, now is the time to renew your registration. You can renew by going to the USMS website, <http://www.usms.org/>, and clicking the Sign Up or Renew button on the home page, or going to the Wisconsin Masters website, <http://www.swim-wimasters.org/w/>, and clicking the Join Membership Renew button on the main page in the upper right. As an added benefit, sponsors for USMS are offering product discounts if you join or renew your membership by December 31, 2015.

USMS Nationals Information

It's not too early to start thinking about the 2016 USMS short course nationals, to be held in Greensboro, NC, April 28 through May 1. Even if you do not have any qualifying times, you can still swim 3 events, along with any potential relays. Please visit the USMS website for additional information, including the hotel list. Here's the link: http://www.usms.org/comp/nationals.php?utm_campaign=top_nav&utm_medium=events_and_results. You may want to reserve a hotel room soon, as they tend to sell



out of rooms the closer it gets to the meet dates. Nationals were held in Greensboro a few years ago. The pool is clean and fast. As an added bonus, many past Olympians compete at nationals, and it's fun to watch them swim against mere mortals. As in past years, there is a group of about 30 to 35 WMAC members who compete at nationals. After swimming all day, we gather in the evening for dinner and a recap of the day's memorable swims. To prepare for the competition, why not practice your race pace swimming by competing in one of the Wisconsin Masters meets? The next 3 meets are included in this newsletter. Consider attending at least one of them, then join the team in Greensboro!

USMS Preliminary Top 10 for LCM

USMS has posted the preliminary results for Masters top 10 LCM swims. Both the individual and relay results are posted. A number of swims have been recognized for Wisconsin swimmers. Here is the link to see the results by LMSC, <http://www.usms.org/comp/tt/toptenlmsc.php>. If the preliminary results hold up, there will be several 1st place rankings for both individual and relay swims. If you think you should have been included, and do not see your name, please email Jeanne Seidler, Wisconsin Chair, at WChair@usms.org, and give her the information about the swim, such as the venue, the date, the event, and the time.

2015 National Long Distance 10K Championship Meet

The National 10K Long Distance Championship Meet was held June 13 in Livermore, CA. WMAC was represented by Mark Richards, swimming in the Men's 50-54 age group. He finished in 7th place, with a time of 2:50:30.50. Congratulations on a great swim!

2015 National Long Distance 15K Championship Meet

The National 15K Long Distance Championship Meet was held in Noblesville, IN on June 20. Representing WMAC were Melodee Nugent, James Biles, and Jerry Lourigan. Melodee swam in the Women's 45-49 age group, and finished 2nd in her age with a time of 4:24:42.80. James and Jerry swam in the Men's 50-54 age group. James finished first in his age group with a time of 3:56:47.90, and Jerry finished 9th In the age group with a time of 5:06:04.20. James also finished 2nd overall for the Men. Congratulations on your finishes!

USMS 5K ePostal National Championships for 50 M Pools

The ePostal competition is swum on an individual basis, and then compiled by USMS. Each swimmer must submit the official form online, which records splits and total time. Below are the WMAC swimmers who competed in the ePostal 5K race. As a club, the women finished 13th, the Men 5th, and the combined results placed WMAC 7th overall. Information for the 2016 ePostals can be found at the USMS site:

http://www.usms.org/longdist/ldchamps.php?utm_campaign=top_nav&utm_medium=events_and_results

Individual Results

Place	Age	Name	Time
2nd	W 18-24	Valerie Thorp	1:10:56.05
2nd	W 35-39	Kimberly von During	1:13:32.09
5th	W 65-69	Jeanne Seidler	2:38:39.99

Place	Age	Name	Time
5th	M 45-49	Craig Lanza	1:10:56.05
6th	M 50-54	James Biles	1:08:52.15
13th	M 55-59	Dan Meek	1:40:47.27
6th	M 70-74	James Arnold	3:17:54.10

Relay Results

Place	Age	Name	Time
3rd	W 18+	Valerie Thorp Kimberly von During Jeanne Seidler	1:10:56.05 1:13:32.09 2:38:39.99
2nd	M 45+	Craig Lanza James Biles Dan Meek	1:10:56.05 1:08:52.15 1:40:47.27
2nd	Mixed 18+	Valerie Thorp Kimberly von During Craig Lanza James Biles	1:10:56.05 1:13:32.09 1:10:56.05 1:08:52.15

USMS 10K ePostal National Championships for 50 M Pools

Three members of WMAC participated in the 10K ePostal. As a club, WMAC finished in 5th place for Men, and in 9th place overall. The long course ePostals had to be swum between May 15 and September 15 in a 50 M pool.

Individual Results

Place	Age	Name	Time
3rd	M 50-54	James Biles	2:19:29.50
5th	M 50-54	Mark Richards	2:37:30.77
6th	M 55-59	Dan Meek	3:33:52.53

Relay Results

Place	Age	Name	Time
3rd	M 45+	James Biles Mark Richards Dan Meek	2:19:29.50 2:37:30.77 3:33:52.53

Wisconsin Masters Short Course Yards Swim Meet Sanction 206-S001

YMCA AT PABST FARMS, 1750 Valley Road, Oconomowoc, WI. Enter the Y on the West Side of the building. Sunday, January 10, 2016, warm-up 8:00 AM – 8:45 AM, meet starts at 9:00 AM.

8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 1 to 7 will be used for competition. Lane 8 will be used for warm up/warm down during the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Open to all registered Masters 18 years old or older. Official Masters rules will govern the meet. Heats will be computer seeded, slowest to fastest. Automatic timing system backed up by one watch per lane.

The entry fee is \$4.00/individual event plus a \$15.00 facility fee. The entry limit is 5 individual events plus relays. The 500 freestyle will be limited to the first 28 entries received. There are no deck entries allowed.

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(Pabst Farms meet continued from page 5)

Complete meet info can be found and On-Line entries made thru the link below:
https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=6996

The deadline for On-Line entries is Thursday Jan 7, 2016.

Paper entries must be in the meet director's hands no later than 6:00pm, Monday, Jan 4, 2016.

Meet Director: John Bauman, 11917 W Rainbow Ave, West Allis, WI 53214 (414) 453-7336

wmacswim@sbcglobal.net.

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

- | | | |
|-----------------------|----------------------------|-----------------------------|
| 1. 400 yd IM | 8. 100 yd IM | 15. 100 yd Backstroke |
| 2. 50 yd Back | 9. 200 yd Freestyle Relay* | 16. 100 yd Breaststroke |
| 3. 100 yd Freestyle | 10. 50 yd Butterfly | 17. 50 yd Free |
| 4. 50 yd Breaststroke | 11. 200 yd Breaststroke | 18. 200 yd IM |
| 5. 200 yd Backstroke | 12. 500 yd Freestyle | 19. 400 yd Freestyle Relay* |
| 6. 100 yd Butterfly | 13. 200 yd Butterfly | |
| 7. 200 yd Freestyle | 14. 200 yd Medley Relay* | |

**Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men, two women)

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

Wisconsin Masters Short Course Yards Swim Meet Sanction 206-S002

Oshkosh YMCA, 3303 West 20th Ave., Oshkosh, WI. Sunday, January 31, 2016, doors open at 7:30 AM, warm-up 8:00 AM, meet starts at 9:00 AM.

8 lane, 25-yard fixed wall pool with anti-turbulent lane guides, starting blocks and backstroke flags. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Open to all registered Masters 18 years old or older. Official Masters rules will govern the meet. Heats will be pre-seeded, slowest to fastest. Automatic timing system backed up by watches.

The entry fee is \$5.00/individual event plus a \$15.00 facility fee. If entering with the mail-in entry form, checks should be payable to OSHY Masters Swimming and payment must accompany mail-in entries. Deck entries (same day as the meet) for individual events will be accepted only until 8:15 AM and only for empty lanes. The fee for deck entries shall be \$8.00/individual event plus the pool surcharge fee. The entry limit is 5 individual events plus relays. The 1000 freestyle will be limited to the first 24 entries received.

Complete meet info can be found and On-Line entries made thru the link below:
https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=7008

The deadline for On-Line entries is Thursday Jan 28, 2016.

Mail-in Entries must be in the Meet Directors hands no later than 6:00 PM, Saturday, January 23, 2016. Meet Director: Melinda Mann, 2970 Waldwic Lane, Oshkosh, WI 54904-8432 920-233-0510 (H), 920-420-4425 (C), Email: melindajmann@yahoo.com

Awards will be ribbons for 1st to 3rd place

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(Oshkosh meet—continued from page 6)

SPECIAL ANIMAL AWARD for the swimmers who enter & finish option #1 or #2 (5 of the longest events)

1. **The 1000 freestyle, plus the choice of four of the following:** 400 IM, 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle .

OR

2. **The 400 IM, plus the choice of four of the following:** 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle.

SCHEDULE OF EVENTS:

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

*Submit relay entries at the meet. Relays may be all men, all women, or mixed (two men, two women)

Wisconsin Masters Short Course Yards Swim Meet Sanction 206-S003

Monona Grove High School Pool 4400 Monona Drive, Monona, WI. Saturday Feb 13, 2016. Pool opens 10:30 AM. Warm-up 10:45 AM. Meet starts 12:00 PM.

8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Open to all registered Masters 18 years old or older. Official Masters rules will govern the meet. Heats will be computer seeded, slowest to fastest. Automatic timing system backed up by one watch per lane.

The entry fee is \$4.00/individual event plus a \$15.00 facility fee. The entry limit is 5 individual events plus relays. The 500 free-style will be limited to the first 28 entries received.

Complete meet info can be found and On-Line entries made thru the link below:

https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=7009

The deadline for On-Line entries is Thursday February 11, 2016.

Paper entries must be received by 6:00PM, Saturday February 6, 2016.

Meet Director: Steve Justinger, 6047 Hagen Hill Circle Madison, WI 53718-6219, 608-695-2645, sjustinger@hotmail.com.

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

- | | | |
|-------------------------|-------------------------|----------------------|
| 1. 200 yd Freestyle | 8. 200 yd Breaststroke | 15. 100 yd Freestyle |
| 2. 400 yd IM | 9. 100 yd IM | 16. 50 yd Backstroke |
| 3. 50 yd Breaststroke | 10. 200 yd Butterfly | 17. 200 yd IM |
| 4. 200 yd Backstroke | 11. 100 yd Backstroke | 18. 500 yd Freestyle |
| 5. 100 yd Butterfly | 12. 200 yd Free Relay* | |
| 6. 200 yd Medley Relay* | 13. 100 yd Breaststroke | |
| 7. 50 yd Freestyle | 14. 50 yd Butterfly | |

* Submit relay entries at the meet. Relays may be all men, all women or mixed (two men, two women).

Swimmers will be permitted to swim in only one 200 Free, 200 Medley, 400 Free, 400 Medley and 800 Free Relay.

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 Masters 2015-2016 Meet Schedule

Date	Meet
Nov/Dec	Water Warriors
Dec 5	West Bend SCM (incl 1500 Free)
Jan 10	YMCA Pabst Farms (incl 500 Free)
Jan 31	Oshkosh YMCA (incl 1000 Free)
Feb 13	Monona Grove HS (incl 500 Free)
Mar 6	Whitefish Bay HS (incl 1650 Free)
Apr 2-3	State SCY at Schroeder (incl 1650 Free)
Apr 9	Baraboo (incl 1000 Free)

Date	Meet
Apr 14-17	YMCA Masters Nationals, Sarasota, FL
Apr 28-May 1	USMS SCY Nationals, Greensboro, NC
Jun 12-13	Badger State Games with Masters heats, Wausau
Jun 18	State LCM at Schroeder
Aug 17-21	USMS LCM Nationals, OR
Aug 13 or 20	MOWS Open Water
Sep TBD	Sr. Olympics

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 J a n 2 6

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