

Wisconsin Masters Swimming

February 2016/ March 2016

O N D E C K . . .



Right: Jeanne Seidler

WI LMSC Officers

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

Vice Chair: James Biles
WIViceChair@usms.org

Coaches: Dave Clark
WICoaches@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: Dan Meek
WISecretary@usms.org

Top Ten: Jeanne Seidler
WITopTen@usms.org

Treasurer: Mike Murray
WITreasurer@usms.org

Auditor: Elyce Dilworth
InternalAudit@USMS.org

Webmaster: Mindy Seidler
WIWebmaster@usms.org

Facebook Page: <https://www.facebook.com/pages/Wisconsin-Masters-Swim-Committee/186883398012961>

Wisconsin Masters website: <http://www.swim-wimasters.org/>

Life is swimming right by us so quickly. There are only nine weeks left until we swim the 2016 State SCY meet at the Schroeder pool on April 2 & 3. It is 13 weeks to the USMS Spring Nationals held in the indoor pool at Greensboro, NC, Apr 28-May 3, and 10 weeks until the YMCA Masters Nationals in Sarasota, FL, Apr 14-17. And don't forget the swim opportunities in the next few weeks at Monona Grove HS on Feb 13th and the Whitefish Bay HS on Mar 6th, along with the meet at Baraboo on April 9th. After all these winter swim opportunities, it will be just about 8 more weeks in May and June before we'll be swimming at the June 18th long course meet!

Forty-six swimmers enjoyed the short course yards meet this past weekend at the Oshkosh YMCA on Jan 31. Many thanks to Melinda Mann and the Oshkosh Masters for holding the meet. We did not have a snow storm on the Oshkosh YMCA weekend as has happened in the past. Swimmers came from Stevens Point, Green Bay, Sheboygan, Madison, West Bend, Pewaukee, Brookfield and other cities to enjoy the competition. Congratulations also to the swimmers that earned the 2016 "Animal Award" offered at the meet.

The Wisconsin meets that are held in January, February and early March, leading up to the State Meet, plus the Baraboo meet after the State Meet are held in venues spread throughout the state so that members have an opportunity to compete without driving a great distance. The meets are an opportunity for a swimmer to try out competition (especially if they have never competed before), try out a relay, and practice new swimming techniques in a very low key environment. These meets are a good place to bring a friend along. All the meets take relay-only entries, so your friend can swim relays if they are not ready to try individual events. Dinner afterwards is always a treat and a place to make new swimming friends.

On June 13th, USMS is planning to offer the Adult-Learn-To-Swim Instructor Certification Class in Milwaukee. Please see the USMS website (http://www.usms.org/content/alts_cert) for information about the course. ALTS is a way to bring new swimmers into your club, and also to address the significantly large population of adults who do not know how to swim and who are not aware of safety around water. At a recent LMSC meeting, it was voted to offer scholarships to LMSC members to cover the course fee to attend the ALTS Instructor Certification Class. If you are interested in becoming a Certified ALTS Instructor, please contact James Biles, Wisconsin LMSC Vice Chair, WIViceChair@usms.org , to request the scholarship. The USMS Adult Learn-to-Swim Instructor Certification Program curriculum is based on teaching methods practiced by leading adult learn-to-swim authorities. It incorporates the most innovative and effective training methods and gives certified instructors the tools to teach adults to swim, at a minimum, one length of a 25-yard pool and become safer in the water.

The next Wisconsin LMSC Board meeting will be held on March 6th at Whitefish Bay High School following the swim meet on that day.

Hope to see you at one of the meets coming up soon.

West Bend SCM meet Summary



L to R: Erin Schneider, Sipiwe Baleka, Mary Schneider, Mindy Seidler, Jerry Lourigan

The West Bend meet held on Dec 5, had 95 swimmers in attendance, including 1 swim celebrity. Sipiwe Baleka (M 40-44), from Missouri Valley. He wanted to swim a SCM meet, so graced us with his fast swimming. Sipiwe was the featured swimmer in the USMS July-August 2014 issue of Swimmer magazine (<http://www.usmsswimmer.com/issue.php?i=58>). He was also featured in Sports Illustrated in 2015. Here is the link to that article, <http://www.si.com/more-sports/2015/02/06/former-ivy-league-swimmer-john-blake-sipiwe-baleka-trucking-fitness?page=3&devicetype=default>. At the West Bend meet, he placed 1st in all four events he swam. There was also a lot of fast swimming for WI swimmers. Forty two new WI Masters SCM individual state records were set, with Molly Woodford (W 25-29), Nancy Kranpitz (W 70-74), and Scott Richards (M 55-59), setting 4 records each. In addition, 9 relay records were set. The 50 Fly record set by Nancy Kranpitz was bittersweet, since she broke her mother's record, which stood since 1991. One of the relays, the 200 Free 200-239 was composed of 2 mother-daughter combinations, Jeanne and Mindy Seidler, and Mary and Erin Schneider. In all, It was an exciting, well run meet, and is WI Masters only SCM meet.

SCM State Records

Age Group	Event	Time	Names	Date	Location
Men 35-39	50 Free	25.20	David Parkins	12/5/2015	West Bend
Men 35-39	50 Back (tie)	31.76	Andrew Babcock	12/5/2015	West Bend
Men 35-39	50 Fly	27.27	Andrew Babcock	12/5/2015	West Bend
Men 35-39	100 Fly	1:02.65	Andrew Babcock	12/5/2015	West Bend
Men 35-39	100 IM	1:06.20	David Parkins	12/5/2015	West Bend
Men 40-44	200 IM	2:26.56	Darryl Stich	12/5/2015	West Bend
Men 40-44	100 Breast	1:13.76	Darryl Stich	12/5/2015	West Bend
Men 40-44	50 Fly	28.78	Darryl Stich	12/5/2015	West Bend
Men 45-49	100 Free	1:02.43	David Lotter	12/5/2015	West Bend
Men 50-54	200 Back	2:37.03	Thomas Grisa	12/5/2015	West Bend
Men 55-59	1500 Free	20:06.74	Scott Richards	12/5/2015	West Bend
Men 55-59	800 Free	10:37.57	Scott Richards	12/5/2015	West Bend
Men 55-59	50 Breast	35.18	Gregory Blommell	12/5/2015	West Bend
Men 55-59	100 Breast	1:19.35	Gregory Blommell	12/5/2015	West Bend
Men 55-59	400 IM	5:49.07	Scott Richards	12/5/2015	West Bend
Men 55-59	400 Free	5:15.43	Scott Richards	12/5/2015	West Bend
Men 60-64	50 Free	29.48	Dean Fochios	12/5/2015	West Bend
Men 60-64	100 Free	1:05.81	Dean Fochios	12/5/2015	West Bend
Men 60-64	200 Free	2:28.31	Dean Fochios	12/5/2015	West Bend
Men 60-64	100 Back	1:12.33	Geoff Mykleby	12/5/2015	West Bend
Men 60-64	200 Back	2:46.80	Geoff Mykleby	12/5/2015	West Bend
Men 60-64	200 Breast	3:25.66	Carl Millholland	11/1/2015	IL
Men 60-64	200 IM	2:57.34	Carl Millholland	11/1/2015	IL

~2015 Wisconsin Water Warrior Results~

Melodee Nugent

We had 37 USMS Wisconsin Master Swimmers participate for the Wisconsin Water Warrior event this year. The 2-week swim challenge (14 consecutive days) took place between November 1st and December 31st of 2015. The goal was to challenge yourself and swim as much as you can for the 2-week period. We had a record of 9 new USMS participants to join in on the fun this year: **Heidi Fischer, Ken Landolt, Lawrence Mueller, Leah Grinvalsky, Meghan LaPoint, Pam Busalacchi, Sara Landolt, Sarah Milia and Stu Schaefer.** It is nice to see new names added to the event. Also congrats to Dave Clark for having 15 swimmers from the Whitefish Bay Master's group participate this year. That is very impressive!

We had 37 swimmers participate with a total of 1,598,432 yards...that is 909 miles in 2 weeks, with an average of 43,200 total yards (24.5 miles). This was a slight improvement from the numbers last year (1,584,519 yards). There were more women (70%) this year (which has been the case since I took over this event in 2010). The average age was 53 years (the youngest was 23 years old and the oldest was 84 years old). Once again, we had our two swimmers from the 80+ age group, Fred Salzmann swam 36,900 yards and Lois Goddard swam 18,000 yards (2,300 more yards than last year). Congratulations to both!

The largest age group was the 55-59 year old swimmers with a total of 9 swimmers (24%). Dave Clark from Whitefish Bay was the top male swimmer with 84,500 yards and I was the top female swimmer with 151,400 yards (an improvement for myself from last year). For the 25 swimmers that swam this year and last year, 12 (48%) decreased their distance from 2014 to 2015 and 13 (52%) increased their distance from 2014 to 2015.

The results in yards are as follows: **Men: 40-44:** 1st Ken Landolt (18,513), 2nd Stu Schaefer (18,150); **45-49:** 1st Dan DeWeerd (42,077); **50-54:** 1st Carl Whitney (64,300); **55-59:** 1st Dave Clark (84,500), 2nd David Drury (53,240), 3rd Gus Robledo (28,800); **60-65:** 1st Steve Justinger (41,000); **65-69:** 1st Greg Hollub (42,350); **70-74:** 1st Lawrence Mueller (50,196); **80-84:** 1st Fred Salzmann (36,900)

Women: 20-24: 1st Molly Woodford (44,999), 2nd Leah Grinvalsky (36,819); **30-34:** 1st Meghan LaPoint (21,100) **35-39:** 1st Sarah Milia (18,250); **40-44:** 1st Amy Johnson (39,808), 2nd Katy Sommer (33,404), 3rd Sara Landolt (19,245); **45-49:** 1st Melodee Nugent (151,400), 2nd Kelly Wynns (65,750), 3rd Debbie Katzman (51,075), 4th Melissa Vandenhouten (31,500); **50-54:** 1st Karen Kimple (54,250), 2nd Margaret Keller (54,106), 3rd Jennifer Gruenwald (33,900), 4th Pam Busalacchi (28,200), 5th Renee Scherck-Meyer (27,050); **55-59:** 1st Katy Mering (72,900), 2nd Melinda Mann (72,200), 3rd Ann Berres-Olivotti (66,500), 4th Heidi Fischer (38,575), 5th Julie Van Cleave (37,150) 6th Chery Drury (22,175); **60-64:** 1st Mary Schneider (23,200); **65-69:** 1st Candy Christenson (36,750); **70-74:** 1st Nancy Kranpitz (20,100); **80-84:** 1st Lois Goddard (18,000)

Congratulations to all the participants. Awards have yet to be determined, but will be awarded at the Wisconsin State Meet that will be held at Schroeder on April 2-3, 2016.

There are similar competitions at different times that are sponsored by different clubs, if you are interested in other events, please let me know.

Refresher Statistics Course

Statistics 101: Now with 6 years of data, let's see how we can look at this valuable data. If you have any other questions that you want me to address with the data, just let me know.

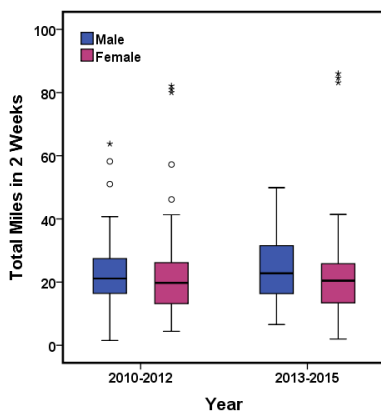


Figure 1

Since we have 6 years of data, I decided to split up the years equally (2010-2012 versus 2013-2015). Figure 1 is a box plot of total miles swam in 2-weeks by gender and year group. The colored bar represents 50% of the population and the horizontal line in the box shows the median. The median is the value that divides the upper half from the lower half. For example: 1,2,3,4,5 - the median is 3 because 1,2 are the lower half and 4,5 are the upper half. The lines extending out from the bars include 95% of the population. The o and * are the outliers, those that fall out of this range.

There was no statistical difference with comparing gender distances swam by years, it actually looks surprisingly similar for both male and females. This means that if you tested this 100 times, 95% of the time there would not be a difference (the remaining 5% of the time would mean they were statically significant). Please note that swimmers can be counted multiple times if they participated more than once over the 5 years.

(continued on page 4)

(Water Warriors statistics continued from page 3)

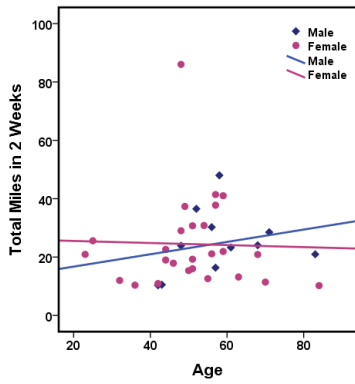


Figure 2

Figure 2 is called a scatterplot for the year 2015 only. One axis shows the Total Miles in 2 Weeks and the other axis represents Age. This is also shown by gender. The lines for the male and female show the relationship of their age and the number of miles they swam in the 2 weeks. Last year the results were similar for males and females, showing that there was a decrease in miles swam as they age. This year, we see that as the males got older, the distance swam increased. For the females, there was no relationship with age and distance swam.

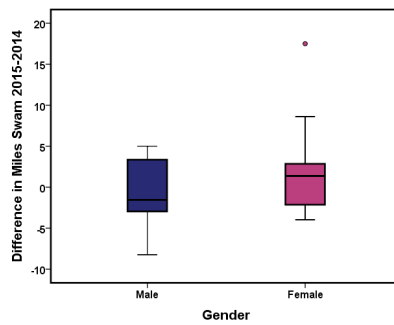


Figure 3

Figure 3 shows the difference in distance swum for those swimmers that swam in both 2014 and 2015. The 6 males had a median difference of -1.5 miles (range -8.2 to 5) versus the 19 females with a median difference of 1.4 miles (range -4 to 18). The females swam more in 2015 than the males, but this was not statistically significant. The outlier (small female circle) is Melinda Mann, who swam 17.5 more miles than last year – Whoo hoo Melinda!

SCM State Records

Age Group	Event	Time	Names	Date	Location
Men 65-69	800 Free	14:28.92	Lawrence Mueller	12/5/2015	West Bend
Men 65-69	1500 Free	27:22.02	Lawrence Mueller	12/5/2015	West Bend
Men 65-69	100 Free	1:12.29	Greg Hollub	12/5/2015	West Bend
Men 65-69	50 Back	41.95	Greg Hollub	12/5/2015	West Bend
Men 70-74	100 Back	2:07.25	Fred Salzman	12/5/2015	West Bend
Men 70-74	200 Back	4:30.52	Fred Salzman	12/5/2015	West Bend
Men 85-89	50 Breast	1:11.06	John Bauman	12/5/2015	West Bend
Women 18-24	100 Breast	1:29.55	Rachel Mensch	12/5/2015	West Bend
Women 18-24	200 Fly	2:41.97	Rachel Mensch	12/5/2015	West Bend
Women 25-29	200 Free	2:22.84	Molly Woodford	12/5/2015	West Bend
Women 25-29	400 Free	5:11.58	Molly Woodford	12/5/2015	West Bend
Women 25-29	800 Free	10:27.30	Molly Woodford	12/5/2015	West Bend
Women 25-29	1500 Free	19:41.76	Molly Woodford	12/5/2015	West Bend
Women 35-39	400 IM	6:13.15	Erin Schneider	12/5/2015	West Bend
Women 35-39	100 Fly	1:19.13	Erin Schneider	12/5/2015	West Bend
Women 35-39	200 Fly	2:57.64	Erin Schneider	12/5/2015	West Bend
Women 55-59	200 Breast	3:23.04	Melinda Mann	12/5/2015	West Bend
Women 70-74	50 Free	39.64	Nancy Kranpitz	12/5/2015	West Bend
Women 70-74	50 Breast	56.69	Nancy Kranpitz	12/5/2015	West Bend
Women 70-74	50 Fly	48.06	Nancy Kranpitz	12/5/2015	West Bend
Women 70-74	100 IM	1:49.29	Nancy Kranpitz	12/5/2015	West Bend

Animal Awards at the Oshkosh Meet, 1/31/2016

	1000 Free	400 IM	200 Free	200 Back	200 Breast	200 Fly	200 IM
Alex Bryson	X	X	X	X	X		
Kim McQuillan	X		X	X	X		X
Carl Millholland		X		X	X	X	X
Jerry Lourigan	X	X		X	X	X	
Stephanie Bolin		X	X	X		X	X
Greg Hollub		X	X	X	X		X
Margaret Keller	X		X	X	X		X
Meghan LaPoint	X		X	X	X		X
Melinda Mann	X		X	X	X		X
Melissa Vandenhouten	X		X	X	X		X
Dave Clark	X	X		X	X		X
Debbie Katzmann	X	X	X			X	X
Molly Woodford	X		X	X	X		X

New this year, the meet offered a special "Animal Award" to swimmers who entered and completed five of the longest events. A swimmer had the choice of swimming the 1000 freestyle or the 400 IM, plus four more events from the long event list (200 freestyle, 200 backstroke, 200 BR-stroke, 200 fly, 200 IM or 400 IM). Thirteen swimmers met the challenge and completed five of the longest events offered at the meet. All swimmers who completed the Animal challenge received an embroidered towel in honor of their achievement. Congratulations and a well-deserved rest are in order for Alex Bryson, Kim McQuillan, Carl Millholland, Jerry Lourigan, Stephanie Bolin, Greg Hollub, Margaret Keller, Meghan LaPoint, Melinda Mann, Dave Clark, Debbie Katzmann and Molly Woodford.



New SCY State Record

Age Group	Event	Time	Names	Date	Location
Men 25-29	100 Fly	51.59	Brandon O'Donnell	1/10/2016	Pabst Farms

Monona Grove Feb 13 Meet is coming soon

Reasons to swim at the Monona Grove Pool:
 High school pool with clean, clear water.
 Wide lanes with tall starting blocks.
 Large scoreboard, everybody knows your time.
 Celebrate the 13th by swimming and then eating.

USMS LCM Top 10 and All American results

USMS has posted the LCM Top 10 times for 2015. WI Masters swimmers had 54 individual top 10 times, with 5 All American times. There were 11 top 10 relays, with 2 All American times. Here are the links to the USMS websites: <http://www.usms.org/comp/tt/toptenlmsc.php?Year=2015&CourseID=2&LMSCID=20>, <http://www.usms.org/comp/tt/toptenrelaylmsc.php?Year=2015&CourseID=2&LMSCID=20>

Wisconsin Masters Short Course Yards State Championship Meet Sanction 206-S005

The Schroeder Masters and the Wisconsin Masters Aquatic Club, 9240 N Green Bay Rd, Brown Deer, WI. Saturday, April 2 and Sunday, April 3, 2016. Doors open at 10:00 AM. Warm-up starts at 10:30 AM and the meet starts at 11:30 AM both days.

8 lane, 50 meter pool configured to two 25-yard pools with bulkheads, starting blocks and backstroke flags. Lanes 1 to 8 of one pool will be used for competition. Second pool will be used for warm up/warm down during the meet. The length of the competition course with a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Length of course is subject to bulkhead confirmation.

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 \$5.00/individual event plus a \$22.00 facility fee. The entry limit is 5 individual events per day (10 total) plus relays. The 1650 freestyle will be limited to the first 32 entries received. (continued on page 6)

((Wisconsin State Championship 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=7011

The deadline for both paper and On-Line entries is 11:59 PM, Saturday March 26, 2016.

Meet Director: Jeanne Seidler, N128W16779 Holy Hill Rd, Germantown, WI 53022-1533, (262) 894-0613,
email: wichair@usms.org

Individual awards will be medals for 1st through 8th place, Relay awards will be ribbons 1st through 3rd place.

Saturday, April 2

Event # Women or Mixed	Event # Men	Event
1	2	200 IM
3	4	50 Free **
5		400 Free Relay
7	8	50 Fly
9	10	200 Back
11	12	50 Breast
13	14	100 Free
15	16	50 Back
17		800 Free Relay
19	20	200 Fly
21	22	500 Free

Sunday, April 3

Event # Women or Mixed	Event # Men	Event
23		400 IM Mixed
25	26	100 Back
27	28	100 Fly
29		400 Medley Relay
31	32	100 Breast
33	34	200 Free
35	36	100 IM
37		200 Medley Relay
39	40	50 Free **
41	42	200 Breast
43		200 Free Relay
45		1650 Free Mixed

** Events #3-4 and #39-40, 50 freestyles, enter either one or both, your choice

Wisconsin Masters Short Course Yards Swim Meet Sanction 206-S004

The Whitefish Bay Masters and the Wisconsin Masters Aquatic Club, Whitefish Bay High School, 1200 E. Fairmont, Whitefish Bay, WI. Sunday, March 6, 2016, doors open 8:00 AM, warm-up starts at 8:30 AM. Meet starts at 9:30 AM.

6 lane, 25-yard pool with bulkhead, starting blocks and backstroke flags. Lanes 1 to 6 will be used for competition. Area behind bulkhead will be used for warm up/warm down during the meet. The length of the competition course with a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. Length of course is subject to bulkhead confirmation.

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 1650 free-style will be limited to the first 24 entries received. Deck entries allowed only for open lanes at \$8.00 plus surcharge.

(continued on page 7)

(Whitefish Bay meet continued from page 6)

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=7010

The deadline for On-Line entries is Friday, March 4, 2016. Paper entries must be in the meet director's hands Friday, Mar 4, 2016.

Meet Director: Dave Clark, 5732 N Lydell Ave, Whitefish Bay WI 53217 (414) 750-2061, wfbmasters@gmail.com.

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

- | | | |
|-------------------------|-----------------------------|--|
| 1. 50 yd Fly | 8. 200 yd Butterfly | 16. 200 yd Breaststroke |
| 2. 400 yd IM | 9. 200 yd Medley Relay* | 17. 100 yd Butterfly |
| 3. 50 yd Freestyle I** | 10. 800 yd Freestyle Relay* | 18. 100 yd IM |
| 4. 200 yd Backstroke | 11. 50 yd Breaststroke | 19. 400 yd Medley Relay* |
| 5. 100 yd Breast stroke | 12. 200 yd IM | 20. 200 yd Free Relay* |
| 6. 100 yd Freestyle | 13. 50 yd Free with fins*** | 21. 400 yd Freestyle Relay* |
| 7. 50 yd Backstroke | 14. 200 yd Freestyle | 22. 50 yd Freestyle II** |
| | 15. 100 yd Backstroke | 23. 1650 yd Freestyle (Max 24 entries) |

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

** Events 3/22 50 freestyles. May enter either 50 freestyle, or both 50 freestyles.

*** For the 50 Free with Fins: Any style single foot fins (no Monofins) either water start or sitting deck start any stroke or kick no 15m rule. Fins is not a USMS submitted race.

Wisconsin Masters Short Course Yards Swim Meet Sanction 206-S006

The Madison Area Masters and the Wisconsin Masters Aquatic Club, Jack Young Middle School Pool 1531 Draper St, Baraboo, WI. Saturday Apr 9, 2016. Warm-up 10:00 AM. Meet starts 11:00 AM.

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 1000 free-style will be limited to the first 14 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=7286

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

Paper entries must be received by 6:00PM, Saturday April 2, 2016, Jerry Lourigan, 5413 Camden Rd., Madison WI, 53716.

Meet Director: Jerry Lourigan, 5413 Camden Rd., Madison WI, 53716, Jerry53716@att.net – Subject Line “Baraboo Swim Meet 2016

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

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

* 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 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

SCM Relay State Records

Age Group	Event	Time	Names	Date	Location
160-199 W	400 Free	5:18.59	Debbie Katzman, Linda Pedraza, Karen Kimple, Katy Sommer	12/5/2015	West Bend
200-239 W	400 Medley	6:05.03	Katy Sommer, Melinda Mann, Debbie Katzman, Pamela Busalacchi	12/5/2015	West Bend
160-199 M	400 Free	4:19.91	Aaron Gardner, David Lotter, Grant Burrall, Jeffrey Rogers	12/5/2015	West Bend
200-239 M	400 Free	4:11.86	Tom Grisa, Mark Pfaltzgraff, Scott Richards, Andrew Babcock	12/5/2015	West Bend
240-279 M	800 Free	11:09.69	Davis Drury, Carl Millholland, H R Weiner, David Clark	12/5/2015	West Bend
160-199 Mixed	400 Free	10:47.13	David Drury, Madison Boyle, Rachel Mensch, David Clark	12/5/2015	West Bend
160-199 Mixed	800 Free	9:51.48	David Lotter, Aaron Gardner, Megan O'Brien, Karen Kimple	12/5/2015	West Bend
280-319 Mixed	200 Medley	3:10.29	Greg Hollub, George May, Nancy Kranpitz, Candy Christenson	12/5/2015	West Bend
280-319 Mixed	200 Free	2:42.84	Nancy Kranpitz, George May, Candy Christenson, Greg Hollub	12/5/2015	West Bend

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 r c h 2 6

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