

# Wisconsin Masters Swimming

## October 2016/ November 2016

### O N D E C K . . .

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It's that time of year again, when the leaves turn and signal the end of summer and the start of the long winter here in Wisconsin. But, we are fortunate in that there are a lot of nice, warm indoor pools in which to swim. And, in this newsletter you will find the list of all the 2016-2017 swimming events for Wisconsin Masters.



Jeanne Seidler

The 2016-2017 events are also published on the [www.swim-wimasters.org](http://www.swim-wimasters.org) website. As events are sanctioned, the on-line entry website will be made available on the [www.clubassistant.com](http://www.clubassistant.com) website. Links to the registration site will be available on the [www.swim-wimasters.org](http://www.swim-wimasters.org) website.

Please mark your calendar for the first two "winter" events of the season.

1. On December 3rd, 2016, the only Short Course Meter meet will be held at West Bend West High School. Many relays entered at this event win USMS Top Ten Relay honors for the SCM course.
2. During the last two months in 2016, the 11<sup>th</sup> Annual Water Warriors will be held. That's the event where you swim for two weeks in your own pool, record your yardage and e-mail the total to Melodee, the Fitness Chair. Please look for the entry blank and information in this newsletter and also on the [www.swim-wimasters.org](http://www.swim-wimasters.org) website. This event is only open to members registered in the Wisconsin LMSC.

In this past August, five hundred (yes, 500) swimmers registered for the MOWS Event (Madison Open Water Swim). It always amazes me that the event fills up with that many swimmers who enjoy open water. The 500 swimmers at this one event are more swimmers than we have in total for all pool meets all year. Registration for this event is so popular that 500 swimmers filled the event within a few days of opening online registration. This year, however, storms moved into Madison on the eve of the event and the event had to be cancelled. It is the first year ever that the event had to be cancelled due to weather.

U.S. Masters Swimming has something for every adult (18-over) swimmer, be it fitness, competition or camaraderie with other adult swimmers. It's all about you, your individual goals, your individual choices, and your choice of venue (open water, pool or both venues).

The only September pool event, the Age 50+ Senior Olympics, held in the Shorewood VHE Pool on September 10th, attracted 85 swimmers which is 10 more than last year. Thanks to Dave Clark for running the event. The meet hosted both masters races and novice races. This meet gives the non-USMS swimmer an opportunity to try out a competition in the novice category. About half of the swimmers in the meet are members of U.S. Masters Swimming. Since this is a recognized meet, the times of the USMS swimmers are reported to the U.S. Masters Swimming Event Rankings for eventual USMS Top Ten consideration.

(On Deck, continued on page 2)

(On Deck, continued from page 1)

This summer, five WMAC swimmers swam the USMS 5K ePostal event. James Biles not only swam the 5K but he also swam the 10K on a different day. Swimming the 5K in a 50 meter pool without stopping is quite a long event. It's one of those challenges for your bucket list. First time 5K swimmers were Francisco Lopez and Suzanne Gartner. They both plan to do it again next year. Don Jackson, Jeanne Seidler and James Biles have swum the event before. I will attest to the fact that the event doesn't get any easier the more times one has swum it. But, something new is learned every time. If you swam an open water event, please e-mail and we can mention your achievements in the next newsletter. Results for the 5K/10K will be final by the next newsletter. In the preliminary results published this week, James Biles is on track to become the National Champion of the 10K ePostal in the men's 55-59 age group.

Beginning October 15, workout groups and clubs must again register with USMS. Individual registrations begin November 1. A workout group or club must have registered with USMS before any individuals can register for that workout group or club. USMS sends out e-mail reminders to clubs/workout groups and individuals. USMS has some incentives/discounts for those swimmers who reregister in November and December. Workout group leaders who rely on the USMS excess personal accident insurance for their workouts are encouraged to read the coverage rules on the USMS website, For Volunteers tab, Guide to Operations, Insurance and Risk Management section for any changes in this regard.

At the United States Aquatic Sports Convention held September 21<sup>st</sup>-24<sup>th</sup>, the USA Swimming House of Delegates adopted a rule that increased the maximum number of events in which an athlete can compete from five to six, if the meet is timed-finals. The USMS House of Delegates voted to adopt the same rule for Masters. Meet Directors can use the limit of 6 events per day beginning January 1<sup>st</sup>, 2017 when the new rules go into effect.

A question that is asked occasionally is "What is the difference between the Wisconsin LMSC and the Wisconsin Masters Aquatic Club (WMAC)?" The answer is very simple. Wisconsin Masters Aquatic Club is a USMS Club, just like the Menomonee Falls Swim Club or SWAT is a USA Club. Everyone who registers with United States Masters Swimming has to belong to a USMS Club or be an unattached swimmer. Presently in Wisconsin there are four USMS Clubs. Club WMAC was set up many years ago by John Bauman so that swimmers had a USMS Club to join instead of only having the unattached option. In many locations throughout Wisconsin, there are individuals swimming in high school pools or health club pools or YMCA pools that do not have masters teams and would not be able to support a USMS Club as there might only be one or two swimmers at a location. Club WMAC membership allows swimmers from multiple locations to combine with each other and swim relays together at swim meets. Unattached swimmers cannot swim relays except as a relay exhibition event.

The next question ... what is the Wisconsin LMSC? It is not a Club nor is it affiliated with any Clubs. It can be thought of as a branch office to USMS. United States Masters Swimming has divided the United States into 52 geographic groups that are then the local branches of U.S. Masters Swimming. These local branches or extensions of the National Organization are referred to as the Local Masters Swim Committees. We refer to the branches by the acronym "LMSC". This is a similar organizational construct to the USA Swimming Local Swim Committees or LSCs. The LMSC has a set of standards and practices to follow from USMS along with required evaluations. The essential purpose of the LMSC is to implement USMS policies and programs at the local level. The mission of the LMSC is that of USMS, and the LMSC has IRS 501 C(3) as one of the 52 geographic local extensions defined by USMS. The specific functions of the LMSC is a topic to be covered in the next newsletter.

## **Wisconsin Masters Annual Meeting, Oct 1**

Wisconsin Masters held its annual meeting on Oct 1. Annual elections were held, and the results are shown below. The officers will take office after the continuation of the annual meeting in December:

Chair—James Biles	Sanctions—Jeanne Seidler
Vice Chair—Jeanne Seidler	Secretary—Mary Schneider
Coaches—Dave Clark	Top 10—Jeanne Seidler
Editor—Mary Schneider	Treasurer—Mike Murray
Fitness—Melodee Nugent	Auditor—Elyce Dilworth
Officials—Sue Wagner	Webmaster—Mindy Seidler
Long Distance and Open Water—James Biles	
Registrar—Trina Schaetz	
Safety—Jerry Lourigan	

## USMS LCM Nationals – Portland, OR

Seven individuals from WMAC made the trek to Gresham, OR, to swim in the LCM USMS Nationals Aug 17-Aug 21. The outdoor 50 M pool was located on the beautiful campus of Mt. Hood Community College. Almost all of the team members combined swimming with sightseeing. Several members visited the awesome Oregon coast, which was a bonus to the competition. There was a lot of fast swimming at the meet, with 57 new national records (58 individuals – two swimmers tied), and 14 relay records being broken. A number of world records were also broken. This display of competition kept the days interesting. There were a few interesting tidbits from this nationals. For the first time in many nationals, the 6<sup>th</sup> event was dropped from swimmers, since there were 1,287 swimmers at the meet. There was still a positive check in for events 200 M or longer. One other change was for the distance events of 400 M or longer, the race was seeded by time, with men and women swimming together. This allowed less heats with slower swimmers, and helped the meet run more efficiently. The final results showed the WMAC women placing 10<sup>th</sup> out of the regional clubs, 15<sup>th</sup> for the men (achieved by 1 swimmer), and 11<sup>th</sup> overall. There was one relay, the Women's 200 Medley Relay, which finished 13<sup>th</sup>, but was a lot of fun, since it was comprised of 3 Schneiders and a Christenson. Trina Schaetz had the highest finishes with 2nd places in both the 50 and 100 M Breaststrokes, followed by Leah Schneider with a 3<sup>rd</sup> place finish in the 50 Fly. This meet was a good opportunity to meet new swimmers, renew old acquaintances, and have some good swims. The USMS website has an interesting summary at the following link. [http://www.usms.org/articles/articledisplay.php?aid=3270&utm\\_source=SL+Sept+2016&utm\\_campaign=SL+Sept+2016&utm\\_medium=email](http://www.usms.org/articles/articledisplay.php?aid=3270&utm_source=SL+Sept+2016&utm_campaign=SL+Sept+2016&utm_medium=email)



Upper Left: Womens 200 Medley Relay—Erin, Leah, and Mary Schneider, and Candy Christenson

Upper Right: Competition pool in Gresham, OR

Middle Left: Jane Dillon Stewart swimming the 200 Back



2016 LCM Team: middle right, Jane Dillon Stewart, lower left, Candy Christenson, Mary, Erin, and Leah Schneider, Nathan Conrad, lower right, Trina Schaetz

## USMS Membership Renewal for 2017

USMS membership renewal for 2017 will begin on November 1, 2016, and the fee for Wisconsin swimmers is \$54. Membership must be renewed before participating in any masters swim meets in 2017. As a reward for early renewal, USMS will be offering substantial discounts from its sponsors. Registration may be completed on-line at <http://www.USMS.org>. Search for Registration. You may receive an email reminder about registration from USMS. If you are unable to register on-line, you may request one from the Wisconsin Registrar, whose name, address, and phone number are listed on the first page under WI LMSC Officers. Please note, Workout Groups may register beginning October 1, and must be registered by November 1, to enable members to select the group when they register. Workout group leaders who rely on the USMS excess personal accident insurance for their workouts are encouraged to read the coverage rules on the USMS website, For Volunteers tab, Guide to Operations, Insurance and Risk Management section for any changes in this regard.

## Kerry O'Brien Coaching Award

Fred Russell, coach of the ElmBrook and Pabst Farms Masters Swim teams, and volunteer coach for the WMAC SCY national team for the last 12 years, was a 2016 recipient of the Kerry O'Brien Coaching Award. This award is given to those coaches who create new masters programs, and continue to add members to their teams. Fred began the Elmbrook program in 2001 with 1 swimmer, although several more joined in the next couple of months. He started the Pabst Farms program about 8 years ago. Both programs have grown under his watchful eye. Fred has also been the de facto coach at SCY nationals. He organizes relays, watches everyone's swims, and offers advice on techniques and strategy. A number of swimmers on the team who swim on their own, truly appreciate the guidance he gives at the meet. Not only have the Elmbrook and Pabst Farms programs been successful, but so have his swimmers at the national meets. Over the years, he has coached a number of national champions, and in 2016, led the team to a 3rd place finish. Fred was nominated for the award by his team, and is truly deserving of the honor given in this coaching award, for the promotion and development of Masters Swimming in Wisconsin.



Coach Fred Russell, doing what he does best on the pool deck.

# The Wisconsin Water Warriors

## 2016

Date: November 1, 2016 – December 31, 2016

Place: Your local pool

The goal of this swim is to swim as many yards as you can. Challenge yourself like you have never challenged yourself before. Be motivated to swim during the upcoming holiday season, so you don't feel guilty about indulging. You can choose any 2-week time period (14 consecutive days) of swimming between November and December of this year. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the New Year. There will be great prizes awarded. Overall teams logging the most yards will also be recognized.

This event is only open **to Wisconsin USMS registered swimmers**. If you would like to join USMS, go to [www.usms.org](http://www.usms.org) and click on the "Join/Renew" button.

To participate in the event, simply e-mail or mail your results to <b>(by January 15<sup>th</sup>)</b> :	Day 1 _____
Melodee Nugent	Day 2 _____
S77 W30745 Mosher Dr	Day 3 _____
Mukwonago, WI 53149	Day 4 _____
E-mail: <a href="mailto:WIFitness@usms.org">WIFitness@usms.org</a>	Day 5 _____
	Day 6 _____
<b>Information needed for results include:</b>	Day 7 _____
Swimmers Name _____	Day 8 _____
E-mail address _____	Day 9 _____
	Day 10 _____
Home address _____	Day 11 _____
	Day 12 _____
Your age on the last day of your 2-week swim _____ yrs	Day 13 _____
Gender <input type="radio"/> Male <input type="radio"/> Female	Day 14 _____
Specify dates of 2-week swim _____	Total yards: _____
<b>**Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.</b>	

## New State LCM Records

Event	Age Group	Time	Name	Meet
50 Back	35-39	37.42	Erin Schneider	LCM Nationals, Gresham, OR
50 Breast	40-44	34.59	Trina Schaetz	LCM Nationals, Gresham, OR
100 Breast	40-44	1:19.84	Trina Schaetz	LCM Nationals, Gresham, OR
50 Breast	65-69	49.83	Candy Christenson	LCM Nationals, Gresham, OR

## Long Distance National Championship—2 mile Cable Championship

The National Long Distance Championship meet was held in Indiana on June 18, 2016. Wisconsin had 1 lone entrant in the meet, but it was a wonderful representation for the state. James Biles swam to a first place finish in the Men's 55-59 age group, with a time of 45:38.4. There were about 191 swimmers at the meet, with 87 women, and 104 men. Congratulations, James!

## Upcoming USMS National Meets

The Spring SCY USMS Nationals for 2017 will be held in Riverside, CA, April 27-30. Wisconsin will again field a team of swimmers, hoping to finish even higher than the 3rd place finish this past spring. If you have never been to a national meet, consider going. There is great comradery between all team members, and relays are great fun, whether cheering for them, or swimming in them. Remember, anyone can swim 3 events without any time cuts, and anyone registered has the potential to be on at least 1 relay.

The summer LCM nationals will be held in Minneapolis, MN Aug 2-6. Since the location is easily drivable from Wisconsin, WMAC will again field a team to swim in the meet. Reserve the date, because it is not often we can attend a meet so close to home.

In 2018, the SCY nationals will be held at the IUPUI pool in Indianapolis, IN. This is another great venue, and within easy driving distance. Once you have attended a national meet, it will be hard not to attend another one, so consider swimming in one of these meets.

No LCM meet was awarded for 2018, since the Pan Ams will be held in Orlando, FL, and USMS has decided to support that meet.

## In Memorium

With sadness, we wish to honor Joanne "Joanie" Moder, who passed away October 2. Joanne became a masters swimmer later in life, being a member of USMS for about 14 years. She could be seen keeping company with her sister, Carol Reinke, also a long time masters swimmer. Joanne's last meet was in Minneapolis, at the national Senior Olympics in 2015. During high school in the 1950s, Joanie was a diver. During that time, girls did not have the opportunity to compete in sports, but she persevered. In her swimming career, Joanie had 4 individual Top 10 swims, and 18 relay swims. In 2005, she was a member of



a 1st place 400 Free Relay, thus earning All American honors. Joanie enjoyed being a masters swimmer, and will be missed by those who knew her and her smiling face.

Left: Carol Reinke and Right: Joanne Moder

## Open Water / Long Distance Corner

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

I hope everyone had a great summer season. It was a great summer of outdoor swimming; but unfortunately mother nature struck again. Continuing her trend that cancelled 2015 Big Shoulders, weather caused several events to be cancelled again in 2016. It started in April with the cancellation of the Swim Around Lido Key in Sarasota and continued in June with the cancellation of the swim in the Racine half ironman. August fared no better with the cancellation of five events, two in Greensboro NC that were part of the first USA Masters Games, two in Lake Lure, NC that were national championships, and of course, our very own MOWS. All the events outside of NC were cancelled due to severe weather/water conditions. The NC swims were cancelled due to high water temps (90+ degrees). Four of the six USMS Open Water National Champions were held and Wisconsin took home two national championships in the 2 mile cable (55-59 men) in Indianapolis and the Ultra-marathon 10 mile (55-59 men as well as first overall) in Newport, VT. It's not too late to compete in a national championship yet this year. The 3000 & 6000 yds ePostal is currently underway. You have until 11/15 to swim and 11/25 to enter online. Go to USMS.org and click on "Events & Results" then "Open Water and ePostals".

As for 2017 USMS long distance championships, there are several options from ePostals and open water. The One Hour ePostal will now be 2 months long. So you no longer have to cram and swim it in January. You have until 2/28 to swim! Are you looking for a great "swimcation"? Think about the Swim Around Lido Key in Sarasota. This will be the USMS Marathon Distance National Championship. It is on 4/22/17 so maybe it will work out with your kids' spring break and it can be a fun family vacation. If not, there's always the open water swim festival in Chattanooga on June Third and Fourth. It will consist of the Ultra-marathon (10 miles) and Middle Distance (2.4 miles) National Championships. Again, this could be a great family vacay since Chattanooga is a great vacation spot, drive to the top of Lookout Mountain and see seven states and then journey into caves and see Ruby Falls. Fun for all ages! See the full 2017 championship schedule below.

Finally, several rules were passed at the September USAS/USMS convention that directly affects long distance swimming. They will go into effect with the 2017 rulebook. The two of note are:

1. The age for all USMS sanctioned open water and postal swims will be based on the age of the swimmer as of December 31 of the year of the competition. This means no more double dipping in postals when you age up during the timespan of the event. It will also align USMS with FINA and USAT.
2. Open water swims of 5K or greater shall not begin if the water temp exceeds 29.45°C (85°F) while swims of less than 5K shall not begin if water temp exceeds 31.0°C (87.8°F). This rule aligns USMS with USA Swimming and with FINA.

### 2017 ePostal National Championships:

3000 & 6000 Yds: 9/15/16 – 11/15/16 (25y or 25m pool)

### 2017 ePostal National Championships:

One Hour ePostal: 1/1/17-2/28/17

5K & 10K: 5/15/17 – 9/15/17

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

### 2017 National Championships

Date	Event	Location
4/22/17	Marathon Distance Championship (7 miles)	Sarasota, FL
6/3/17 6/4/17	Ultra-Marathon Distance Championship (10 miles) Middle Distance Championship (2.4 miles)	Chattanooga, TN
6/24/17	2 Mile Cable Championship	Foster Lake, OR
7/30/17	Long Distance Championship (5K)	Elk Lake, OR
9/23/17	1 Mile Sprint Distance Championship	Angle Lake, WA

## USMS All Americans

All Americans have been listed for the SCY 2016 season, and Wisconsin was fortunate to have several of them. All Americans are those swimmers who have achieved the top time in the nation for their age group. Congratulations to all the following All Americans. Sarah Perez and Trina Schaetz each had one All American swim, and Melinda Mann had an incredible 3 All American swims.

Name	Age Group	Event	Time
Sarah Perez	40-44	200 Breast	2:29.81
Trina Schaetz	40-44	50 Breast	31.00
Melinda Mann	55-59	50 Breast	33.94
Melinda Mann	55-59	100 Breast	1:15.86
Melinda Mann	55-59	100 Fly	1:06.39

## U.S. Masters Swimming Recognition and Awards

*Swimmer gives back—and gets recognized!*

Members of U.S. Masters Swimming don't confine their participation to the pool. There are many volunteer opportunities for their talent, expertise, and generosity. USMS recognizes the commitment of those who give back with the Dorothy Donnelly Service Award, named to honor one of USMS's outstanding volunteers. The award recognizes those whose contributions stand out in service to local, regional, and national programs. Up to 15 people are selected each year and nominations come from Local Masters Swimming Committees, clubs, and individuals.

**James Biles** joined the Wisconsin Masters Aquatic Club in 2005 and was registered in the Hawaii LMSC for two years prior. After retiring as a Lt. Commander from the U.S. Navy where he served in Dive and Salvage Operations, James has served as the Wisconsin Long Distance and Open Water Chair since 2011. He's also worked for the last three years with the USMS Long Distance Committee. This past year, James has served as his LMSC Vice-Chair.

James participates in as many local and national open water and postal events as he can. He is a consummate author, contributing many stories on open water swimming for the Wisconsin Masters Newsletter, which is published six times per year. Always there to encourage others to attend and participate in these events, James serves as an ambassador for Masters Swimming. USMS is honored to award James B. Biles the 2016 Dorothy Donnelly Service Award.

### A Word about Water Warriors

On page 5 there is an entry form for Water Warriors. Please consider participating in this event. There are prizes in each age group for the 1st through 3rd places. Even though the time period is a 14 day consecutive period, you can swim any days you want. You do not have to swim for 14 days in a row. That makes this a great event to swim anytime, anywhere, any amount. It's fun to see how much extra you can swim over your regular workouts, whether you swim a little longer, or swim a few more days. Let's have the best participation ever.

# **Wisconsin Masters Short Course Meters Swim Meet Sanction 206-S008**

West Bend West High School, 1305 E Decorah Rd, West Bend, WI, entrance on west end of building. Saturday December 3, 2016, pool opens at 9:45am, warm-up 10:00am to 10:50am, meet starts at 11:00am.

8 lane , 25 meter non-bulkhead pool. Lanes 2 to 7 will be used for completion. Lane 1 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 watches.

The entry fee is \$4.00/individual event plus a \$15.00 pool surcharge. The entry limit is 5 individual events plus relays. The 1500 freestyle will be limited to the first 12 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=8161](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=8161)

The deadline for On-Line entries is Thursday Dec. 1, 2016.

Paper entries must be in the meet director's hands no later than 6:00pm, Saturday Nov. 26, 2016.

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

[wmacswim@sbcglobal.net](mailto:wmacswim@sbcglobal.net).

Awards will be ribbons for 1<sup>st</sup> to 3<sup>rd</sup> place

## SCHEDULE OF EVENTS:

- |                      |                           |                           |
|----------------------|---------------------------|---------------------------|
| 1. 400m Free         | 8. 50m Backstroke         | 15. 100m Backstroke       |
| 2. 200m IM           | 9. 200m Butterfly         | 16. 200m Breaststroke     |
| 3. 50m Butterfly     | 10. 9. 200m Medley Relay* | 17. 100m Butterfly        |
| 4. 100m Freestyle    | 11. 400m Free Relay       | 18. 100m IM               |
| 5. 200m Backstroke   | 12. 50m Breaststroke      | 19. 200m Free Relay*      |
| 6. 100m Breaststroke | 13. 400m IM               | 20. 400m Medley Relay*    |
| 7. 200m Freestyle    | 14. 50m Freestyle         | 21. 800m Freestyle Relay* |
|                      |                           | 22. 1500 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 and 800 Free Relay.

## Wisconsin Masters 2016-2017 Meet Schedule

Date	Meet
Nov/Dec	Water Warriors
Dec 3	West Bend SCM (incl 1500 Free and 400 Free, which is a new event)
Jan 8	YMCA Pabst Farms (incl 500 Free)
Jan 29	Oshkosh YMCA (incl 1000 Free and animal awards for the meet)
Feb	A Madison area pool
Mar 5	Whitefish Bay HS (incl 1650 Free)
Mar 25-26	State SCY at Schroeder (incl 1650 Free)
Apr	Baraboo (incl 1000 Free)

Date	Meet
Apr 7-9	IL meet at Pleasant Prairie
Apr 27-30	USMS SCY Nationals, Riverside, CA
May 4-7	YMCA Masters Nationals, Sarasota, FL
Jun 11 (tentative)	Badger State Games with Masters heats, Wausau
Jun 17	State LCM at Schroeder
Aug 2-6	USMS LCM Nationals, MN
Aug 19 (tentative)	MOWS Open Water
Sep 10	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   N o v   2 5**

Wisconsin Masters Swimming  
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