

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

February—March 2023

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

Thank you for participating in the last few meets. We had a very good turnout for West Bend and Pabst Farms, which is very encouraging. We've tried some new fun events and relays, and it seems they have been well received, while putting the FUN back into swimming. Of course, there's still serious swimming going on, but a little fun makes it more interesting.

In addition to the pool swim meets, we've had a couple of virtual meets. The Wisconsin Water Warriors results are on [page 3](#) in this newsletter. The Animal Contest which ended on January 31 will list the contestants in the next newsletter. These events are open to every Wisconsin Masters swimmer, so keep that in mind for next year.

We still have several events coming up. The next meet is at [Sun Prairie on February 12](#). After that is the [Whitefish Bay meet on March 5](#), and then comes the [McFarland meet on March 18](#). The last short course meet in Wisconsin is the State Meet, which will be a one day meet on March 25. Everyone is welcome to swim at the State meet, regardless of ability or speed. This meet is a good one to put relays together, either for fun, or to try to break a state record. We've had both, and all swimmers have a good time.

Here's the link for the currently sanctioned meets, <https://www.wisconsinmastersswimming.com/page.cfm?pagetitle=Swim+Meets>.

We are in the early stages of putting together an open water meet the end of June, and are targeting one of the parks in Waukesha County. We are looking at small lakes without boats or waves, which is perfect for those who would like to try an open water event. Think about trying something different. Stay tuned for more details.



For those thinking about attending USMS short course nationals, all the information is now posted to the website, <https://www.usms.org/events/national-championships/pool-national-championships/2023-pool-national-championships/2023-spring-national-championship>. The discounted registration fee of \$80 is good through February 28, and after that it goes up to \$100. Registration closes on April 3 at 11:59 pm. If you haven't made hotel reservations, please do so soon.

If you have any comments, questions, or ideas you would like to pass on to me, please email me at WChair@usms.org.

Mary Schneider
Wisconsin Chair

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Get out your calendars**USMS National Pool and Open Water Events**

April 27–30, Irvine, California— Spring Nationals (SCY)

July 6, Portland, Oregon – Ultramarathon Distance

July 16, Applegate Lake, Oregon – Marathon Distance

August 2–6, Sarasota, Florida – Summer Nationals (LCM)

August 12, Lake Oahe, South Dakota – Middle Distance

September 16-17, Lake Mission Viejo, California— Long Distance

September 16-17, Lake Mission Viejo, California – Sprint Distance

Two-Mile Cable – TBD

Back to INDY in 2024

In 2018, the Wisconsin Masters Aquatic Club made a big push to win as [Regional Swim Club champions](#) in Indianapolis. And we won!

In 2024, USMS Spring Nationals returns to Indy from June 20–24. The meet will take place during the final weekend of the U.S. Olympic Team Trials, which are scheduled for June 15–23 at nearby Lucas Oil Stadium. According to USMS, members will have an exclusive opportunity to meet Olympians and swim in the Trials competition pool with a donation to the USA Swimming Foundation, which provides grants to USMS Adult Learn-to-Swim programs. Entries will open January 2024.

Let's see if we can repeat our 2018 success!

~2022 Wisconsin Water Warrior Results~

Melodee Liegl

We are now almost three years post COVID and there are still some challenges with swimmers getting pool time. We have unfortunately seen a decline in the number of participants since I took over this event 13 years ago. This is a 2-week swim challenge (14 consecutive days) that took place between November 1st and December 31st. The goal was to challenge yourself and swim as much as you can for the 2-week period. There was a total of 20 participants. This event continues to be an event for the “older” swimmers, with a median age of 65.6 (25-90) years. There were 11 female (55%) and 9 males (45%). We had a total of 398 miles of swimming this year.

Highlights

- A new young participant this year – Kevin Van Cleave
- First Mother-Son Participants – Julie and Kevin Van Cleave
- Kudos to Fred Salzman for his 11.6 miles of swimming at the age of 90!
- Congratulations to those that have participated in the event for the past 13 years (Ann Berres-Olivotti, Nancy Kranpitz, Steve Justinger, Fred Salzman and Melodee Liegl)

Awards will be distributed at the State Meet in March or sent via mail/e-mail.

Name	Age Group Place	Total Yards	Number of Years
Male			
25-29: Kevin Van Cleave	1st Place	26737	1
45-49: Darryl Stich	1st Place	31200	4
60-64: Gus Robledo	1st Place	22400	12
65-69: Robert Turner	1st Place	42000	4
65-69: Doug Mering	2nd Place	34425	5
70-74: Steve Justinger	1st Place	26500	13
75-79: Lawrence Mueller	1st Place	37900	4
80-84: Donald Jackson	1st Place	25450	6
90+: Fred Salzman	1st Place	20500	13
Female			
40-44: Katie Kalfas	1st Place	19950	2
50-54: Jennifer May	1st Place	35500	6
55-59: Melodee Liegl	1st Place	141000	13
60-64: Katy Mering	1st Place	45300	11
60-64: Ann Berres-Olivotti	2nd Place	41350	13
60-64: Julie Van Cleave	3rd Place	30250	9
65-69: Melinda Mann	1st Place	26275	12
65-69: Suzanne Gartner	2nd Place	24275	4
70-74: Mary Schneider	1st Place	31675	11
75-79: Candy Christenson	1st Place	19700	11
75-79: Nancy Kranpitz	2nd Place	17900	13

Back to Full Strength! – Founders Meet at Pabst Farms YMCA

Correspondent, Mary Schneider

The January 22 Pabst Farms meet was a lot of fun. Well organized, with 95 registered swimmers and great officiating from Susan and Bruce, it appears that Masters swimming in Wisconsin is back! The first event, the 100 Mystery Medley, included three heats of swimmers. Here, swimmers didn't know the order of strokes until they got to the blocks. As fun to swim as it was to watch, each lane was swimming something different each length of the way. Although the race was a non-conforming event, swimmers picked it to swim something unique. This event set the tone of the meet.

We welcomed several new swimmers, along with a number of young men and women from the under 30 crowd. While waiting for relays, I asked a few of them if they were enjoying the meet, and they all said yes. We certainly hope these "youngsters" keep coming back.

In the 1000 Free—which you wouldn't think would end up separating swimmers by 0.52 seconds—was an exciting race between Lexie Tourek and Jen May. Although in different age groups, they still raced each other the entire way, swimming right next to each other. Jen

was ahead by a bit until the final 50, when Lexie turned on the jets to pull out the win. The final time was Lexie, 13:35.39, and Jen, 13:35.91. Way to go endurance swimmers! Whoever said distance swims can't be exciting.

Also exciting were the number of swimmers willing to contest in relays. Instead of the usual one or two relay teams in an event, we had a grand total of 19 relays. Besides the ordinary 200 Free and 200 medley relays, we swam a 325 yd crescendo relay, of which there were five of these relays. The first swimmer paced 150 yds, the next swimmer swam 100 yds, the next swimmer swam 50 yds, and the last one (the fast one) made an all-out sprint of 25 yards to the finish. We kind sympathized with the ones swimming the 150, but it certainly was fun to do the last 25!

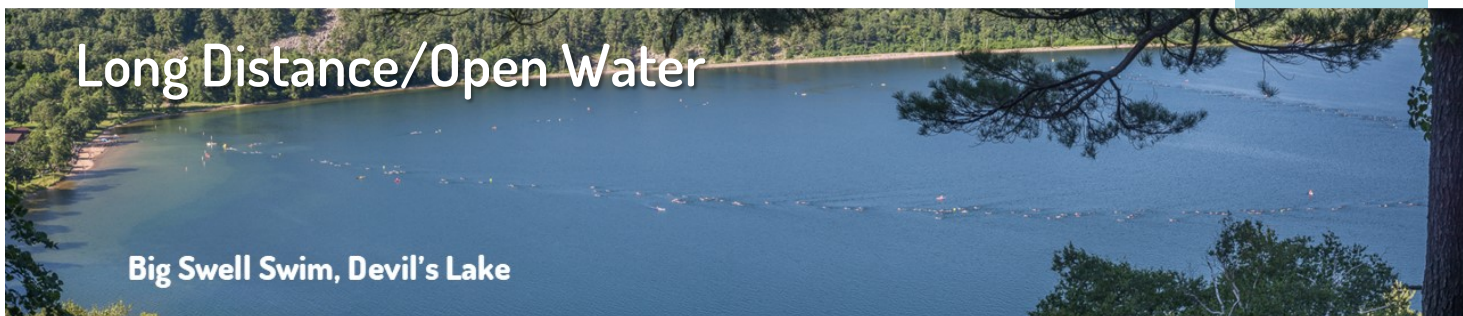
Kudos to Mike Murray for organizing the meet, the relays, and rounding up/twisting arms for timers. The timers did an awesome job, and it meant a lot for us swimmers to just think about swimming. See everyone next year!



Nice to see the bleachers packed with swimmers



Richard TenHoor broke state records in the Men's 75-79 50 and 200 yard backstrokes



Ultramarathon Swimmer, David McGlynn

Jen Vallo, Long Distance/Open Water Chair

Wisconsin Masters Swimmer David McGlynn is the author of three books – *One Day You 'll Thank Me: Lessons From an Unexpected Fatherhood*, *A Door in the Ocean*, and *The End of the Straight and Narrow*, all published by Counterpoint Press. In addition to his books, David's a frequent contributor to *Men's Health* and *USMS Swimmer* magazines. His writing has appeared in numerous literary journals, while three of his essays have been named Distinguished Essays in *Best American Essays* and *Best American Non-Required Reading*. David teaches at Lawrence University and lives in Madison, Wisconsin. This July, David plans to swim the USMS Ultramarathon National Championship in Portland, Oregon.



When/why did you start swimming competitively?

I grew up in a family of swimmers. My father had been a competitive swimmer as a kid, and my sister and I both swam. We lived in Houston, Texas and then Orange County, California, both of which are epicenters of the sport, with tons of summer-league, club, and high school teams (not to mention the college powerhouses). In college I swam for UC-Irvine, then joined a Masters team when I moved to Salt Lake City, Utah for graduate school. After 39 years, swimming is still the only sport I have ever truly loved. And I seem to love it more each year. Go figure.

What drew you to open water swimming?

When my family moved to California, I started swimming in the ocean with my dad. I quickly found I was comfortable in the open water and didn't panic in deep water. As a teenager,

we'd swim from beach to beach, usually for several miles, which I always loved. A few years after college, some friends told me they were planning to race in the La Jolla Rough Water "Gatorman," which is a 5 km swim. I decided to go for it. I placed second in my age group and had an awesome time. I went back year after year until I moved to Wisconsin. Once in the Midwest, I started doing more local events, including the Madison Open Water Swim, the Point to La Pointe, and the swim portion of the High Cliff Half-Ironman. And back in 2012, a group of friends and I swam across Death's Door in Door County, from Gills Rock to Washington Island. It was a 4 1/2 mile swim and just amazing. The same group of us swam from Ephraim Beach to Horseshoe Island in 2020, which was closer to 7 miles. A stunningly beautiful swim. I love looking across

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big bodies of water and wondering if I could make the swim. And then, of course, going for it.

Can you share your training regimen or a favorite set as you prepare for the USMS Ultramarathon Distance Championships this summer?

I suffered a pretty big injury during 2021 when I fell off a ladder. I had several surgeries and was out of the water for more than 3 months. Swimming was a major part of my rehab. To mark the one-year anniversary of the accident, I decided to swim 100,000 yards in a month. By the end of the month, I made 30 x 100s at 1:10 (send off). I wrote about the experience, [here](#). I have tried to carry that lesson with me into the training for the Ultramarathon

I swim 5 or 6 days a week, rain or shine (or snow), and try to get in as many yards as I can. I love to do sets of big yards with shrinking intervals, just to see if I can hang in there. So, for example, a good set for me is 5 rounds of 3 x 200s with send-offs at 3:00, 2:50, 2:40, 2:30, and 2:20, by round of 3, and an easy 100 between each round. Then 10 x 100 at the fastest send off I can make. Then I shower, drive home, and drink 6 gallons of coffee.

Is there a coach/mentor who has shaped your swimming career?

I have had a number of really great coaches over the years. Ironically, though, I swam on competitive teams for about 12-13 years, but I've swum *without* formal coaching for nearly twice that long. So my best swimming mentors are usually in the water with me. Peter Allen and Scott Powley of Neenah, Wisconsin (I lived in Appleton from 2006-2018) are dear

friends and awesome swimmers. We've traveled together to swim in Door County, Croatia, and Mexico and they're just the best souls on the planet. In Madison, I swim with Jackie Hering and Rachel Mensch, both professional triathletes, a few days a week, and they are absolute studs in the water. They're up for any set, no matter how hard, and they always swim hard.

And I'm a member -- as best I can be -- of Middleton Masters. Rachel Demitrios essentially runs the team and she's got a great spirit. Lynn Ascione will swim any length, in any temperature of water, and her enthusiasm is infectious. Swimming with friends is one of the best parts of the sport. There's nothing quite like working your tail off, coming in gassed, and finding another swimmer waiting to give you a high five.

Is swimming an escape from your writing or does it help foster ideas/creativity?

It's both. On so many days, I do my best thinking in the water. I dream, talk to myself, roll ideas around. I have solved so many writing problems while swimming, and I often find myself rushing home to get to my computer before that magical idea disappears. But sometimes I swim to avoid thinking -- to deliberately let my mind go blank. In fact, that's one of my favorite parts of a long swim: when my brain runs dry and I can't do anything other than just swim. It's almost like going slightly unconscious, and in that way, it's very meditative. Finding that Zen-like twilight zone makes all my problems, whether in my writing or my life, feel smaller. And, if all else fails, I just try to get tired. Nothing resets the mind quite like absolute physical exhaustion.

Cardinal Classic SCY Swim Meet at Sun Prairie High School

When: Sunday, February 13, 2023 • Pool Opens at 9:30 a.m. Warm-up 9:45a.m. Meet starts at 11:00a.m.

Where: Sun Prairie High School Pool 888 Grove Street, Sun Prairie, WI (Use Door #20)

Online Registration: <https://www.clubassistant.com/club/meet.cfm?c=2381&smid=14169>

Paper Entry: Via US Mail using [Wisconsin Masters Swimming Universal Entry Form](#) (one per swimmer)

Deck Entries for individual events will not be accepted

Facilities: 8 lane, 25 yard pool (Short Course Yards)

Eligibility: Open to all swimmers 18 years and over as of Sunday, February 12, 2023. USMS or FINA membership is required. There are two membership options:

1. Current USMS membership or FINA governed Masters swim country or club.
2. One Event membership. Online entry is required for One Event memberships. Times swum under one-event registration are not eligible for USMS Top 10 or records consideration. One Event memberships are not eligible for USMS or Wisconsin records, relays, All-American consideration or All-Star consideration. A one event membership can be converted to USMS membership.

Entry fee: USMS Members \$15 plus \$6 per individual event

One Event members \$35 plus \$6 per individual event

There are no refunds of entry fees. Checks payable to Madison Area Masters.

Entry Limit: 6 individual events plus relays. The 500 freestyle will be limited to the first 28 entries received.

Deadlines: Online: Saturday, February 11, 2023 at 6:00p.m. (CST) Paper: Saturday February 4, 2023 6 p.m. (CST)

Meet Director: Steve Justinger 6047 Hagen Hill Circle Madison, WI 53718-6219 Phone 608.695.2645

Email sjustinger@hotmail.com

schedule of Events

- | | |
|---------------------------|---------------------------|
| 1. 400 Individual Medley | 11. 200 Butterfly |
| 2. 200 Freestyle | 12. 100 Backstroke |
| 3. 50 Breaststroke | 13. 200 Free Relay* |
| 4. 200 Backstroke | 14. 150 IM # |
| 5. 100 Butterfly | 15. 100 Breaststroke |
| 6. 200 Medley Relay* | 16. 50 Butterfly |
| 7. 50 IM # | 17. 100 Freestyle |
| 8. 50 Freestyle | 18. 50 Backstroke |
| 9. 200 Breaststroke | 19. 200 Individual Medley |
| 10. 100 Individual Medley | 20. 500 Freestyle |

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

Event 7 and 14 are non-conforming and not eligible for USMS Top 10, USMS or WI records, All American or All-Star consideration. Swim at least 25 yards of each stroke for the 150 IM.

2023 Dave Clark Classic at Whitefish Bay High School

When: Sunday, March 5, 2023 • Doors open at 8:00 a.m. Warm-up 8:00 a.m. 1650 event starts 8:30 a.m.
Session 2 — 30 minute warm-up after 1650 (approx. 4 heats)

Where: Whitefish Bay High School, 1200 East Fairmont, Whitefish Bay, WI 53217

Online Registration: https://www.clubassistant.com/club/meet_information.cfm?c=2380&smid=15528

Paper Entry: Via US Mail using [Wisconsin Masters Swimming Universal Entry Form](#) (one per swimmer)

Facilities: 6-lane 25-Yard pool (Short Course Yards)

Eligibility: Open to all swimmers 18 years and over as of Sunday March 5, 2023. USMS or FINA membership is required. There are two membership options:

1. Current USMS membership.
2. One Event membership. Online entry is required for One Event memberships. Times swum under one-event registration are not eligible for USMS Top 10 or records consideration. One Event memberships are not eligible for USMS or Wisconsin records, relays, All-American consideration or All-Star consideration. A one event membership can be converted to USMS membership.

Entry fee: USMS Members \$18.00 plus \$6.00 per individual event

One Event members \$35.00 plus \$6.00 per individual event

There are no refunds of entry fees. Checks payable to Whitefish Bay Masters.

Entry Limit: 6 individual events plus relays. 1650 Freestyle is limited to the first 24 entries.

Deadlines: Online: Monday, February 27, 2023, 11:59 pm.

Meet Director: Pam Dowling, 130 W Brown Deer Rd, Bayside, WI 53217 414-708-4253
Email pam@1s2cz.com

Schedule of Events

- | | |
|---|----------------------------|
| 1. 1650 Freestyle (seeded fast to slow) | 11. 50 Fly |
| 2. 400 IM | 12. 200 Breast |
| 3. 50 Back | 13. Fins 50 |
| 4. 100 Free | 14. 200 Fly |
| 5. 50 Breast | 15. 200 Mixed Medley Relay |
| 6. 200 Back | 16. 100 Back |
| 7. 100 Fly | 17. 100 Breast |
| 8. 200 Free | 18. 50 Free |
| 9. 100 IM | 19. 200 IM |
| 10. 200 Mixed Free Relay | 20. 400 Mixed Free Relay |

2023 Spartan Splash at McFarland High School

When: Saturday, March 18, 2023 • Doors open at 9:45 a.m. Warm-up 10:00 a.m. Meet starts 11:15 a.m.

Where: Angie O'Donnell Aquatic Center at McFarland High School
5101 Farwell Street McFarland WI 53558

Online Registration: https://www.clubassistant.com/club/meet_information.cfm?c=2381&smid=15529

Paper Entry: Via US Mail using [Wisconsin Masters Swimming Universal Entry Form](#) (one per swimmer)

Facilities: 8-lane 25-Yard pool (Short Course Yards)

Eligibility: Open to all swimmers 18 years and over as of Saturday March 18, 2023. USMS or FINA membership is required. There are two membership options:

1. Current USMS membership.
2. One Event membership. Online entry is required for One Event memberships. Times swum under one-event registration are not eligible for USMS Top 10 or records consideration. One Event memberships are not eligible for USMS or Wisconsin records, relays, All-American consideration or All-Star consideration. A one event membership can be converted to USMS membership.

Entry fee: USMS Members \$15.00 plus \$6.00 per individual event

One Event members \$35.00 plus \$6.00 per individual event

There are no refunds of entry fees. Checks payable to Madison Area Masters.

No deck entries for individual events

Entry Limit: 6 individual events plus relays. 500 Freestyle is limited to the first 28 entries received (wait listed).

Deadlines: Online: Friday March 17, 2023, 6 pm. Paper: Saturday, March 11, 2023 , 6 pm

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

1. 400 Individual Medley
2. 200 Freestyle
3. 50 Breaststroke
4. 200 Backstroke
5. 100 Butterfly
6. 200 Medley Relay*
7. 50 Individual Medley#
8. 50 Freestyle
9. 200 Breaststroke
10. 100 Individual Medley
11. 200 Butterfly
12. 100 Backstroke

13. 200 Free Relay*
14. 150 Individual Medley#
15. 100 Breaststroke
16. 50 Butterfly
17. 100 Freestyle
18. 50 Backstroke
19. 200 Individual Medley
20. 500 Freestyle

#There are two new events this year

Event #7 is a 50 yard Individual Medley. Event #14 is a 150 yard Individual Medley. You must swim at least 25 yards of each stroke IM order. (Fly, Back, Breast, Free)

New State Short Course Yards Records

Emily White	Women	40-44 200 FLY	2:20.44
Thomas Grisa	Men	60-64 200 BREAST	2:49.22
Robert Hoganson	Men	65-69 50 BREAST	34.24
Richard TenHoor	Men	75-79 50 BACK	38.66
Richard TenHoor	Men	75-79 200 BACK	3:27.78

