

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

April • May 2024

FROM THE CHAIR ...

The short course season in Wisconsin has come to a close with the completion of the **State Meet March 23**. There was an excellent turnout of 130 registered swimmers, the most in at least 5 years. I want to personally thank all the swimmers that attended the local meets. There was a good turnout throughout the season, and it helps the local hosts run successful meets.

The next event in Wisconsin will be the **Fun Meet in Brookfield on June 1**, which includes every swimmer's favorite 25s. There will be a swim clinic preceding the meet that will focus on starts and relay exchanges, just in time for short course nationals. It would also be a good time for last-minute tune-ups.

June 15 is the 2nd Annual **Fox Brook Open Water Event**. This year will feature a 1000 M and 1500 M swims, with wetsuit and non-wetsuit categories. The registration link is, https://www.clubassistant.com/club/meet_information.cfm?c=2649&smid=18229. If you know any triathletes or open water fanatics, please let them know about our event. One Event registration will be available for those who are non-USMS members.

Also on June 15th is the **Long Course Meter State Meet** at the Schroeder Aquatic Center. That will be the last swim meet in Wisconsin until the fall season. Watch the website for meet information.

USMS Short Course

Nationals in Indianapolis is June 20-24. As of this writing, 42 swimmers have registered. If you need a hotel, Wisconsin has reserved a block of rooms at the Drury Inn, northeast of the downtown area, about 20 minutes from the pool. For hotel information, please look on page 2 of this newsletter.

To register for the meet, and review other information, use this link, <https://www.usms.org/events/national-championships/pool-national-championships/2024-pool-national-championships/2024-spring-national-championship>. The club **WISC** will be making decisions on



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Wisconsin Masters Swimming Facebook Group

The new Wisconsin Masters Swimming page is live with 161 members and counting.

We are seeing people join from across the state, sharing news about pool and open water swims in their area. You do not need to be a USMS member to join, just interested in adult swimming.

Join today and invite your swimming friends!

Go to: <https://www.facebook.com/groups/154332632463104/>

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coaching, relays, and any other information you need to know about.

Following short course nationals, there is the **USMS Open Water 1 mile and 5K Nationals in Stillwater, MN**, which is just east of St. Paul, MN, on July 20 and 21.

There are several of us who have already signed up to swim in the event. Here's the link,

<https://runsignup.com/Race/MN/Stillwater/SquareLake5kand1MileNationalChampionship>. There is a limit of 200 swimmers per event, and the events are almost half-full.

Long Course Meters Nationals will be held Aug 21-25, in Mission Viejo, CA. Entries are not open yet, but the order of events, hotels, and meet information is available at <https://www.usms.org/events/national-championships/pool-national-championships/2024-pool-national-championships/2024-summer-national-championship>. There are a few of us planning to attend, so we'd love to have a few more swimmers enter the meet and create more relays! Those of us who already signed up plan to stay at the Ayers Hotel, which is an easy couple miles drive to the pool.

Thank you for supporting Wisconsin Masters Swimming!

Mary Schneider
Wisconsin Chair

Hotel for Spring Nationals

This year's Spring Short Course Nationals (2024) will be held in Indianapolis from June 20-24. We have booked a room block at the Drury Hotel in Northeast Indianapolis. The [hotel](#) is about a 20 minute drive to the IUPUI pool. Wisconsin swimmers have stayed at several Drury hotels in the past and have found them quite suitable for a Nationals meet.

You must make reservations by Sunday, May 19, 2024 to receive our Group Rate, and must book at least two nights.

To register, use this link:

www.druryhotels.com/bookandstay/newreservation/?groupno=10086887

Reservations may also be made by calling 1-800-325-0720 and referring to group number 10086887 (Wisconsin Masters Swimming).

We encourage you to book early and let's go Wisconsin Masters Swimming!

WMSC vs WISC

What's the Difference

WMSC is the acronym for Wisconsin Masters Swim Committee, which is governed under the rules of US Masters Swimming (USMS). The Committee is part of the 51 local masters swim committees under USMS. We abide by the mission and rules of USMS, and have been granted non-profit (501 (c)(3)) status under USMS. The mission statement of USMS is to: "Empower adults to improve their lives through swimming."

WMSC has its own set of by-laws, a copy of which may be viewed here,

<https://www.wisconsinmastersswimming.com/c/4DE7542/file/Documents/WMSC%20BY-LAWS%20Oct%202020.pdf>,

and its own elected board of Officers and appointed committee chairs. Per USMS rules, we must hold an Annual Meeting once a year, and Wisconsin has chosen to hold its meeting in the Fall of each year.

WMSC supports the sport of swimming as defined in the rules of USMS, and makes sure our competitions are run according to those rules. We also provide 6 newsletters each year for all members, disseminate rule changes or interpretations from USMS, and provide a sanctioning process for meets and open water events.

WISC is the name for Wisconsin Masters Aquatic Club. With its own leadership, the Club organizes the meet schedule each year, along with being the organizing entity for our state's competition at nationals. WISC is a Regional Club, which means it competes as a region (typically states) in national competitions against other Regional Clubs. Anyone who is a member of WMSC can opt in to be associated with

WISC. You must be a member of WISC in order to swim on relays and have them count towards a national Top 10 Time, or compete on relays at nationals. WISC is also the entity that organizes the coaches for nationals, as well as assigns swimmers to relays.

WISC has its own incorporation in the state of Wisconsin, and has its own elected board and by-laws. Any swimmer who is a member of WISC can attend the WISC meetings.

Remember, WMSC is under USMS, and carries out the mission of USMS. WISC is the Regional Club designed for competition at USMS national meets. Both entities have their own elected boards. Any swimmer can run for an elected or appointed committee in WMSC, but only those included in WISC (which is most, but not all Wisconsin swimmers) can run for elected positions on their board.

I know this can be confusing, especially when you see many of the same faces, but there is a difference. If you would like a further explanation, please contact me at WChair@usms.org.

Mary Schneider

Wisconsin Chair

Wisconsin Masters Swimming Website

Swim Meets

News

Records and More

Visit www.wisconsinmastersswimming.com

Sun Prairie Short Course Yards Meet 2/11/24

Dave Watts

The **Water Wolves Masters meet at Sun Prairie** was a great meet, which ran perfectly, with no glitches – at least none that I saw – from beginning to end. The meet was held at a brand-new pool, everything spiffy and clean, with great natural lighting. The scoreboard worked perfectly throughout and gave your results instantly to the hundredth of a second. The deep end was over 12 feet deep, so plenty of room there – you didn't have to worry about hitting the bottom when diving in.

Did I mention it was inexpensive? I swam two races and the total cost of this meet for me was seven dollars. I asked Meet Director **Steve Justinger** why the costs were so low, and he said a grant from WMSC subsidized the fees as a deliberate strategy to attract more swimmers. If you missed this meet, you missed the bargain of the century in a new pool where everything worked!

However, a lot of people did not miss this meet. Eighty-six swimmers showed up. I believe I was seeing more new faces than usual, with 14 one-event entries. The average age of this group of 14 one-event wonders was 32. Do these folks network on TikTok and steer each other to bargains? The two youngest swimmers at the meet, **Hailey Sieren** and **Mason Konopacki**, were both 18. *Welcome to Wisconsin Masters Swimming to Hailey, Mason, and all the youthful one-eventers!*

I want to mention one young swimmer who stands out with his talent and speed at every meet. That is **Kevin Van Cleave**. He has his mom Julie to thank for his talent, and I'm sure he does this often. Kevin was a star at Washington University where the kids are so brainy you wouldn't think they could find time for athletics. But Kevin was a 10-time All American and 6-time UAA Conference swimming champion. Kevin started out with the 400 IM and exhibited extreme grace and power through all strokes. Keep it up, Kevin!

Did the 30–34-year-olds find the competition unusually difficult? There were 14 people in that age group, followed by the 25-29 crew with 13.

Overall this was a younger meet than is typical, with just under 50 swimmers under 50, and not quite 40 swimmers over 50. Some of the new swimmers were up for trying something new, including the 50 IM and the 150 IM. The latter could be done with up to 75 yards of any individual stroke.

But the older group was well represented. We may have our foibles and memory and balance problems, but generally we made it to the blocks when we were supposed to. I want to shout out to a group of swimmers whose meet attendance is excellent and whose support makes WISC possible: **Dean, Keith, Lawrence, Richard, Bobby, Jennifer, Timothy, Julie, Tom, Greg, Ann, Suzi, and Francisco** – and **Dave**. The average age of this crowd was upwards of 65. We don't need last names any more than Beyonce does, and we might not remember them anyway.

The oldest swimmer at the meet, **Larry Mueller**, first appeared in the USMS database not quite 10 years ago and he's been competing through his seventies. Before Sun Prairie, he had participated in 66 meets and completed 277 swims. Larry has set records, and we are fortunate as a club to have swimmers such as Lawrence, with his perseverance



McFarland Short Course Yards Meet 3/9/24

Dave Watts

The **2024 Spartan Splash at McFarland High School** was another successful meet in the Madison area run by Steve Justinger. And once again the price was a steal – Five bucks pool surcharge and one dollar per event! Masters swimming is a great deal anyway, especially considering its benefits in terms of health and quality of life, but who doesn't enjoy an even more amazing bargain? The 93 swimmers registered for this meet got their money's worth and then some!

Steve could not have done this without an outstanding supporting cast. **Stu Schafer**, the Aquatics Director at McFarland, lent his support and his pool. Stu also fielded an intrepid Masters team (“the home team” – more on that later). The officials, Kim and Mike, got a lot of steps in as they walked the length of the pool repeatedly to monitor for rules compliance. The timers, **Erin, Whitney, Mark, Tim, Jane, Carl,** and **Sarah**, were drafted by Steve from the East YMCA Masters group.

Chip Quade stepped up and learned the Hy-Tek Meet Manager System in a week. Did you all receive the heat sheet at 7:25 PM the night before the meet, barely an hour after registration closed? Such outstanding support doesn't just happen. It sets the tone for a well-organized, well-run meet which was completed in 3 hours. Did I mention **Suzi Green**? She measured the pool, took care of much of the paperwork, and fielded an incident involving a swimmer who sustained an injury on the way into the pool building.

The camaraderie of Masters Swimming could not have been better illustrated than in the first event, the 400 IM. **Ryan Menninga, Jason Tuschl,** and **Justin Sawran** all came in within 5 seconds of each other and congratulated each other across the lane lines at the end of the race. In the final heat of the 100 Fly, 4 swimmers came in almost within one second of each other – they were **Andrew Babcock, Michael Orwin,** Jason **Tuschl,** and **Jake Gutkes**. It was like watching an Olympic



McFarland Masters Team

event, where races are decided by fractions of a second, and friendship reigns once the race is over!

The “home team” of McFarland swimmers (pictured here) included **Justin Harrington, Kathryn Happe, Rebecca Kressner, Kris Van Handel,** and **John Peirce**. At age 75, you might think John had been competing for a while. But he joined Masters swimming last December and started competing in January. Prior to McFarland John had completed 7 US Masters swims. His age-matched opponent was **Francisco Lopez**, who has been competing for 18 years and who now swims with Whitefish Bay Masters. Francisco had completed 236 swims prior to McFarland. So who won, John or Francisco? My answer would be they both did. How do I know so much about these swimmers? Just check the USMS website and click on “Events,” then “Results and Rankings,” and “Track my Results.” (I can watch myself slow down as I age up).

There were four coaches at the meet, each of whom

McFarland Meet (Continued on page 6)

Sun Prairie Meet (Continued from page 4)

and engaging personality. I was about the fifth oldest swimmer at this meet. I had been away, unable to practice, but I did watch videos of Michael Phelps and Ian Thorpe before the meet to buff my game.

Thanks go to Meet Director **Steve Justinger**, who doesn't compete as much as he used to, but stands tall as a Wisconsin swimming legend. **Jerry Lourigan** and **Chip Quade** ran the technology, and we owe them a debt of gratitude for a meet so well run it was easy to take it for granted. **Susan Wagner** and **Stewart Oliver** did great officiating. And the timers from **Sun Prairie YMCA** were dedicated and generous enough to donate their time. My timer, in lane 3, always had a kind word to say about my swims, no matter how much I deviated from the technique of Phelps and Thorpe.

Keep your eyes open for this meet in 2025: It's a bargain

McFarland Meet (Continued from page 5)

attracted a school of swimmers. **Justin Harrington** recently led McFarland to the D2 State Championship. There was also **Tim Capps** (Baraboo), **Justin Sawran** (Oregon), and **Carl Millholland** (Monona). These coaches all had challenging swim schedules, led in terms of brutality by Carl Millholland, who started out with the 400 IM and ended with the 500 Free. He also had a winning race in the 150 IM. By showing the way for their swimmers, these coaches exemplified the spirit of Coach **Angie O'Donnell**, the namesake of the McFarland pool.

Coach O'Donnell died tragically from cancer in 2011. Her unbounded spirit lives on in the many staff and volunteers who made this meet possible, in the coaches who brought in many new swimmers, and to all those who swam their best in each event. Her motto befits this gem of a meet: "**Every Day Counts.**"

New State SCY Relay Records

Event	Age Group	Club	Time	Date	Swimmers
200 Free Relay	MEN 25+	WI MASTERS	1:27.39	2/11/2024	Tyler Hines 31 Michael Weiss 32 Brandon O'Donnell 33 Weston Lagerhausen 34
200 Free Relay	MEN 75+	WI MASTERS	2:54.13	3/23/2024	Donald Jackson 83 Robert Corris 78 Lawrence Mueller 79 Richard TenHoor 77
400 Free Relay	MEN 75+	WI MASTERS	6:15.39	3/23/2024	Donald Jackson 83 Robert Corris 78 Lawrence Mueller 79 Richard TenHoor 77

Wisconsin Records Set Through State SCY Meet

Age Group	Name	Event	Time	Date	Swim Meet/Location
Women 30-34	Jenny Holtzen	50 BREAST	30.18	3/3/2024	Classic Dave Clark Memorial
Women 30-34	Jenny Holtzen	100 BREAST	1:05.40	3/3/2024	Classic Dave Clark Memorial
Women 30-34	Jenny Holtzen	100 IM	59.65	3/3/2024	Classic Dave Clark Memorial
Women 30-34	Jenny Holtzen	500 FREE	5:06.57	3/23/2024	2024 Wis State SCY Champs at Schroeder
Women 40-44	Lindsay Newport	50 BACK	28.73	3/23/2024	2024 Wis State SCY Champs at Schroeder
Women 40-44	Lindsay Newport	50 FLY	27.39	3/23/2024	2024 Wis State SCY Champs at Schroeder
Women 65-69	Laurie Alioto	100 BACK	1:19.10	1/21/2024	Founders Meet at Pabst Farms YMCA
Women 65-69	Melinda Mann	50 FREE	31.07	3/3/2024	Classic Dave Clark Memorial
Women 65-69	Laurie Alioto	100 BACK	1:17.93	3/3/2024	Classic Dave Clark Memorial
Women 65-69	Laurie Alioto	200 BACK	2:45.69	3/3/2024	Classic Dave Clark Memorial
Women 65-69	Laurie Alioto	50 FREE	30.48	3/23/2024	2024 Wis State SCY Champs at Schroeder
Women 65-69	Laurie Alioto	100 FREE	1:06.55	3/23/2024	2024 Wis State SCY Champs at Schroeder
Women 65-69	Laurie Alioto	100 IM	1:15.78	3/23/2024	2024 Wis State SCY Champs at Schroeder
Women 70-74	Susan Swedler	500 FREE	7:49.41	2/11/2024	Water Wolves SCY Swim Meet
Women 70-74	Susan Swedler	200 BREAST	3:38.09	2/11/2024	Water Wolves SCY Swim Meet
Women 70-74	Susan Swedler	200 IM	3:30.28	2/11/2024	Water Wolves SCY Swim Meet
Men 25-29	Kevin Van Cleave	200 IM	1:58.86	3/9/2024	Spartan Splash - McFarland
Men 30-34	Tyler Hines	500 FREE	4:46.65	2/11/2024	Water Wolves SCY Swim Meet
Men 30-34	Ryan Finke	200 FREE	1:47.03	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 30-34	Tyler Hines	1000 FREE	10:02.94	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 30-34	Tyler Hines	1650 FREE	16:51.73	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 30-34	Tyler Hines	400 IM	4:12.37	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 60-64	Gregory Blommel	50 BREAST	30.95	2/11/2024	Water Wolves SCY Swim Meet
Men 60-64	Larry Wooley	500 FREE	5:37.15	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 60-64	Gregory Blommel	50 BREAST	30.59	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 60-64	Gregory Blommel	100 BREAST	1:08.81	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 70-74	Dean Fochios	50 FREE	26.87	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 70-74	Dean Fochios	100 FREE	59.32	3/23/2024	2024 Wis State SCY Champs at Schroeder
Men 70-74	Dean Fochios	200 FREE	2:12.04	3/23/2024	2024 Wis State SCY Champs at Schroeder

Wisconsin Open Water (WOW) Swim at Fox Brook Park

What: The Second Annual WOW Swim

When: Saturday June 15, 2024 at 8:30 am

Where: Fox Brook Park-Brookfield, WI

Why: We are the only USMS sanctioned open water race in Wisconsin. Featuring great awards and raffle prizes! Two race distances and both are wetsuit and non-wetsuit (all categories are eligible for awards). We have the best water safety team around led by Lauren Jensen!

Wisconsin Masters Swimming
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