

Wisconsin Masters Swimming

On Deck.....

Newsletter Date

Oct/Nov 2012

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There is so much information in this issue of the newsletter that I encourage everyone to take the time to read and digest it all. To make more space for the announcements and meet information in this newsletter, I'm cutting my column to a few words about the **US Aquatics Sports Convention** Sept 12-16 in Greensboro, NC, and the Annual WI LMSC meeting of Sept 22.

The **USAS Convention** is the **Annual Meeting for US Masters Swimming**. Three hundred USMS volunteers and staff attended this year's meeting. The meeting is the only opportunity for many committees to have a face-to-face meeting in place of conducting their business over conference calls. This year was a "rules" year

which meant that rule changes were proposed to the Rules Committee who reviewed all and recommended action by the House of Delegates. I'm on the Records and Tabulations Committee which covers concerns in the areas of Top Ten reporting and Records reporting from the LMSC's upwards to USMS for consolidation. Our committee proposed two new rules related to pool measurement. Both rules passed the House of Delegates. I'm also on the End-to-End Event Management committee. This year we completed an on-line sanction and calendar system. Meet Directors are now required to use a USMS online tool for obtaining the sanction number for a meet. This on-line tool really starts the ball rolling on enabling data collection on the back end for the Top Ten and Records reporting. USMS is unique in that there are just a few staff employees, but hundreds of volunteers that are running the business of conducting programs for members.

Since the USAS Convention combines all five water sports, we had the privilege of seeing Olympians win some special awards. **David Boudia** won the **USA Diver of the Year** award. In his acceptance speech we could all see how humble and great an individual is. **Missy Franklin** received the **USA Swimmer of the Year** award. She was not at the convention to accept the award, so we did not meet her face-to-face but the general consensus was that she is the future of USA Olympic competition. Next year, the USAS Convention is in Anaheim, CA. If you are interested in stepping up your volunteering either for the WI LMSC or USMS, please let me know in advance of the USAS Convention which will again be held in mid-September.

Following the USAS Convention, the **Wisconsin LMSC Annual Meeting** is held. There is an agenda for the meeting that includes a vote on accepting the meet schedule for the upcoming year. The meet schedule is published on page 2 in this newsletter. **WI Water Warriors** is first on our schedule with our **first meet** being the **West Bend SCM Champs** on December 8th. We are fortunate in that there is a nice facility available that is the SCM length. Not that many LMSC's can hold a SCM meet. Please consider this meet for your first meet of the season. Relays, especially the 800 meter free relay, present opportunities for USMS Top Ten achievements. More information from the Annual Meeting related to registration is located within the WI Water Warrior entry information on page 8. An **interim meeting** will be held on **January 13th** following the Pabst Farms meet.

See you at the West Bend West HS on December 8th for the SCM Championships!



Jeanne Seidler

2012-2013 Meet Schedule

Nov 1-Dec 31 2012 14 days choice by swimmer, WI Water Warriors (Melodee Nugent)
 Dec 8th (Sat) SCM West Bend (John Bauman)
 Jan 13th (Sun) YMCA @ Pabst Farms, SCY (John Bauman)
 Jan 27th (Sun) Oshkosh YMCA SCY (Melinda Mann)
 Feb TBD (Sun) Madison East YMCA SCY (Dick Pitman)
 Mar 3rd (Sun) Whitefish Bay HS SCY (Dave Clark)
 Mar 9th (Sat) Baraboo Middle School SCY (John Bauman)
 Mar 23rd/Mar 24th (Sat/Sun) WI Masters State SCY Champs at Schroeder - early because Easter is Mar 31. (Jeanne Seidler)
 April 11-14th (Thur-Sun) YMCA Masters SCY Nationals, Ft. Lauderdale
 May 9-12 (Thur-Sun) USMS Spring SCY Nationals, Indianapolis
 June 5-13 (Wed...Thurs) USMS Pan American LCM Games, Sarasota, FL
 June TBD (Sun) WI Masters LCM Champs at Schroeder (Jeanne Seidler)
 Aug 7-11 (Wed-Sun) USMS Summer Nationals LCM, Mission Viejo, CA
 Aug TBD (Sat or Sun) MOWS Open Water at Lake Monona (Suzi Green, Peter Maternowski)
 July or Aug TBD (Sat) Lake Amy Belle Open Water (not measured or sanctioned) (Eric Jernberg)
 Sept TBD Senior Olympics SCY USMS Recognized (Dave Clark)
 Nov 1-Dec 31 14 days choice by swimmer, WI Water Warriors 2013 (Melodee Nugent)

Mindy Seidler, competed in the Chicago Triathlon this summer. It was an Olympic Distance Triathlon. It involved a 1500 meter swim in Lake Michigan, a 26 mile bike ride along the Lake Shore, and a 13 mile run. Mindy placed 13th in her age group (30-34) and states she was very happy with her time and finish.

Congratulations, Mindy!

WI Water Warriors

Editor's Note: This is a partial reprint from the Feb/March 2012 Newsletter: "Opine and Whine"

"...This regards the 2011 WWW. **Melodee Nugent** graciously accepted responsibility for compiling these results 2 years ago—and as a statistician she does an outstanding job! So what's the "whine"? Look at the numbers! **Nineteen (yes 19)** WMAC swimmers participated this past year (2011). **19** out of a membership that was close to 500 in 2011. Over **60** WMACers entered the 2011 West Bend meet. **Nineteen** entered WWW. In 2011 **51** swimmers made the effort and footed the expense to go all the way to Arizona for the USMS SCY Nationals. **Nineteen** entered WWW.I believe the entrant number for the SCY State meet in April 2011 was close to **100**. **Nineteen** entered WWW. All these meets required entrance fees—significant ones for nationals. **It costs NOTHING to enter WWW...**

I can go on.... **Thirty-one** WMACers were in Greensboro, NC in April. We have several umbrella workout groups that meet weekly—or more often. A lot of us put in yardage on our own and I'm sure I'm not the only one who keeps a yardage log just as a matter of routine. So.... Let's **ALL** take the 10 minutes (or less) it will take us to record 14 days worth of yardage, e-mail or snail mail it to Melodee, and support this great WI Masters sponsored event! It's a **FREE** event that offers very nice prizes. The entry information and entry form are on page 8 of this newsletter. **Print (or clip) it out NOW and let's set a record for participation this year.**

Krista VanEnkenvoort and Pete Nowak, teammates on the Elmbrook Masters Swim Club, were married on September 29th! WMAC wishes them many happy returns in the years to come.



400 Kick for Time

Yes—You read that correctly! A new, fun Postal event! Do you love to kick in the water? Do you whiz past everyone in kicking sets? Then here is a perfect postal event for you! The event encourages all swimmers to improve their kick. Prizes will be awarded to the top three swimmers in each age group in the **400 Kick for Time**. Swimmers may kick any stroke or combination of strokes as long as they are holding a kickboard.

The event runs from **December 1st through 31st**. Details can be found at the following website:
www.usms.org/compevent.phpPrintMe=1&MeetID=20121201MEMO-1Y
 Check it out! I'm just wondering if they have a "sub-category" for kicking with fins!!!

2012 SCY Top Ten for WMAC

Bailey Nennig 24
 8th 50 breast :32.27
 4th 100 breast 1:08.09
 2nd 200 breast 2:27.43

Laurie Alioto 53
 6th 200 fly 2:35.84

Candy Christenson 65
 9th 50 breast :43.91

Fritz Schenker 26
 6th 1000 free 10:51.89
 7th 1650 free 18:55.16

Christopher Brunson 31
 9th 50 breast :27.74
 6th 100 breast :59.83

Kip Fulbeck 46
 3rd 50 free :21.85
 7th 50 fly :24.15

Greg Hollub 65
 10th 200 free 2:17.23
 7th 1000 free 13:08.26
 3rd 1650 free 21:38.38
 10th 400 IM 6:06.95

John Bauman 81
 9th 200 breast 4:32.33

Gordon Schalla 85
 8th 50 back 1:05.14
 9th 50 breast 1:09.39

Jessica Connors 26
 1st 50 breast :30.78*
 1st 100 breast 1:06.85*
 3rd 200 breast 2:27.88
 7th 200 IM 2:16.65

Melinda Mann 55
 9th 200 free 2:18.74
 4th 500 free 6:01.55
 8th 1000 free 12:37.44
 2nd 1650 free 20:45.01
 1st 50 breast :33.84*
 1st 100 breast 1:15.12*
 4th 200 breast 2:53.46
 3rd 50 fly :29.64
 1st 100 fly 1:05.51*
 2nd 100 IM 1:08.84
 7th 200 IM 2:35.66

James Biles 51
 6th 1000 free 10:57.94
 4th 1650 free 18:31.22
 10th 200 fly 2:16.43

Bela Sandor 76
 4th 50 breast :39.37
 4th 100 breast 1:31.56

Alex MacGillis 83
 9th 100 back 1:47.59
 9th 50 breast :50.35
 9th 100 breast 1:54.62
 10th 50 fly :53.22

Erin Schneider 33
 7th 200 fly 2:24.96

Trina Schaetz 39
 3rd 50 free :24.20
 2nd 100 free :53.23
 2nd 50 breast :29.96
 2nd 100 breast 1:06.99
 5th 50 fly :27.70

Adam Mania 28
 3rd 50 free :20.52
 1st 200 back 1:46.57*
 3rd 50 fly :22.84

Charles Lorenz 36
 8th 100 free :48.83

Laren Tiltmann 42
 2nd 50 free :21.49
 1st 100 free :47.66*
 1st 50 back :24.77*
 1st 100 back :53.34*
 6th 200 back 2:03.24
 3rd 50 breast :26.99
 2nd 100 IM :53.30

Tom Michelson 80
 10th 1000 free 21:33.08
 7th 200 back 3:59.87

Chris Stich 34
 8th 400 IM 5:08.83

Carolyn Pettersson 35
 9th 200 fly 2:36.78

Nancy Kranpitz 67
 2nd 50 free :31.71
 9th 100 free 1:15.29
 9th 50 fly :38.71
 8th 100 fly 1:36.79
 7th 200 fly 3:39.94
 6th 400 IM 7:13.18

Matt Sostock 29
 7th 200 fly 2:03.84

Darryl Stich 36
 7th 200 fly 2:07.50
 6th 200 IM 2:03.20
 6th 400 IM 4:26.26

Geoff Mykleby 59
 7th 50 back :28.23
 10th 100 back 1:02.17

Bill Payne 81
 9th 500 free 9:34.15
 8th 50 fly :49.45
 3rd 100 fly 1:52.34

Congratulations to **Jessica, Melinda, Adam, and Laren!** Your 1st place rankings make you **All Americans!**

Relays

Men 35+ 200 FR
 *1st 1:28.48
 Laren Tiltmann
 Kip Fulbeck
 Dan Schaetz
 Darryl Stich

Men 65+ 800 FR
 *1st 10:37.07
 Greg Hollub
 Donald Jackson
 Art Luetke
 Dick Pitman

Women 18+ 200 FR
 3rd 1:42.65
 Trina Schaetz
 Bailey Nennig
 Mindy Seidler
 Jessica Connors

Women 55+ 200 MR
 10th 2:43.92
 Germaine Havel
 Mary Schneider
 Candy Christenson
 Nancy Kranpitz

Men 35+ 200 MR
 *1st 1:39.30
 Laren Tiltmann
 Darryl Stich
 Kip Fulbeck
 Dan Schaetz

Men 75+ 200 FR
 10th 3:29.65
 Fred Salzman
 Gordon Schalla
 Alex MacGillis
 Tom Michelson

Women 18+ 200 MR
 2nd 1:54.74
 Jessica Connors
 Trina Schaetz
 Mindy Seidler
 Bailey Nennig

Mixed 35+ 200 FR
 *1st 1:32.73
 Laren Tiltmann
 Trina Schaetz
 Heather Tiltmann
 Darryl Stich

Men 65+ 200 MR
 4th 2:19.02
 Greg Hollub
 James Dannenberg
 Dick Pitman
 Art Luetke

Men 75+ 400 FR
 *1st 7:53.16
 Fred Salzman
 Alex MacGillis
 John Bauman
 Tom Michelson

Women 25+ 200 FR
 4th 1:44.13
 Trina Schaetz
 Chris Stich
 Erin Schneider
 Heather Tiltmann

Mixed 35+ 200 MR
 3rd 1:44.71
 Laren Tiltmann
 Trina Schaetz
 Darryl Stich
 Heather Tiltmann

Men 65+ 400 MR
 3rd 5:14.93
 Greg Hollub
 James Dannenberg
 Dick Pitman
 Art Luetke

Men 75+ 400 MR
 3rd 8:17.00
 Fred Salzman
 John Bauman
 Alex MacGillis
 Tom Michelson

Women 35+ 200 MR
 3rd 1:58.20
 Cheryl Sinitz
 Trina Schaetz
 Carolyn Pettersson
 Heather Tiltmann



By virtue of their first place rankings, **FIVE WMAC relay teams involving 18 different swimmers** have been designated as **All Americans!**
Congratulations!

MOWS 2012

Julie Van Cleave



Co-race directors **Peter Maternowski & Suzi Green.**

The **10th Annual Madison Open Water Swim (MOWS)** was held on Saturday, August 18th, from Law Park on the shores of Lake Monona. The wind was light and the water had cooled below the 78 degree limit needed to swim with a wetsuit to the low 70's. The water was particularly nice and clear, partly due to the drought which limited normal lake run-off this year. The well marked buoyed course was easy to follow, and this is a great race for both the beginning and advanced open water swimmer.

The race again was organized into four divisions—2.4 mile and 1.2 mile distances, each with a non-wetsuit and a wetsuit race. Of the 457 finishers this year, 95 competed in the non-wetsuit 2.4 mile race, and 294 competed in the 2.4 wetsuit race. Thirty-nine swimmers competed in the non-wetsuit 1.2 mile race, and 29 were in the wetsuit 1.2 mile race. Many swimmers in the wetsuit division use this race to test their readiness for the Madison Ironman. A mystery swimmer is reported to have swum the 2.4 mile all butterfly. Possibly he's the same one noted for doing so at Big Shoulders in Chicago.

Swimmers participated from all over the Midwest, with many from Illinois, Minnesota, and Indiana. It is a swim that is definitely worth the drive! The views of the **State Capitol**, the **Monona Terrace**, and the **Madison skyline** are just lovely and make for a very picturesque swim. Race safety is also paramount, with volunteer kayakers patrolling the waters in addition to on-water lifeguards on paddleboards and in motor boats. Race officials were also present.

All swimmers are USMS registered, either for the year or for the single event, for this **USMS Sanctioned event**, so it is hard to highlight particular WMAC swimmers from the large field. The overall winner of the 2.4 non-wetsuit was **Josh Kercheval** (31) from Indiana with a time of 52:10.9. The top female finisher in the 2.4 mile non-wetsuit was **Lisa Smith** (39) from Illinois with a time of 1:02:05. Full race results are available on www.performancetiming.com.



Kristen Hewitt, Jerry Huhn, John Borja



Melodee Nugent & Krista VanEnkenvoort

Meet organizers from the Madison Aquatic Masters ran a very smooth race from registration, to course set-up to finish. Many thanks to **Peter Maternowski** and **Suzi Green** (co-race directors), **Steve Justinger** (grounds, tents, tables, sound guy, exit ramp), **Jerry Lourigan** (data "stuff" and getting participation medals from Fred Salzmans's company), **Mike Kvitrud** (boats and kayaks), **Pam Cotant** (post race food) and **Dick Pitman** (safety, lifeguards, paddleboards, rescue tubes, EMS presence). Swimmers enjoyed bagels, fruit, beverages, and other post-race recovery snacks at the finish, winding up a great morning on the lake.

Wisconsin Masters Website

www.swim-wimasters.org

Check it out for the latest meet results, meet entry information, state records, and **MORE!**

Rock Lake Figure Eight Swim

The **Rock Lake Figure Eight Swim** took place on a beautiful Sunday morning at **Fred Salzmans's** up north (waaaaay up north) cottage. It was a small turnout this year with just **Fred** and **Phyllis Smith** swimming and **Jerry Lourigan** providing the boat escort. So it was probably fitting that **Fred** won his "sponsored" swim!

Phyllis popped her egg bake into the oven just as they started the swim—and it was baked to perfection when they finished. They are hoping for a bigger turnout next year!

Deadline for the next newsletter

November 20th
Please note the earlier deadline.
Your editor will be leaving for Florida shortly thereafter and will need some time to get organized!

Someone's Knocking at The Door

Peter Allen

A few of us discussed the idea of a **Death's Door** swim late last summer. The idea incubated in the shower room at the local YMCA after workouts throughout the winter. Finally, on **August 25th**, after months of thinking, talking and planning, it happened!

Five WMAC swimmers, **Peter Allen, Peter Holzwarth, David McGlynn, Scott Powley, and Julie Van Cleave**, made the swim. The group also included a future WMAC member, Julie's fifteen year old son, **Kevin**. Leaving the Northport pier at the tip of Door County just after 7 AM, the group followed a route that skirted the west side of Plum Island, then cut across the ferry route and arrived at the old potato dock on Washington Island at about 9:30 AM, an estimated distance of just under four miles, and an elapsed swimming time of just over two hours

Weather conditions were extremely favorable for the swim...a small miracle considering the small craft advisory on the day prior to the swim, and the torrential rain on the morning after. We enjoyed sunny conditions and a southerly wind of about 10 mph. At times we felt that we were surfing to our destination.



Kevin Van Cleave, Scott Powley, Peter Allen, Julie Van Cleave, David McGlynn, and Peter Holzwarth just prior to departing from the Northport Pier in Door county.



Waiting for the ferry to pass before making the final sprint to the finish on Washington Island!

Safety considerations weighed heavily in our planning. We enjoyed the support of two twenty foot power boats and organized ourselves into two "clusters" of three swimmers, each having a designated boat. Each cluster of swimmers agreed to stay close, making it easier for our support boats to watch us. On the day before the swim a few of us made a scouting trip in one of the boats in order to establish the best route and useful landmarks to guide us during the swim. While on the island, we talked to the ferry operators and informed them of our plans and our route. Although the water temperature was estimated to be in the high 60's for the swim, we opted to wear wet suits for this first attempt.

The swim provided many memorable moments: one was a close-up view of gigantic limestone slabs just a few feet below the surface on the west side of Plum Island. Swimming over them evoked the feeling of skimming over the surface of some other worldly planet. Another memorable moment occurred when the entire group waited just outside the ferry lane for the ferry to pass, before making a mad dash for the finish. Although we were safely outside the red buoy marking the edge of the channel, the sight and sound of that enormous vessel approaching was both terrifying and exhilarating!

The **Death's Door Swim** is not a sanctioned event. But having now experienced this swim, I think we all agree that there is potential for something at least as big as the Point to La Pointe swim in Bayfield. It is hard to beat a swim with the aura evoked by the name "Death's Door".

The swimmers for this event were also planners and organizers. We could not have made the swim without the support of family members, who served as support crew, piloting two boats and transporting one vehicle across to the island on the ferry.

Once on Washington Island the swimmers and support crew (all 13 of us!) piled into a van and drove to the Washington Island airport where we joined the fun at the First Annual Death's Door Barbeque. The perfect end to a perfect day!

Note: Look for a future article on this event in *SWIMMER Magazine*, but remember...you heard about it first in the *WI Masters Swimming Newsletter*!



WMAC swimmer **Ada Mania** was a member of a 4 man team from the USA which traveled to Brazil to swim 50's against swimmers from Australia, Brazil, and France. **Adam** is pictured above at left and if you look closely at the board behind the four swimmers you can read at least part of the names of his competitors. Congratulations to **Adam** on being selected to this elite team!



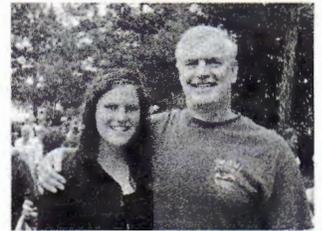
Point to LaPointe 2012

Julie Van Cleave

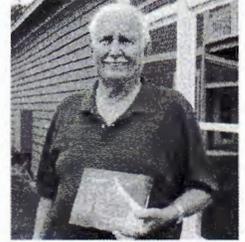
Seven years ago 23 swimmers had the idea and motivation to swim from **Bayfield to Madeline Island** in Lake Superior to raise money for the Bayfield Area Recreation Center. This beautiful open water swim has grown to 431 finishers this year.

What draws the swimmers? It may be the pristine beauty of the Apostle Islands National Lakeshore or perhaps it is the great race organization led by **Scott Armstrong** from the Bayfield Rec Center. Or it could be the friendliness of the community or maybe the challenge of the course, a 2.1 mile channel swim that can have a wicked current and whitecaps. Or maybe it is the great hoodies we enjoy as we warm up after the swim over the great breakfast. I think it is all of these that make this a beautiful, welcoming and fun swim.

The 2012 swim had great conditions—just a mild chop with water in the low 70's. Most swimmers wore wetsuits, and the overall winning time was 44.20 by **Brian Kirkvold**, 34, from Minnesota. Wisconsin was also represented well, with **Fred Salzmann**, (80), from Madison, as statesman of the swim and oldest competitor to complete the race.



Talia & Brad Horner



Fred Salzmann



Scott Powley, Sarah & Peter Allen, Julie Van Cleave

With so many swimmers, I couldn't find every WMAC swimmer present, but a few highlights included the father-daughter pairs this year; **Brad Horner** (58) of La Valle, WI, and his daughter **Talia Horner** (20) competed as well as **Peter Allen** (53) from Neenah and his daughter **Sarah Allen** (22). **Brad** and **Talia** finished 8th and 6th respectively in their age divisions, and **Peter** and **Sarah** finished 6th and 9th. Some other notable swims included WMAC swimmers **Carolyn Petterson** from Madison (35) who was 2nd in her age division with a time of 55.18, and **Scott Powley** (51) of Neenah who also was 2nd in his age group with a time of 52.56. **Julie Van Cleave** (53) was 4th in her age group at 1:00.24. Age group divisions for this race are done in 10 year increments.

Post race, the swim featured light breakfast snacks at the finish (I swim for those donut-holes each year!) and a breakfast and awards ceremony featuring local pottery mugs filled with blueberries. Registration opened in October 2012 for the 2013 race, which will be held on August 10th.

Swim 4 Freedom

Melodee Nugent

The **Swim For Freedom** took place this year on August 5th and we finally had a decent day for the swim. All proceeds from the event went to the **Special Operations Warrior Foundation**. This organization supports America's Army, Navy, Air Force and Marine Corps Special Operations personnel and their families by providing full college educations to surviving children of Special Operations personnel killed in combat or training and by providing immediate financial assistance to Special Operations personnel severely wounded in combat.

The water was a little choppy, but at least the sun was shining. Swimmers started out at Lake Geneva Beach and finished at Gordy's Boat House in Fontana. The following registered Wisconsin Masters Swimmers that participated were: **Ken Robinson, Kiki Day, Eric Mau, Steele Whowell, and Melodee Nugent**. This year had a record number of swimmers registered and there were many relays. The result of so many swimmers was that there was a grand total of \$42,000 raised. Kudos to **Steele Whowell** for organizing a fun and important event.

Next year's swim will be on Sunday, Aug 4th. The Navy SEAL's have a saying, "the only easy day was yesterday". So my question is...what are you doing today?

Hope to see many of you next year!

Looking Ahead....

Where will you be and what will you be doing on October 6? How does a swim down a river gorge in Tennessee sound to you? **Melodee Nugent**, open water swimmer extraordinaire, will be in Tennessee to "Swim the Suck". This is a **10 mile swim down a River Gorge**. She was on the wait list for a while and found out about 4 weeks ago that she was "in". There are going to be some big name open water swimmers there and some very accomplished swimmers as well.

Good luck, Melodee!



Wisconsin Masters Short Course Meters Swim Meet

December 8, 2012

SPONSORED BY: The Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 202-S007

LOCATION: West Bend West High School, 1305 E. Decorah Rd., West Bend, WI
The pool is on the west end of the building with adjacent parking.

TIME: Saturday, Dec. 8, 2012, Pool Opens at 11:30 AM, warm-up at 12:00,
Meet starts at 1:00 PM.

FACILITIES: 8 lane, 25 meter pool with anti-turbulent lane guides, starting blocks and backstroke flags.
Lanes 2-7 will be used for the competition. The pool measurement meets the USMS requirements. This is not a bulkhead pool.

ELIGIBILITY: Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmers current USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

SEEDING: Heats will be computer seeded, slowest to fastest. Please submit a reasonable accurate seed time. A NO TIME will be seeded in the slowest heat. Age groups and sexes will be combined.

TIMING: Automatic timing system backed up by watches.

WARM-UP PROCEDURE: Note: The lanes are numbered in reverse order of the standard. Lane 4 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only. NO DIVING STARTS from the blocks or the deck in these lanes. Swimmers must enter the pool feet first in a cautious manner. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period.

Lane 1 will be the designated lane for warm-up/warm down during the meet. No jumping, diving, or socializing in lane 1 while the meet is in progress.

ENTRY FEE: \$3.00/individual event plus a \$9.00 pool surcharge.
Fees must accompany entries, checks payable to WMAC.

Deck entries for individual events will not be accepted.

The meet director will accept late entries, via e-mail, until 6:00 PM, Friday, Dec 7. The fee for these e-mail entries will be \$5.00/individual event plus the surcharge. Bring paper work and fees to the meet.

ENTRY LIMIT: Five individual events plus relays. **THE 1500 FREESTYLE WILL BE LIMITED TO THE FIRST 12 ENTRIES RECEIVED** and each swimmer entered in the 1500 will be responsible for providing a person to count his/her laps.

ENTRY DEADLINE: Entries must be in the meet director's hands no later than 6:00 PM Sat Dec 1, 2012.

MEET DIRECTOR: John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53214
(414)-453-7336 e-mail: wmacswim@sbcglobal.net

ENTRY FORM: The official entry form (Pg.9) must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

AWARDS: Ribbons for 1st to 3rd place

Continued on page 8. →

SCHEDULE OF EVENTS

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

*Submit relay entries at the meet. Relays may be all men, all women, or mixed (2 men, two women) Swimmers will be permitted to swim in only one 200 Free, 200 Medley, 400 Free, 400 Medley and 800 Free Relay

DIRECTIONS TO POOL: From the Milwaukee area: Hwy 45 north to the exit at Paradise Rd. East on Paradise to the "round-about" at Hwy G. North on G to the school, on the left, at Decorah Rd. From other areas: Hwy 33 to Hwy G, south on G to the school.

Meet results will be posted on our web site, www.swim-wimasters.org

The Wisconsin Water Warriors 2012

Date: November 1—December 31, 2012

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 1 and December 31 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 USMS registered swimmers. If you would like to join USMS, please use the JOIN/RENEW button found on the www.swim-wimasters.org website on November 1st or later. You must be registered with USMS on the day in which you are starting your swim. The new registration year for USMS begins on Nov 1st and that Nov 1st or later registration covers the rest of 2012 and all of 2013!

To participate in the event, simply e-mail or mail your results **by January 15th** to:

Melodee Nugent
S77 W30745 Mosher Dr.
Mukwonago, WI 53149
E-mail: WIFitness@usms.org

- Day 1 _____
- Day 2 _____
- Day 3 _____
- Day 4 _____
- Day 5 _____
- Day 6 _____
- Day 7 _____
- Day 8 _____
- Day 9 _____
- Day 10 _____
- Day 11 _____
- Day 12 _____
- Day 13 _____
- Day 14 _____
- Total Yards _____

Information needed for results include:

Swimmers Name _____
E-mail address _____
Home address _____

Age as of your 2 week swim _____yrs
Gender 0 Male 0 Female
Specify dates of 2 week swim _____

Remember to submit your results in yards. If you swim in a meter pool multiply your results by 1.0936

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
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

FEE PER MEET INFORMATION PAGE:
 _____ Events @ \$_____ each + pool surcharge \$_____ = _____

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. **AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES.** In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

Big Shoulders - Chicago

Melodee Nugent

One thousand swimmers gathered by Navy Pier for the **Big Shoulders** swim in **Lake Michigan** on September 8th. The day started out chilly, but by the time the event was over and done, it was a beautiful, sunny day. **Chris Sheean**, the director of the race, is a pro when it comes to this event. He provides swimmers with frequent updates with regards to the event and water conditions. The event fills up fast and is capped at 1000 swimmers. So if you want to do this event next year, be sure to sign up early.

The course is set up as a triangle course, one loop for a 2.5K and a double loop for the 5K. There was a northwest wind that made huge waves for 2 sides of the course, but what was the best was the ride in with the waves. What a way to come into the finish! There was plenty of food and drink (coconut water) and Big Shoulders Barbeque to cover the swimmer's face with barbeque sauce.

Swim Angels were volunteering their time to help beginning swimmers around the course. So if you have thought about this event for years, maybe it is time to sign up. WMAC participants, their places and times are as follows ("WS" indicates having worn a wet suit, "NWS" indicates no wet suit):

2.5K race: **Karen Frittitta**, 48, NWS, 18th, 1:16:25; **Judy Zimmerman**, 54, NWS, 13th, 1:03:52; **CJ Hartman**, 58, WS, 13th 1:17:09; **Lee Boeke-Burke**, 62, NWS, 6th, 1:16:25; **Sarah Flynn**, 28, NWS, 5th, 48:02:00; **Shari Fowler**, 40, NWS, 32nd, 1:07:07; **Philip Gredler**, 62, WS, 8th, 1:17:09; **William Jeppson**, 59, NWS, 9th, 43:22:00; **Greg Wyder**, 63, WS, 4th, 56:55:00; **Dan Meek**, 56, WS, 13th, 47:58:00;

5K race: **Amy Borden**, 49, NWS, 23rd, 1:41:00; **Alison Viemeister**, 46, WS, 17th, 1:30:01; **Erin Schneider**, 33, NWS, 4th, 1:19:26; **Melodee Nugent**, 45, NWS, 3rd, 1:17:17; **Ann Berres-Olivotti**, 53, WS, 2nd, 1:13:48; **Kim Johnston**, 50, NWS, 6th, 1:34:28; **Shaun Morrow**, 44, NWS, 4th, 1:07:01; **Jeffrey Shiroda**, 54, NWS, 68th, 1:45:39; **James Drought**, 52, NWS, 43rd, 1:27:26; **Brian Ruark**, 36, NWS, 14th, 1:18:21; **Paul Robey**, 51, WS, 33rd, 1:24:04; **James Biles**, 51, NWS, 3rd, 1:05:08.

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WISCONSIN MASTERS SWIMMING