

Wisconsin Masters Swimming

February 2015 / March 2015

O n D e c k . . .

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Life is swimming right by us so quickly. There are only nine weeks left until we swim the 2015 State SCY meet at the Schroeder pool on Mar 28 & 29. Then it is 12 weeks to the USMS Spring Nationals in San Antonio, Apr 23-26, and 14 weeks until the YMCA Masters Nationals in Sarasota, May 7-10. And don't forget the swim opportunities in the next few weeks at Monona Grove HS on Feb 14th, Whitefish Bay HS on Mar 8th, and Baraboo on Apr 11. And after all that, it will just be a few more weeks until June and we'll be swimming at the June 20th long course meet!



Jeanne Seidler

Thirty-nine swimmers enjoyed the short course yards meet this past weekend at the Oshkosh YMCA. Many thanks to Melinda Mann and the Oshkosh Masters for holding the meet. And we did not have a snow storm on the Oshkosh YMCA weekend as we did last year. Swimmers came from Stevens Point, Green Bay, Sheboygan, Madison, West Bend, Pewaukee, Brookfield, Germantown, Sussex and other cities to enjoy the competition. Congratulations to Cindy Maltry who set three new Wisconsin records at the meet.

The meets that are held in January, February and early March, leading up to the State Meet, are meets spread throughout the state so that members have an opportunity to compete without driving a great distance. The meets are an opportunity for a swimmer to try out competition (especially if they have never competed before), try out a relay, and practice new swimming technique in a very low key environment. Dinner afterwards is always a treat and a place to make new swimming friends.

Shifting to a new topic ... Do you sometimes swim in a USA swim meet? Times achieved in USA swim meets are recognized by USMS. The requirements are that the pool must have been measured (you can do this yourself) and you must report your times to the LMSC Top Ten Recorder. If you plan to swim in a USA meet, please call me to check up on pool measurements, and to let either John Bauman or me know that you'll be giving us results from the meet. All of the Wisconsin pools in which we have held masters meets have been measured by USMS rules.

Do you sometimes swim in a USMS Masters meet in a state other than Wisconsin? The USMS meet is required to report your times to USMS for Top Ten consideration regardless of the state in which you are registered with USMS. Report only those times to John Bauman which are new Wisconsin records, and please report right after you swim the meet.

Do you sometimes swim in a USMS-recognized meet? If so, check with the meet director to determine if your times will be reported to USMS. Some major USMS-recognized meets are reported in their entirety to USMS for Top Ten consideration. These meets are the really big meets like the YMCA Masters Nationals, the National Senior Games, the Gay Games, the Canadian Nationals and the National State Games of America. Also, in Wisconsin, we report the Senior Olympics results to USMS. But, if the meet is a small meet, such as a local state games in another state, the results may or may not be reported to USMS. In those cases, the swimmer needs to report their times to the Wisconsin Top Ten Recorder so the times can be passed on to USMS.

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

Individual SCM State Records

Age Group	Event	Time	Name	Date	Location
18-24 W	100 Fly	1:12.03	Valerie Thorp	12/6/2014	West Bend
18-24 W	200 IM	2:39.20	Valerie Thorp	12/6/2014	West Bend
18-24 W	400 IM	5:32.16	Valerie Thorp	12/6/2014	West Bend
25-29 W	50 Back	33.07	Mallory Griffey	12/6/2014	West Bend
25-29 W	100 Back	1:14.10	Mallory Griffey	12/6/2014	West Bend
30-34 W	100 Free	1:05.11	Amanda Skartvedt	12/6/2014	West Bend
30-34 W	100 Back	1:13.08	Amanda Skartvedt	12/6/2014	West Bend
40-44 W	200 Free	2:32.44	Iris Kurman	12/6/2014	West Bend
50-54 W	200 Free	2:38.92	Karen Kimple	12/6/2014	West Bend
55-59 W	800 Free	11:34.40	Laurie Alioto	12/6/2014	West Bend
55-59 W	1500 Free	21:51.02	Laurie Alioto	12/6/2014	West Bend
55-59 W	200 Back	2:58.21	Laurie Alioto	12/6/2014	West Bend
55-59 W	200 Breast	3:29.35	Laurie Alioto	12/6/2014	West Bend
55-59 W	200 Fly	2:57.67	Laurie Alioto	12/6/2014	West Bend
55-59 W	400 IM	6:16.55	Laurie Alioto	12/6/2014	West Bend
60-64 W	100 IM	1:37.18	Nancy Ehrke	12/6/2014	West Bend
60-64 W	200 IM	3:38.79	Nancy Ehrke	12/6/2014	West Bend
25-29 M	200 IM	2:20.32	Joshua Griffey	12/6/2014	West Bend
35-39 M	100 Free	57.78	David Dallmann	12/6/2014	West Bend
35-39 M	50 Back	31.76	Jason Clark	11/2/2014	IL
35-39 M	50 Free	25.96	Darryl Stich	11/2/2014	IL
35-39 M	50 Breast	33.40	Darryl Stich	12/6/2014	West Bend
35-39 M	200 Breast	2:47.13	Darryl Stich	11/2/2014	IL
35-39 M	100 Fly	1:03.63	Darryl Stich	12/6/2014	West Bend
35-39 M	200 Fly	2:47.93	Grant Burrall	12/6/2014	West Bend
40-44 M	200 Free	2:10.19	Mark Larkin	11/2/2014	IL
50-54 M	50 Free	28.05	Thomas Grisa	12/6/2014	West Bend
50-54 M	100 Free	1:02.47	Thomas Grisa	12/6/2014	West Bend
60-64 M	200 Back	3:03.86	Carl Millholland	11/2/2014	IL
60-64 M	200 IM	3:05.97	Carl Millholland	11/2/2014	IL
70-74 M	800 Free	14:31.69	David Keddie	12/6/2014	West Bend
80-84 M	200 Back	4:32.68	Fred Salzman	12/6/2014	West Bend
85-89 M	50 Back	1:06.58	Alex MacGillis	12/6/2014	West Bend
85-89 M	100 Back	2:24.20	Alex MacGillis	12/6/2014	West Bend
85-89 M	100 Breast	2:35.49	Alex MacGillis	12/6/2014	West Bend
85-89 M	50 Fly	1:05.37	Bill Payne	12/6/2014	West Bend
85-89 M	100 IM	2:20.60	Bill Payne	12/6/2014	West Bend

Relay SCM State Records

Age Group	Event	Time	Names	Date	Location
72-79 W	400 Medley	5:06.18	Mallory Griffey 28, Madison Boyle 23, Valeri Thorp 23, Molly Woodford 24	12/6/2014	West Bend
160-199 W	400 Free	5:30.01	Karen Kimple 53, Linda Fitzgerald 44, Jennifer Gruenwald 50, Katy Sommer 43	12/6/2014	West Bend
160-199 W	800 Free	14:44.95	Jennifer Gruenwald 50, Molly Woodford 24, Cheryl Drury 54, Susan Bonis 61	12/6/2014	West Bend
200-239 W	800 Free	11:20.34	Debbie Katzman 47, Linda Fitzgerald 44, Karen Kimple 53, Laurie Alioto 56	12/6/2014	West Bend
160-169 M	400 Free	4:48.99	Jeffrey Rogers 36, Daniel DeWeerd 47, David Drury 55, David Clark 57	12/6/2014	West Bend
200-239 M	800 Free	10:47.13	David Drury 55, Jeffrey Rogers 36, Carl Millholland 62, David Clark 57	12/6/2014	West Bend
320-359 M	200 Free	4:04.61	Fred Salzmann 82, Alex MacGillis 86, Bill Payne 85, Tom Michelson 83	12/6/2014	West Bend
110-119 Mixed	400 Free	4:26.63	Mallory Griffey 28W, Joshua Griffey 28M, Grant Burall 36M, Katelyn Brittain 26W	11/2/2014	IL
120-159 Mixed	200 Free	1:58.57	Mark Larkin 43M, Jason Clark 35M, Katie Jozefiak 32W, Amber Johnson 28W	12/6/2014	West Bend
160-199 Mixed	800 Free	11:25.89	Robert Kane 54M, David Watts 62M, Mimi Nora 24W, Barbara Wendelberger 26	12/6/2014	West Bend
280-319 Mixed	400 Free	9:43.17	Fred Salzmann 82M, Phyllis Jane Smith 61W, Jeanne Seidler 68W, Tom Michelson 83M	12/6/2014	West Bend

The Winter Meet Season Summary

The winter swim season is in full swing, with meets already held at West Bend, Pabst Farms, and Oshkosh. The West Bend meet held on December 6, is the only SCM meet of the year. It always draws a large number of swimmers, which numbered around 90 this year. As evidenced by the success of the meet was the large number of new state records set for both individuals and relays. The next meet was Pabst Farms, held on January 11. There was a good turnout of over 60 swimmers. While there were only 3 new state records set, there was a lot of good swimming, and a few races decided by furious finishes. There's nothing like a little friendly competition to make you push a just a bit harder. Afterwards, we refueled at the Delafield Brewhaus while watching the Packer playoff game. I'm sure they heard us cheering. On January 25, the Oshkosh meet was held, with 41 registered swimmers. It was a small meet, finishing in under 2 hours, but it gave swimmers an opportunity to test their sprinting endurance. It's similar to a sprint set, where you keep getting up on the blocks and going as hard as you can. It gives you confidence to know you can keep pushing hard all the way to the end. There was one brand new swimmer for whom this was the first meet, and it was enjoyable to witness someone else's success and the smiles that came along with it. Next up is the Monona Grove meet, followed by Whitefish Bay, the State meet, and last Baraboo, which will be a good tune-up before nationals.

2014 Wisconsin Water Warrior Results

By Melodee Nugent

We had another great year for participation in the Wisconsin Water Warrior swim this year. The 2-week swim challenge (14 consecutive days) took place between November 1st and December 31st of 2014. The goal was to challenge yourself and swim as much as you can for the 2-week period. We had 6 new USMS participants to join in on the fun this year: **Karen Kimple, Jennifer Gruenewald, John Olson, Tim Potter, Jennifer May and Carl Whitney**. Welcome aboard!

We had 36 swimmers participate with a total of total of 1,584,519 yards...that is 900 miles in 2 weeks, with an average of 36,012 total yards (20.5 miles). There were more women (61%) this year (which has been the case since I took over this event in 2010). The majority of the swimmers (61%) started the swim in December. The average age was 57 years of age (the youngest was 24 years old and the oldest was 83 years old). Happy to report we had our two swimmers from the 80+ age again, Fred Salzmann swam 40,100 yards and Lois Goddard swam 15,700 yards. Congratulations to both!

The largest age group was the 55-59 year old swimmers with a total of 7 swimmers (20%). Dave Clark from Whitefish Bay was the top male swimmer with 87,815 yards and I was the top female swimmer with 149,000 yards. We both improved our distance from last year. For those that participated in both 2013 and 2014, only 6 (25%) swimmers decreased their distance (while the remaining 75% increased their distance from last year).

The results in yards are as follows: **Men: 45-49:** 1st Dan DeWeerd (44,325); **50-54:** 1st Carl Whitney (55,500); **55-59:** 1st Dave Clark (87,815), 2nd Tim Potter (38,000), 3rd Gus Robledo (34,000); **60-65:** 1st Dennis Olsen (77,350), 2nd Steve Justinger (55,500), 3rd Robert Gebert (50,050), 4th Albert Schmidt (31,714); **65-69:** 1st Richard Barry (39,800), 2nd Greg Hollub (39,450); **70-74:** 1st John Olson (39,000), 2nd James Arnold (21,000); **80-84:** 1st Fred Salzmann (40,100)

Women: 20-24: 1st Molly Woodford (49,100); **35-39:** 1st Stacey Kiefer (19,100); **40-44:** 1st Amy Johnson (43,744), 2nd Katy Sommer (30,137); **45-49:** 1st Melodee Nugent (149,000), 2nd Jennifer May (50,000), 3rd Debbie Katzman (45,450), 4th Melissa Vandenhouten (36,000), 5th Renee Scherck-Meyer (17,300); **50-54:** 1st Margaret Keller (49,700), 2nd Karen Kimple (41,925), 3rd Jennifer Gruenewald (30,250), 4th Cheryl Drury (29,175); **55-59:** 1st Ann Berres-Olivotti (70,100), 2nd Katy Mering (57,750), 3rd Melinda Mann (41,400), 4th Julie Van Cleave (39,575); **60-64:** 1st Mary Schneider (27,150); **65-69:** 1st Candy Christenson (38,400), 2nd Jeanne Seidler (36,509), 3rd Nancy Kranpitz (16,450); **80-84:** 1st Lois Goddard (16,600)

Awards have yet to be determined, but will be awarded at the Wisconsin State Meet that will be held at Schroeder on March 28-29, 2015.

Another Statistics Course

Statistics 101: I now have 5 years of data to analyze since I took over this event. With a total of 171 entries for the 5 years, we can look at some interesting outcomes:

Since results are separated by gender, I wanted to see if the males or females swam more each year. I did this last year too, but thought since we have another year of data, we might see a difference. Figure 1 is a box plot of total miles swam in 2-weeks by gender for each year that I have data, 2010 to 2014. The colored bar represents 50% of the population and the line in the box shows the median. The median is the value that divides the upper half from the lower half. For example: 1,2,3,4,5 - the median is 3 because 1,2 are the lower half and 4,5 are the upper half. The lines extending out from the bars include 95% of the population. The o and * are the outliers, those that fall out of this range.

Again, there was no statistical difference with comparing gender distances swam by year. Even though there looks like there may be differences, they were not statically different. This means that if you tested this 100 times, 95% of the time there would not be a difference (the remaining 5% of the time would mean they were statically significant). Please note that swimmers can be counted multiple times if they participated more than once over the 5 years.

If you have any other questions that you want me to address with the data, just let me know.

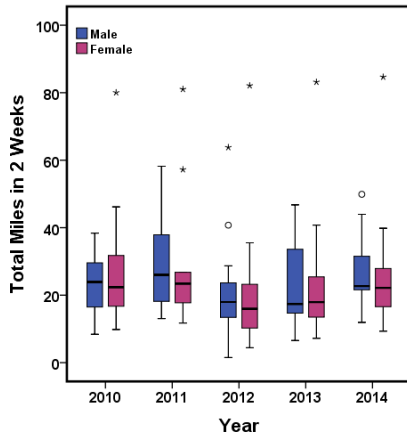


Figure 1

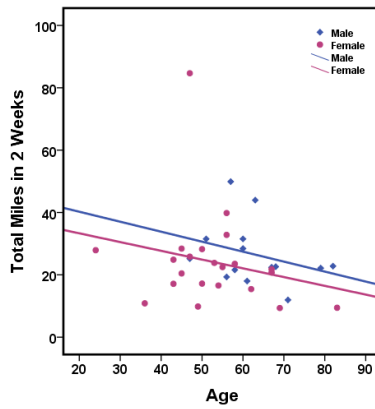


Figure 2

Figure 2 is called a scatterplot for the year 2014 only. One axis shows the Total Miles in 2 weeks and the other axis represents Age. This is also shown by gender. When there are many dots, it might be hard to identify an individual, but because I have the data, I can spot out myself easily because I am 47 years old and swam the most miles for 2014, 84.7 miles. The lines for the male and female show the relationship of their age and the number of miles they swam in the 2 weeks. This year, the results are parallel with the males and females having a similar decrease in miles swam as they age and the males swam more distance by age than females.

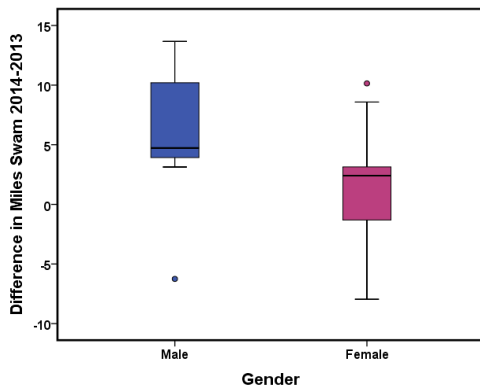


Figure 3

Figure 3 shows the difference in distance swam for those swimmers that swam in both 2013 and 2014. There was a statistical difference as you can see; the 7 males had a higher median difference 4.7 miles (range -6 to 14) versus the 17 females with a median difference of 2.4 miles (range -8 to 10). The females had less difference in miles swam from 2013 to 2014 than males.

Monona Grove Feb 14 Meet is coming soon

Reasons to swim at the Monona Grove Pool:
 High school pool with clean, clear water.
 Wide lanes with tall starting blocks.
 Large scoreboard, everybody knows your time.

WMAC Swimmer National Champ in 6,000 yd E-Postal

Congratulations to Valerie Thorp who is the 2014 National Champion in the 6,000 yd E-Postal competition for Women in the 18-24 yr old age group. The event competition took place in 25 yd pools across the country between September 15, 2014, and November 15, 2014. The competitors had to swim 6,000 yds and record how long it took them to swim the distance. Valerie completed the swim in 1 hour, 11 minutes, 56.99 seconds. Congratulations on your accomplishment!

Wisconsin Masters Short Course Yards State Championship Meet Sanction 205-S005

The Wisconsin Masters Aquatic Club, Walter Schroeder Aquatic Club, 9240 N Green Bay Rd, Brown Deer, WI. Saturday March 28 and Sunday, March 29, 2015. Warm-up starts at 10:00 AM and the meet starts at 11:00 AM both days.

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

Open to all registered Masters 18 years old or older. Official Masters rules will govern the meet. Heats will be computer seeded, slowest to fastest. Automatic timing system backed up by one watch per lane.

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

(Wisconsin State Championship meet continued from page 5)

Complete meet info can be found and On-Line entries made thru the link below:
https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=6056

The deadline for On-Line entries is 11:59 PM, Saturday March 21, 2015.

Paper entries must be received on or before Saturday, March 21, 2015, by the Meet Director.

Meet Director: Jeanne Seidler, N128W16779 Holy Hill Rd, Germantown, WI 53022-1533, (262) 894-0613,
email: jseidler2@wi.rr.com

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

Saturday, March 28

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

Sunday, March 29

Event # Women or Mixed	Event # Men	Event
23	24	200 IM
25	26	50 Free **
27	28	100 Fly
29		400 Medley Relay Mixed
31	32	200 Back
33	34	50 Breast
35	36	100 Free
37		800 Free Relay mixed
39	40	50 Back
41	42	200 Breast
43		200 Free Relay Mixed
45		1650 Free Mixed

Events #15-16 and #25-26, 50 freestyles, enter either one or both, your choice)

Wisconsin Masters Short Course Yards Swim Meet Sanction 205-S004

The Whitefish Bay Masters and the Wisconsin Masters Aquatic Club, Whitefish Bay High School, 1200 E. Fairmont, Whitefish Bay, WI. Sunday, March 8, 2015, doors open 8:00 AM, warm-up starts at 8:30 AM. Meet starts at 9:30 AM.

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

Open to all registered Masters 18 years old or older. Official Masters rules will govern the meet. Heats will be computer seeded, slowest to fastest. Automatic timing system backed up by one watch per lane.

The entry fee is \$4.00/individual event plus a \$10.00 facility fee. The entry limit is 5 individual events plus relays. The 1650 free-style will be limited to the first 24 entries received. Deck entries allowed only for open lanes at \$8.00 plus surcharge.

(continued on page 7)

(Whitefish Bay meet continued from page 6)

Complete meet info can be found and On-Line entries made thru the link below:

https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=6004

The deadline for On-Line entries is Wednesday, March 4, 2015. Paper entries must be in the meet director's hands Wednesday, Mar 4, 2015, email entries accepted for \$6.00 fee plus surcharge until Friday, Mar 6, at 6:00 PM.

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

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

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

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

** Events 3/21 50 freestyles. May enter either 50 freestyle, or both 50 freestyles.

Wisconsin Masters Short Course Yards Swim Meet Sanction 205-S006

Jack Young Middle School Pool 1531 Draper St, Baraboo, WI. Saturday Apr 11, 2015. Warm-up 10:00 AM. Meet starts 11:00 AM.

8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Open to all registered Masters 18 years old or older. Official Masters rules will govern the meet. Heats will be computer seeded, slowest to fastest. Automatic timing system backed up by one watch per lane.

The entry fee is \$4.00/individual event plus a \$10.00 facility fee. The entry limit is 5 individual events plus relays. The 1000 free-style will be limited to the first 14 entries received.

Complete meet info can be found and On-Line entries made thru the link below:

https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=6057

The deadline for On-Line entries is Wednesday Apr 8, 2015.

Paper entries must be received by 6:00PM, Saturday April 4, 2015. John Bauman, 11917 Rainbow, Ave, West Allis WI 53214-2166.

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

wmacswim@sbcglobal.net.

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

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

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

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number, emergency contact and E-Mail address.

Sec. 202.1.1 F (5) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

Each meet may have different fees, please be guided by the specifics on the meet information page.

NAME _____

MALE
FEMALE USMS NO _____

BIRTH DATE _____ AGE _____

PHONE _____ TEAM _____

CONTACT PERSON IN CASE OF EMERGENCY _____ PHONE _____

E-MAIL ADDRESS _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME		EVT #	EVENT	SEED TIME
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

FEES PER MEET INFORMATION PAGE:

_____ EVENTS @ \$_____ ea. + pool surcharge \$_____ = \$_____

Fill out both pages of this form. Page 1 is the meet entry info; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.

Signed _____ Date _____

UMEF R6...7/3/2014



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant				Date Signed

Short Course Yards New State Records

Age Group	Event	Time	Name	Date	Location
30-34	100 Back	46.95	Adam Mania	12/20/2014	OK
30-34	200 Back	1:43.73	Adam Mania	12/21/2014	OK
30-34	100 IM	48.26	Adam Mania	12/21/2014	OK
30-34	200 IM	1:45.75	Adam Mania	12/202014	OK
60-64	100 Fly	59.92	Brad Horner	1/11/2015	Pabst Farms
60-64	200 Fly	2:21.24	Brad Horner	1/11/2015	Pabst Farms
80-84	200 Back	4:04.79	Fred Salzmann	1/11/2015	Pabst Farms

USMS National Meet Prelude

If you are considering attending the USMS National meet in San Antonio, April 23-26, please send an email to Fred Russell, coach, at WICoaches@usms.org. This is not a commitment to attend, but it does place you on an email list for communication leading up to the meet. Knowing who is going, also helps the coaches to determine preliminary relay selections, and which age groups will be represented. It also helps determine group arrangements for meals and other social activities. It may also help those looking for roommates or who have an extra room at the group rate to share with someone else. Hope to see you there!

N e x t N e w s l e t t e r D e a d l i n e w i l l b e M a r c h 2 5

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