

Wisconsin Masters Swimming

February 2017/ March 2017

O N D E C K . . .



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I am honored to have been elected Chair of the Wisconsin Masters Swim Committee (WMSC). I have been thinking about what to write in my first edition of this newsletter. Obviously the first and most important thing is to thank Jeanne for her many years of service as the Chair. But she is not retiring from her swimming volunteer work. She has stepped down to be the Vice Chair and a person whose knowledge I will greatly rely on. She also still serves as the Chair of the National Records and Tabulation Committee for USMS. So, Jeanne will still be actively involved in Masters swimming.

Second, I want to thank all the other Wisconsin swimming volunteers out there, starting with the WMSC board and officers. The list is in the box to the left; but I want to personally thank Jeanne, John, Dave, Mike, Trina, Mary, Melodee, Susan, Jerry, Elyce and Mindy for the work they have done and for the work they will be doing in 2017 as we move Wisconsin Masters Swimming forward. Next to thank are all the individuals who work at the deckplate level to promote swimming throughout the state.

Finally, I want to remind everyone about upcoming local meets, national championship meets and long distance championships. Local meets are listed on the Wisconsin Masters Swimming webpage (www.swim-wimasters.org) under "Events & Results". National events are listed on the USMS webpage (www.usms.org) under "Events & Results" and then either "Pool" or "Open Water & ePostals". I will talk more about the Pool and Long Distance National Championships in the next issue. But remember the One Hour ePostal National Championship is ongoing until February 28th. Swim an hour, have a recorder and enter on line at USMS.org. It's that easy. After individual entries close, I will go into the results and make/enter relays (at the WMAC club level, remember the distinctions between the LMSC and clubs that Jeanne discussed last issue) for WMAC swimmers who entered.

Now, I would like think out loud for a little bit. I'll start by quoting the USMS Mission, Vision Statement and Values.

"Mission: To promote health, wellness, fitness and competition for adults through swimming.

Vision Statement: USMS will be the premier resource for adult aquatic fitness in the United States and will make fitness through swimming available for as many adults as possible.

Values:

- We value HEALTH AND FITNESS, constantly challenging ourselves to achieve, in competition and in accomplishing our own goals.
- We value RESPECT for our teammates, competitors, coaches, employees, and volunteers.
- We value FUN, enjoying camaraderie with our fellow swimmers and embracing swimming as a joyful and satisfying avocation.
- We value LEARNING through coaching, programs, and communication.
- We value EXCELLENCE in safety, education, innovation, performance, leadership, and the provision of services and programs."

(On Deck continued on page 2)

Sun Prairie Meet Reminder

Sunday Swim in Sun Prairie.
What: Masters Swim Meet
When: February 19, 2017
Where: Sun Prairie High School Pool
How: <http://www.swim-wimasters.org/>
Thanks: Jimmy the Groundhog.

Laying Down the Gauntlet—A Challenge by Dean Fochios

I just competed at the West Bend swim meet on Dec 3, and broke 3 distance records set by Dick Pittman in 2004, in the 400, 800, and 1500 SCM. These were the last 3 records to fall in a 2 year quest to get all the freestyle records in my 60-64 age group, from sprints to distance (50 to 1500/1650) in all 3 courses---YD, SCM, LCM. 18 records in total! So, my challenge to the team, in my age group and to the 'younger guys' (and also to the ladies) is that I will buy dinner to the first one to break any one of these records.

SCM State Record Correction

In the last newsletter there were three 800 Free SCM record times that were in error for Lauren Jensen. Larry Mueller and David Drury. I apologize for the confusion. Also, the 200 medley relay time of 2:01.56 was reported for the 160—199 age group, but should have been the 200—239 age group. Likewise, the 800 Free Relay record of 9:24.18 should be in the 160-199 age group.

Meet Warmup Safety Requirement

The Wisconsin Safety Chair, Jerry Lourigan, reiterated a safety issue related to warm-up procedures for all meets. There has been a problem at Masters meets that is becoming worse. There are a number of swimmers who have not been adhering to the USMS warm-up rules. This is becoming a safety issue for all swimmers.

USMS Rule 102.4.3 states: Procedure—Swimmers must enter the pool feet first in a cautious and controlled manner. Diving and backstroke starts shall be permitted only in the designated lanes. No hand paddles are allowed.

Swimmers entering the pool must watch out for those in the water. With increased numbers of swimmers, it is imperative to exercise good judgement for the safety of all. At the annual meeting of Wisconsin Masters Swimming, this was addressed as a major concern. There will be signs posted on the blocks reminding swimmers to use a feet first entry. The only exception is when using designated sprint lanes. If swimmers do not conform to the rule, it may be necessary to enforce this rule by disqualifying the offending swimmer from the meet.

(On Deck continued from page 1)

Please take note where competition is listed in the mission. It comes after health, wellness and fitness. Competition is not even listed in the vision and barely mentioned in the values. This seems counter to the promotion I made in the third paragraph above for competitions. But competition is important because it is a vital way to help achieve the values of Health and Fitness, Respect, Fun, Learning and Excellence. It is also an important fundraiser for clubs and workout groups which is another reason we need to support local USMS/WMSC sanctioned meets.

Why did I list the USMS Mission, Vision Statement and Values? Because we, as the Wisconsin Local Masters Swim Committee, kind of a branch office of USMS, need to determine how we can best adopt, support and promote these in Wisconsin. (An LMSC is a regional governing body that provides certain benefits to USMS members, including printed registration cards, event sanctions, newsletters about activities within the LMSC, websites, awards and recognition and social activities. LMSC officers are local volunteers who attend the USMS annual meeting, sit on USMS national committees, and vote on policies that set the overall direction for USMS.) I will be challenging myself and the entire WMSC board this coming year on developing a plan to achieve this. Any input from you, the individual USMS/WMSC member, is invited and encouraged.

Thanks for reading. Until next time, stay wet! James Biles, LMSC Chair

NEWS and NOTES from Clubs and Workout Groups

(Editor's note: This section of the Wisconsin LMSC Newsletter is intended to be a place to collect news from your local workout group or club. Please send in items to the Newsletter Editor (WIEditor@usms.org) by the 20th of each month for inclusion in the upcoming newsletter.)

Wisconsin Masters Aquatic Club: Mike Murray is the new Chair of the Wisconsin Masters Aquatic Club (WMAC). The WMAC Board will formulate the administrative practices and policies of the Club. Questions about WMAC can be directed to Mike at WMAC.Swim.Chair@Gmail.Com. Mike will continue as the WMSC Treasurer.

Mike joined WMAC in 1992; he describes his swimming *competence* (?) as sprint ABF (anything but fly). Mike is one of the original members of Elmbrook Masters which was organized in 2001. He has been associated with the Elmbrook Swim club since 1988 when his son Todd joined. Todd now swims for Elmbrook Masters.

Mike grew up and learned to swim in West Bend, at the old high school, not the pool we swim at in December. He graduated from UW-LaCrosse and retired after 40+ year career in IT.

~2016 Wisconsin Water Warrior Results~

by Melodee Nugent

There were 35 participants in the Wisconsin Water Warriors event this year. The 2-week swim challenge (14 consecutive days) took place between November 1st and December 31st of 2016. 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: **Ann Jackson, Darcy Kelly, Kimberly Von Doring, Mary Jo Driscoll, Nora Bergeon Capps and Tim Capps.**

Combined, the participants swam a total distance of 1,429,386 yards (812 miles) in 2-weeks, with an average of 40,840 total yards (23.2 miles). We again had more women (66%) participate than men (34%). The average age of the swimmers was 55 years of age. The youngest swimmer was 37 years old and the oldest was 85 years old. Once again, we had our two swimmers from the 80+ age group, Fred Salzmans swam 34,091 yards and Lois Goddard swam 18,000 yards. You both are amazing! The largest age groups were the 50-54 and 55-59 year old swimmers with a total of 8 swimmers in each group. James Biles was the top male swimmer with 75,042 yards and I was the top female swimmer with 153,200 yards.

The results in yards by age group are as follows: **Men: 40-44:** 1st Stu Schaefer (13,775); **45-49:** 1st Dan DeWeerd (58,425), 2nd Tim Capps (34,050); **50-54:** 1st Carl Whitney (33,000), 2nd Jeff Schmiedel (4300); **55-59:** 1st James Biles (75,042), 2nd David Drury (49,500); **60-65:** 1st Steve Justinger (37,400), 2nd Tim Potter (30,150); **70-74:** 1st James Arnold (30,030); **75-79:** 1st Donald Jackson (31,000); **80-84:** 1st Fred Salzmans (34,091).

Women: 35-39: 1st Kimberly Von Doring (67,768); **45-49:** 1st Melodee Nugent (153,200), 2nd Debbie Katzman (50,500), 3rd Katy Sommer (29,400); **50-54:** 1st Kelly Wynns (69,550), 2nd Margaret Keller (44,400), 3rd Mary Jo Driscoll (34,783), 4th Nora Bergeon Capps (34,250), 5th Renee Scherck-Meyer (30,650) 6th Jennifer Gruenewald (24,500); **55-59:** 1st Katy Mering (76,800), 2nd Ann Berres-Olivotti (70,600), 3rd Chery Drury (33,475), 4th Julie Van Cleave (31,275), 5th Darcy Kelly (24,601), 6th Ann Jackson (21,594); **60-64:** 1st Melinda Mann (43,050), 2nd Heidi Fischer (39,550), 3rd Mary Schneider (26,250); **65-69:** 1st Candy Christenson (21,750) **70-74:** 1st Jeanne Seidler (30,626), 2nd Nancy Kranpitz (22,450); **85-89:** 1st Lois Goddard (18,000).

Awards have yet to be determined, but will be awarded at the Wisconsin State Meet that will be held at Schroeder on March 25-26, 2017.

Statistics 101

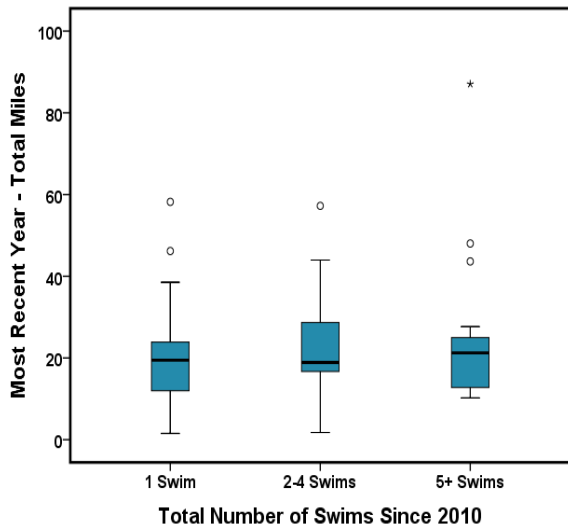


Figure 1

Figure 1. I was trying to come up with new ways to look at this growing database that now has 246 entries over 7 years (swimmers can have up to 7 entries if they participated in each year since 2010). I was thinking that maybe swimmers who have participated the most since 2010 swam more than those that did not. I decided to break up the seven years: 1 Swim only, 2-4 Swims and 5+ Swims. Figure 1 is a box plot of this data with the most recent year of miles swam by the number of swims. 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.

Surprisingly, there is no statistical difference. 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).

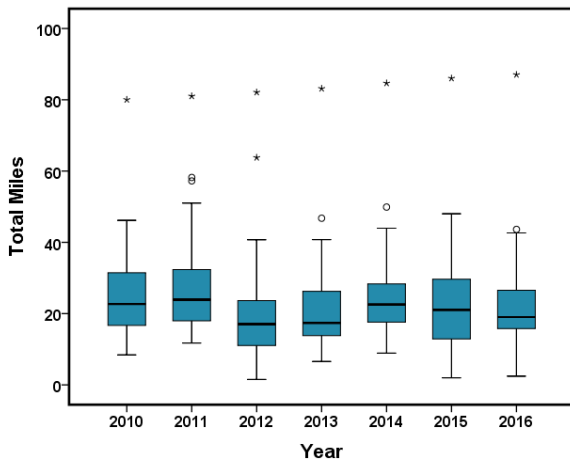


Figure 2

Figure 2. Another figure below shows the distribution of miles swam over the years. This is displayed similar to Figure 1. Even though there looks like there may be differences, they were not statically different (though very close).

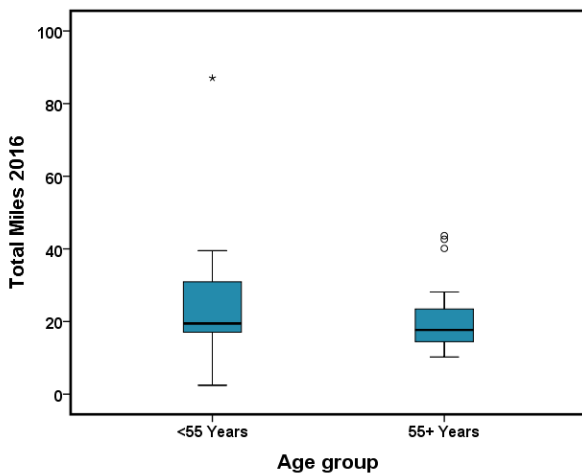


Figure 3

Finally, another thought was to look at age, using the years 2016 only. My thinking was that maybe the older swimmers swim more, since they have more time. There were 15 swimmers < 55 years of age with a median of 19.5 miles (range 2-87) and for 55+ years of age there were 20 swimmers with a median of 17.7 miles (range 10 -44) miles. There was again no statistical difference. Guess that blows that theory!

Hot Tub Lung

by Nancy Kranpitz

You've just come off the slopes after a full day of skiing. Or you've just finished one of "fearless Fred's" build up to taper workouts. You are tired, muscles sore, and that hot tub is literally calling you to jump in and let the hot water and bubbly jets take away those aches and pains. But before you are tempted to do that here is something to consider.

I am not one to normally share my health woes. But because of what I have gone through these past 9 months I feel compelled to share this with you in the hopes that none of you will ever have to deal with this.

It all started in late March, 2016. Our kids and grand daughters had rented a house in Florida for ten days for spring break and asked us to join them. It came with its own private pool and hot tub. Normally not one to enjoy or use a hot tub I couldn't resist the calls of my grand daughters to join them in the extra warm, bubbly waters. I hadn't been feeling the best—sore throat, sinus congestion, minor body aches, cough—and the hot water was wonderfully soothing. Believing the warm moist air was just what my body wanted and needed I inhaled deeply and often.

By the time those 10 days were up I was really feeling sick. My cough was awful and prolonged. We always travel with antibiotics so upon returning to our RV park I started using my prescription. The next day saw me in Urgent Care trying to decide if the newly developed horrible rash on my back was a drug reaction. It wasn't. A second trip to Urgent Care 5 days later saw me being prescribed a different antibiotic for the cough and Prednisone for the rash. By the time we got to Greensboro, NC, for Nationals the rash had cleared up but the cough persisted. Another trip to Urgent Care upon arriving back in Minocqua in early May for yet another round of antibiotics. June brought visits with a dermatologist and allergist—both of whom ruled out a drug reaction for the rash but felt it was most likely folliculitis caused by a bacteria in a hot tub. The brief respite from the cough disappeared and found me seeing my primary care physician in late July. This time a chest x-ray was ordered. In one sense the negative x-ray was a good thing. In another way it wasn't as the cough persisted. Six weeks of increased use of an inhaler and still no major improvement. Another chest x-ray and this one showed "an area of infection" in one lung. Next—a CT scan—and finally a possible diagnosis! Bronchiectasis. In layman's terms, some bronchial tubes had been damaged most likely from successive bouts of pneumonia I had had about 30 years ago. The tubes get irritated (in my case from bacteria) and floppy, rub against each other, and cause the cough. Time for a referral to a pulmonologist. After an extended visit I left with yet another round of antibiotics and a new inhaler—this time with some much welcomed and sustained improvement.

When sharing all this with a friend she said it sounded just like what her husband had had—and it had a name: hot tub lung. I had completely forgotten about my hot tub use six months earlier, the awful rash, and resulting diagnosis of folliculitis most likely caused by bacteria in a hot tub when asked by the pulmonologist if we had a hot tub at home (which we don't). Hot tub lung is difficult to diagnose and without a positive sputum culture and what is seen on my x-rays and CT scan, I can't be given a formal positive diagnosis of hot tub lung. However the symptoms for it and what I had been experiencing are almost identical. So officially hot tub lung or not, the timing and circumstances of what I have gone through convince me that it is hard to rule out the hot tub as the source of my bacterial lung infection.

So my advice to all you swimmers—while the hot tub may be calling you after a difficult workout, try to resist the call! Hot tubs are breeding grounds for all kinds of bacteria. My bronchiectasis (which can not be reversed or cured but can be treated and managed) makes me more susceptible to lung infections. But you do not have to have bronchiectasis or any lung issues to become a victim of hot tub lung. This was such a freaky thing—and it took 7 months just to get the bronchiectasis diagnosis. Fortunately one of the best treatments is aerobic exercise—getting the lungs expanded and used. So I have the go ahead to stay in the pool. And even without the for sure diagnosis of hot tub lung, it will be only the pool—and definitely not, ever again, a hot tub!

New SCM State Records

Age Group	Event	Time	Name	Meet
W 40-44	50 Breast	34.32	Trina Schaetz	CA
W 40-44	100 Breast	1:17.00	Trina Schaetz	CA
W 40-44	50 Free	27.65	Trina Schaetz	CA
W 40-44	100 Free	1:01.06	Trina Schaetz	CA

USMS National Meet Information

by Trina Schaetz

Hello Wisconsin Masters USMS Nationals Team hopefuls!

It's time to start thinking about nationals next spring in Riverside, CA April 27-30, 2017.

A few details below to help you start your planning...

MEET PAGE

USMS has a meet page up and running and the order of events and qualifying times are up too. Time to get inspired. <http://www.usms.org/comp/scnats17/>

HOTEL

The meet hosts have released housing information for nationals and already hotels are selling out. There is a hotel list on the meet website. You will notice that some of those hotels listed are also connected to the pool by a meet shuttle. Many members of WI Swimming have chosen to stay at the **Courtyard Marriott** as a team base and welcome you to make your own reservations there to join team WMAC. You are not limited to that hotel- however- and should choose what suits your needs best.

Whatever you do, book something quickly as hotels in the area are limited and driving very far in the LA area requires a long commute at times.

FLIGHTS

Three airports service the Riverside area. The closest (20-30 min) is Ontario (ONT). After that, Orange County(SNA) and LAX are best bets.

USMS Nationals FAQ's

Who goes to USMS Nationals from Wisconsin?

WI Masters have fielded teams between 40-50 swimmers the past few years. Many of your WI Masters friends are likely planning on attending. You would be a welcome addition to the group.

Do I have to have a qualifying time to swim?

You do not need a qualifying time to swim the meet. You may sign up for 3 events and also swim relays without a special time cut. You can sign up for a max of 6 individual events in the meet. If you swim more than 3 events, you must have the qualifying time in the remaining three events. This is not an elitist swim championship. Everyone should feel welcome to attend and compete.

Will I fit in with the WI Masters Group?

You will fit in! WI Masters team has grown each year and likely will be filled with swimmers just like you! We generally plan optional meals together, relays together and get to know great and inspiring people from our own state while we place top 5 in the country!

When do people travel and who do they bring along?

People travel in all varieties. Some bring family or significant others, some travel single, many share rooms, some stay the whole weekend and some stay only a couple days of the meet. Travel plans are up to you, but we sure would love to have you there!

How do I get connected to the WI Masters Team at Nationals?

If you are planning on registering for the meet, please contact Trina Schaetz (tdschaetz@gmail.com) to get on the Nationals email list. When information is available, it will be sent out via this list. Coach Fred Russell of Elmbrook Masters will serve this spring as the Nationals Coach for all of WMAC. If you have questions for Coach Fred, you can reach him at scfredrussell@yahoo.com

Hope you will plan to join us in California this spring!

Until then...stay after it! More to come.

Wisconsin Masters Short Course Yards Swim Meet Sanction 206-S004

The Whitefish Bay Masters and the Wisconsin Masters Aquatic Club, Whitefish Bay High School, 1200 E. Fairmont, Whitefish Bay, WI. Sunday, March 5, 2017, 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 \$5.00/individual event plus a \$15.00 facility fee. The entry limit is 6 individual events plus relays. The 1650 freestyle will be limited to the first 24 entries received. Deck entries allowed only for open lanes at \$9.00 plus surcharge.

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=7010

The deadline for On-Line entries is Thursday, March 2, 2017. Paper entries must be in the meet director's hands Thursday, Mar 2, 2017.

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 | 16. 200 yd Breaststroke |
| 2. 400 yd IM | 9. 200 yd Medley Relay* | 17. 100 yd Butterfly |
| 3. 50 yd Freestyle I** | 10. 800 yd Freestyle Relay* | 18. 100 yd IM |
| 4. 200 yd Backstroke | 11. 50 yd Breaststroke | 19. 400 yd Medley Relay* |
| 5. 100 yd Breast stroke | 12. 200 yd IM | 20. 200 yd Free Relay* |
| 6. 100 yd Freestyle | 13. 50 yd Free with fins*** | 21. 400 yd Freestyle Relay* |
| 7. 50 yd Backstroke | 14. 200 yd Freestyle | 22. 50 yd Freestyle II** |
| | 15. 100 yd Backstroke | 23. 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 3/22 50 freestyles. May enter either 50 freestyle, or both 50 freestyles.

*** For the 50 Free with Fins: Any style single foot fins (no Monofins) either water start or sitting deck start any stroke or kick no 15m rule. Fins is not a USMS submitted race.

Baraboo Master's Meet April 8, 2017

There is a meet anticipated in Baraboo, WI, on Saturday, April 8, at the Jack Young Middle School Pool. The pool is fast, and it's a good tune-up before Master's Nationals. It's also a good time to try some events you do not normally swim. The meet is well run, and offers the 1,000 Free, for those who would like to try a little distance. After the meet, there's good eating and comradery in downtown Baraboo. Mark it down on your calendar, and keep checking the Wisconsin Master Swim site for the sanctioned meet information and registration. You'll find it here: <http://www.swim-wimasters.org/page.cfm?pagetitle=Results>.

Wisconsin Masters Short Course Yards State Championship Meet Sanction 207-S006

The Schroeder Masters and the Wisconsin Masters Aquatic Club, 9240 N Green Bay Rd, Brown Deer, WI. Saturday, March 25 and Sunday, March 26 2017 Doors open at 10:00 AM. Warm-up starts at 11:00 AM and the meet starts at 12:00 PM (noon) 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 two buttons and one watch per lane.

The entry fee is \$5.00/individual event plus a \$24.00 facility fee. The entry limit is 6 individual events per day (12 total) plus relays. The 1650 freestyle will be limited to the first 32 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=8269

The deadline for both paper and On-Line entries is 11:59 PM, Saturday March 18, 2017.

Meet Director: Jeanne Seidler, N128W16779 Holy Hill Rd, Germantown, WI 53022-1533, (262) 894-0613, email: wvicechair@usms.org

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

Saturday, March 25

Event # Women or Mixed	Event # Men	Event
1		400 IM Mixed
3	4	100 Breast
5	6	50 Fly
7		400 Medley Relay
9	10	200 Free
11	12	100 Back
13	14	50 Free **
15		400 Free Relay
17	18	200 Fly
19	20	100 IM
21		200 Medley Relay

Sunday, March 26

Event # Women or Mixed	Event # Men	Event
23	24	500 Free
25	26	50 Free **
27	28	200 Breast
29		200 Free Relay
31	32	100 Fly
33	34	200 Back
35	36	200 IM
37		800 Free Relay
39	40	50 Back
41	42	50 Breast
43	44	100 Free
45		1650 Free Mixed ***

** Events #13-14 and #25-26, 50 freestyles, enter either one or both, your choice

***1650 yd Freestyle is limited to the first 32 entries.

Wisconsin Masters Short Course Meters Swim Meet Sanction 207-S003

McFarland High School Pool, 5103 Farwell St. McFarland, WI. Saturday, April 22, 2017, pool opens at 9:30 AM, warm-up 9:45 AM, meet starts at 11:00 AM.

6 lane, 25-meter pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 2 through 6 will be used for competition. Lane 1 will be used for warm up/warm down during the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

Open to all registered Masters 18 years old or older. Official Masters rules will govern the meet. Heats will be computer seeded, slowest to fastest. Automatic timing system backed up by buttons and watches for each lane.

The entry fee is \$4.00/individual event plus a \$15.00 pool surcharge. The entry limit is 5 individual events plus relays. The 400 freestyle will be limited to the first 20 entries received. There are no deck entries allowed.

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

https://www.clubassistant.com/club/meet_information.cfm?c=2381&smid=8361

The deadline for On-Line entries is Thursday Apr 20, 2017.

Paper entries must be in the meet director's hands no later than 6:00pm, Saturday, Apr 15 2017.

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

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

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

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

Age is not a limit to completing Animal Award Challenge at the Oshkosh Master's Meet



Twelve brave souls challenged themselves, and competed in the Animal Award at the Oshkosh Master's Meet on Jan 29. What is the Animal Award? It's a challenge where a swimmer has to either swim the 400 IM, and 4 events of 200 yds or greater, or swim the 1,000 Free and 4 events of 200 yds or greater. This challenge saw swimmers from ages 26 to 70, competing for the right to call themselves Animals. To top it off, this was all accomplished in about 3 1/2 hours. Everyone completing the challenge won a beautiful heavy duty embroidered towel. Congratulations to the following swimmers: Ashley Bolin (26), Carl Kaiser (29), Jennifer Youngwerth (34), Angela Bartley (48), Jerry Lourigan (51), Margaret Keller (53), Gregory Blommel (56), Timothy Potter (60), Melinda Mann (60), Carl Milholland (64), Greg Hollub (69), and Candy Christenson (70). A special congratulations to Melinda Mann, not only for completing the challenge, but doing so in State Record time in each of her 5 events! Ashley Bolin and Candy Christenson, also set new State Records in the 400 IM in their respective age groups. Next year, let's have a few more swimmers participate in the Animal Challenge. You have a whole year to prepare for it.

New SCY State Records

Age Group	Event	Time	Name	Meet
W 25-29	400 IM	4:52.18	Ashley Bolin	Oshkosh
W 60-64	200 Free	2:29.37	Melinda Mann	Oshkosh
W 60-64	500 Free	6:56.35	Melinda Mann	Oshkosh
W 60-64	1000 Free	13:46.14	Melinda Mann	Oshkosh
W 60-64	200 Back	2:49.86	Melinda Mann	Oshkosh
W 60-64	200 Breast	3:07.82	Melinda Mann	Oshkosh
W 60-64	200 IM	2:45.67	Melinda Mann	Oshkosh
W 70-74	400 IM	8:27.89	Candy Christenson	Oshkosh

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 2 4

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