

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

Newsletter Date
Nov/Dec - 2007

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WISCONSIN MASTERS WEBSITE

www.swim-wimasters.org
Check it out for the latest meet results, state records, and MORE!

Don't miss this year's edition of the Wisconsin Water Warriors Challenge. See Page 5 for complete details!

At our Annual Meeting on October 13 **John Bauman** announced that we now have **523** members! So, it seems that our once struggling LMSC (Local Masters Swim Committee) is on a growth spurt! For newcomers there is a distinction between organizing committees and "clubs" or "workout groups". In USA SWIMMING, they are called LSC's, Local Swim Committees. In Wisconsin we have one umbrella club, **Wisconsin Masters Aquatic Club**. Under that umbrella we have several *official* local sub-clubs: Madison Area Masters, Elmbrook Masters, Carthage Masters, YBAM (YMCA-Badgerland Aquatics Masters), YMCA of Pabst Farms, Waukesha Express, Green Bay Area Masters, Zoned for Fitness (Madison). These sub-clubs paid a \$30 club registration fee. If you would like to register your "club" or workout group just ask **John Bauman** for a form.



Normally, John and I would be the only voting delegates to the convention. Because we "only" have a little over 500 members we are only allowed two voting delegates. We are not entitled to another delegate until we reach 800. But, this year we had five voting delegates! Here's how: members of standing committees are automatically voting delegates. Last year I became a member of the Legislation Committee, which is a standing committee. Two years ago we took **Elyce Dilworth** to convention and she was invited onto the Finance Committee, which is a standing committee. Last year we took **Jeanne Seidler** and she volunteered to do the continuous updates to the "Current Top Ten", a committee directed by the President, and therefore entitled to delegate status. This year we took **Suzi Green** as an observer. I asked **Rob Copeland** if she could be appointed an "At Large" delegate and he consented after first asking if she was a person of impeccable moral character. I assured him she was. So, he said, "By all means!" So, our little-to-medium sized LMSC had five voting delegates!

Next year the convention will be in Atlanta. But, in 2009 the USMS Convention will be in the Chicago area. We would really like to take as many "observers" as possible! As **Jeanne** noted in her summary of the convention there was a strong emphasis on *succession*. This is something **John Bauman** and I are very keen on. It was one reason why he asked me to become Chair of Wisconsin six years ago. We want to leave Wisconsin in sure hands for the next 25 years!

In the October issue of Swimming World Magazine—with **Dara Torres** on the cover—Brent Rutenmiller, Publisher and CEO, writes an impassioned article that is worth reading. His signature column is entitled **A VOICE for the SPORT**. The subtitle for this feature is "The Road Back Home" and in it he talks about how Masters Swimming gave **Dara Torres** the structure to hone her skills in the pool which allowed her to break the American record for the 50 meter freestyle at the age of 40! Masters swimming allowed her to stay fit after her pregnancy and gave her the confidence to challenge herself and others on the world stage again. Brent talks in depth about the growth of US Masters and how it provides a place for *nature* swimmers to go for their competitive or fitness goals to be satisfied. "Dara Torres," says Rutenmiller, "should be the face of United States Masters Swimming." USMS must "let the world know the tremendous benefits that swimming can provide to every adult." **AMEN!**

WMAC Swimmers Doing More than Swimming!

Trina Schaetz

Think that Wisconsin Masters swimmers are all cut from the same mold? Think again! Look around your sub-club and I'm sure you will discover that masters swimmers are swimming for a variety of inspiring reasons.

Surely, you'll find retired collegiate swimmers from all divisions, as well as a number of folks who haven't swum since high school. You'll also find those who have *never* swum before and those who have decided to pick up swimming to help them rehab an injury or to drop a few pounds. (Think: "swim to eat").

Some people on your team probably like to compete in traditional WMAC meets and even National/International swimming competitions. Others just would like to have a group of folks to keep them accountable for their laps each week. Either way, we are all entitled to the name "masters swimmers".

Another growing group in the masters swimming realm are triathletes and cross-trainers. This summer, for example, over *half* the members of the **Elmbrook Masters** team were training for a triathlon, marathon, or Ironman event (and making us speedy sprinters feel like wimps!)

It just goes to show that everyone can fit in on a masters team. So whether you're a top-dog or a lap hound, an open-water fan or a pool-only person you're welcome to be in the same lane. There isn't just one reason to swim with WMAC; there are as many as there are members! Tomorrow at the pool, find out why the wet-head next to you has been coming to practice. It might inspire you to greatness.



Elmbrook Masters Swimmers **Ashley Honey** (Lakefront Marathon), **Krista VanEnkervoort** (Lakefront Marathon), **Peter Nowak** (Ironman WI), **Jerry Huhn** (Ironman WI), and **Mike McLuckey** (Ironman Louisville) pictured above L to R along with **Lauren Jensen** (Ironman WI) and **Sandy Honey** (Lakefront Marathon) - not pictured—are prime examples of WMAC members who we may not see in a pool competition but who use and value their WMAC membership for a variety of other reasons—like open water swims and cross training.

More Maui Channel Swim News!

Jeanne Seidler

Maui Channel swim results were just coming in as our last newsletter edition was about to go to "press". The following WMAC swimmers' efforts and results were not received in time for that publication. So...

Geoff Mykelby was on a team with three other young WMAC swimmers—**Kim Von Doring** (age 28), **Jen Devitt** (age 21), and **Anderson Brooks** (age 25). Their relay was named DAM HUMU HUMU MOO's and included two other swimmers from other LMSCs. The relay was a mixed 150+ Makule that finished in 5th place—ahead of the Grumpy Old Badgers in that same age group which finished in 7th.

In addition to the relay, **Kim** swam the 2.4 mile individual event and placed 5th in her age group (25-29). **Brad Horner** also swam the 2.4 mile race and was 4th in the 50-54 age group. **Art Luetke** swam the 1 mile individual event and placed 2nd in his age group (60-64).

Belated congratulations to these swimmers for their accomplishments!

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a **n** **i**
n **m** **r**
a **n** **.**



At the USMS Convention

Convention @ Anaheim, 9/26-9/30 2007

Jeanne Seidler & Dick Pitman

The Convention is a legislative and rules business convention. There are several long meetings for the Legislative, Rules, and Finance committees, but only one session each for other committees. Two evenings of workshops were held and there was one sports medicine presentation. My (Jeanne) convention feedback to the convention committee was that workshops be spread out throughout the next convention so that more people would be interested in attending, but the response was that this was a legislative convention and not a clinic!

Some of the highlights of the convention are:

- 1). **USMS is finally moving to on-line registration!** A company has been hired to facilitate the process, ClubAssistant.com. Also, there is a sub-committee looking at these issues: a rolling renewal date—i.e., your renewal date is the date you joined (this is similar to US Triathlon Assn); an 18 month membership; a lifetime membership; auto renewal.
- 2). **Coaches:** A change in the Mentor coach Clinic program will happen. It will be called something like "Model Coach/Club" and there will be nine (9) \$500 grants to LMSC's to send coach(es) to visit another successful Masters club. The "Snooper" program will be renamed to "Underwater Camera Loaner" program. There was talk of a "Grass Roots Coaching Award" to recognize programs that further the mission of USMS.
- 3). **Marketing:** A workshop was conducted at Convention dealing with "Branding" and "Developing a Marketing Strategy" for clubs. Very helpful information!
- 4). **Championships:** The 2009 Short Course Championship was awarded to the City of Clovis Aquatic Center; the 2009 Long Course Championship was awarded to IUPUI in Indianapolis.
- 5). Two workshops (LMSC Chairs and Leadership & Volunteering) focused on the need for succession planning and communication.

Almost all session & committee reports are posted on the USMS website as of 10/9/07.

Wisconsin Masters swimmers found phenomenal success during the 2006 Short Course Yards season. Listed below are the 29 individuals who attained a Top Ten Short Course Yards ranking. These 29 individuals racked up an amazing 86 placings. While I do not think WMAC keeps records of this sort, in my 18 years of compiling this newsletter I can not recall WMAC achieving success such as this in any past year in any of the three Top Ten rankings that USMS compiles. Only 9 of these rankings were as "low" as 10th place (hardly shabby when one considers this is a national compilation of times and places) and five of our swimmers **Jocelyn Rau, Trina Schaetz, Melinda Mann, Betty Lorenzi, and Bela Sandor** combined for 10 first place (**All American**) rankings! Was there something special in the water (or beer?) this year?



While we're on the topic of Top Ten—December 1st will be your chance to rack up some Short Course Meter times when WMAC holds its first ever meet in the West Bend HS pool (shown above). This venue replaces the Lawrence University site and will be our only SCM meet of the season. Meet entry information has been mailed separately along with registration information for 2008. Check the web page if you misplaced your mailing.

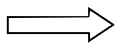
Short Course Yards National Top Ten Rankings—2006 WMAC Individuals

Leah Schneider 22 7th 200 fly 2:24.97	Jessica Diel 26 9th 1000 free 11:47.28	Stacey Kiefer 29 8th 1650 free 20:05.89	Kim Von During 28 8th 100 fly 1:01.71
Jocelyn Rau 28 1st 50 free :24.11* 2nd 100 free :52.59 8th 200 free 1:58.81 4th 50 back :28.41	Sarah Schneider 31 10th 50 breast :33.44 4th 100 breast 1:10.59 2nd 200 breast 2:32.28 8th 100 IM 1:04.85	Laurie Alioto 49 10th 1000 free 11:53.63 9th 100 fly 1:06.38 4th 200 fly 2:25.59 7th 400 IM 5:15.32	Cindy Maltry 52 6th 50 back :32.64 8th 50 breast :38.22 7th 50 fly :30.28 5th 100 IM 1:09.44
Melinda Mann 50 3rd 50 back :32.15 6th 100 back 1:10.35 1st 50 breast :33.21* 1st 100 breast 1:13.28* 2nd 200 breast 2:42.20 3rd 50 fly :29.47 1st 100 fly 1:03.81* 2nd 200 IM 2:30.27 1st 100 IM 1:06.26*	Trina Schaetz 34 1st 50 free :25.11* 7th 100 free :56.13 2nd 50 breast :31.98 2nd 100 breast 1:09.69 8th 200 breast 2:38.71	Erin Detwiler 30 8th 50 breast :33.16 10th 100 breast 1:13.26 9th 200 breast 2:40.92	Erin Schneider 28 9th 200 fly 2:23.10
Peter Nowak 25 8th 500 free 5:02.58 10th 1000 free 10:45.26 4th 1650 free 17:47.73	Betty Lorenzi 79 6th 100 free 1:33.57 4th 200 free 3:19.30 2nd 500 free 8:41.56 1st 50 back :44.43* 1st 100 back 1:37.84* 1st 200 back 3:29.31*	Nancy Kranpitz 62 8th 50 free :32.18 9th 100 free 1:15.06 7th 50 fly :36.49 10th 200 fly 3:27.03	Candy Christenson 60 4th 50 breast :40.01 9th 100 breast 1:33.28
Dave Holland 48 8th 50 breast :29.09 4th 100 breast 1:03.40 5th 200 breast 2:21.34	Laren Tiltmann 37 5th 50 back :25.37 8th 100 back :55.71 3rd 50 breast :27.96	Christopher Brunson 26 5th 50 breast :26.85 5th 100 breast :59.10	Andrew Steenrod 22 9th 500 free 5:15.57 8th 1000 free 11:22.68 3rd 1650 free 18:42.26 8th 400 IM 4:38.78
Geoff Mykleby 54 3rd 50 back :27.34 5th 100 back :59.43	Bela Sandor 71 2nd 50 breast :36.07 2nd 100 breast 1:21.75 1st 200 breast 2:59.07* 4th 100 IM 1:14.79	Dan Schaetz 36 10th 50 breast :28.88 7th 100 breast 1:03.09 10th 100 fly :53.70 6th 200 fly 2:01.99	Darryl Stich 31 10th 50 free :22.22
Tom Michelson 75 4th 200 fly 4:53.16 7th 400 IM 8:25.07	Don Jackson 66 10th 1000 free 15:01.97	Morgan Byers 79 9th 1000 free 18:25.00 7th 1650 free 30:14.96	Bob White 52 8th 1000 free 11:03.13 10th 1650 18:55.44
			Bill Payne 77 10th 1000 free 18:27.62 8th 1650 free 30:17.20 9th 100 fly 1:43.53

Great Jobs!

Congratulations to Jocelyn Rau, Trina Schaetz, Melinda Mann, Betty Lorenzi, and Bela Sandor. By virtue of their first place rankings they have been awarded the title of *All American* for the 2006 Short Course Yards tabulation!

Madison East Masters celebrate Steve Justinger's birthday after a recent workout..



Not be outdone by our WMAC individuals the following relays attained Top Ten ranking for Short Course Yards in 2006. As with the individuals this is probably another record for WMAC as 12 relays placed 10th or better in the nation in an assortment of age groups.



Short Course Yards National Top Ten Rankings—2006 WMAC Relays

Men 25+ 200 MR
7th 1:42.08
Laren Tiltmann 37
Dan Schaetz 36
Darryl Stich
Timothy Young 36

Men 25+ 800 FR
2nd 7:46.18
Shane Ryan 26
David Gorzek 28
Nick Weiss 26
Christopher Brunson 26

Men 25+ 800 FR
10th 9:31.71
Nick Hansen 29
Stephen Kearsey 44
Patrick Vanderwerf 38
Aaron Heiss 26

Men 35+ 200 FR
2nd 1:31.46
Laren Tilemann 37
Dan Schaetz 36
Don Rambadt 37
Timothy Young 36

Men 45+ 200 MR
5th 1:47.52
Geoff Mykleby 54
Peter Allen 48
David Holland 48
Bob White 52

Women 18+ 200 FR
10th 1:50.16
Leah Schneider 22
Mindy Seidler 27
Lisa Dyer 42
Cynthia Maltry 52

Women 25+ 200 MR
2nd 1:53.28
Jocelyn Rau 28
Sarah Schneider 31
Jessica Diel 26
Trina Schaetz 34

Women 55+ 200 MR
9th 3:00.15
Jeanne Seidler 60
Candy Christenson 60
Nancy Kranpitz 62
Geri Havel 58

Mixed 25+ 200 FR
2nd 1:32.92
Darryl Stich 31
Laren Tiltmann 37
Trina Schaetz 34
Jocelyn Rau 28

Mixed 25+ 200 MR
3rd 1:43.82
Laren Tiltmann 37
Trina Schaetz 34
Darryl Stich 31
Jocelyn Rau 28

Mixed 35+ 400 MR
8th 7:12.05
Patrick Vanderwerf 38
Stephen Kearsey 44
Hilary Scully 41
Christine Schinker 40

Mixed 45+ 800 FR
8th 13:28.59
William Jeppson 54
Vicki Stone 54
Elizabeth Scully 66
David Stone 54

WISCONSIN MASTERS TEAM WEAR ORDER FORM

Name _____

Address _____

City/State/Zip _____

Telephone _____ E-mail _____

Write quantity on line next to your size:

SS T-Shirt ___ S ___ M ___ L ___ XL ___ XXL @ \$13.50 _____

LS T-Shirt ___ S ___ M ___ L ___ XL ___ XXL @ \$16.00 _____

Hooded Sweatshirt ___ S ___ M ___ L ___ XL ___ XXL @ \$25.00 _____

Sub-Total _____

Orders MUST be received by November 10, 2007! + \$4.00 shipping per item _____

TOTAL _____

Please make checks payable to Trina Schaetz and mail order form to:
Trina Schaetz
3965 Glen Echo Drive
Brookfield, WI 53005 (262-790-1212)

Here's your LAST chance for this year! Trina needs a minimum order of 12 for ordering more Wisconsin Team Wear clothing. She currently has only 4 orders. The shirts NO LONGER contain the date "2007" on the back side—so they are NOT year specific! So don't delay—order something today! Remember—the T-shirt comes in both short sleeve and long sleeve styles.



The Wisconsin Water Warriors Challenge

Date: November 25—December 8, 2007

Place: Your local pool

Object of the game: Log as many yards as you can swim in the designated two week period. You'll be competing against other swimmers in Wisconsin to record and turn in the most yards swum. The winner of each age category and the overall female and male winners will be awarded prizes, compliments of Adolph Kiefer & Associates. Overall teams logging the most yards will also be recognized. Winners will be honored at the WI State Meet, where prizes will be distributed.

To participate in the contest, simply e-mail or snail mail **Stacey Kiefer** your completed yardage form, found below. Forms may be e-mailed to: Stacey@kiefer.com or mailed to Adolph Kiefer & Assoc., 1700 Kiefer Drive, Zion, IL, 60099, ATTN: Stacey Kiefer. **In order to be eligible all forms must be received by December 20, 2007.**

You do NOT have to be a registered swim team or be a registered USMS swimmer to compete in this contest. All are welcome!

Swimmer's Name: _____

Team (if applicable): _____

Are you a registered USMS swimmer (Circle)? YES NO

E-mail address _____

Physical Address: _____

Age Group (Circle): 18-25 26-35 36-45 46-55 56-65 66-75 76 & Older

Gender (Circle): Female Male

<u>Date</u>	<u>Yards</u>	<u>Date</u>	<u>Yards</u>
November 25	_____	December 3	_____
November 26	_____	December 4	_____
November 27	_____	December 5	_____
November 28	_____	December 6	_____
November 29	_____	December 7	_____
November 30	_____	December 8	_____
December 1	_____		
December 2	_____	Total	_____



This FREE contest is made possible with help from Official USMS Sponsor Adolph Kiefer & Associates

**UPDATE!
ROCK LAKE ANNUAL FIGURE 8
OPEN WATER CHAMPIONSHIPS!**

So you say you've never heard of this "championship" before? Well, you're probably not alone! The **First Annual Meet** was held 7/22/06 and attracted entrants **Fred Salzman** and **Tim Potter**. It was a close race for most of the estimated one mile distance with the final results being: First Place—**Fred Salzman** with a winning time of 47 minutes. Second Place—**Tim Potter** with a time of 51 minutes. **Tim** was to have taken a DQ for treading water at the finish but he finally touched the pier and completed the race! The **Second Annual Meet** was held 9/01/07 with **Fred Salzman** being the only entrant. Despite a lower water level than last year **Fred** took the first place finish. Swimming around one island in weedy and rocky water only a foot or so deep did not deter **Fred** from finishing with a better time (42 minutes) than last year. The **BIG** question is—does anybody know where Rock Lake is located? (Answer on page 10)



Happy Birthday Steve Justinger!

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, December 9, 2007—Middleton, Wisconsin

Sponsored By: Madison Area Masters—Wisconsin Masters Aquatic Club.

Sanctioned By: Wisconsin LMSC for USMS, Inc. Sanction No. 207-009.

Location: Middleton-Cross Plains Area High School Pool, 2100 Bristol Street, Middleton, WI 53562; 608-829-9863

Time: Sunday, December 9, 2007; Warm-up at 7:45 AM, meet starts at 8:30 AM.

Facilities: 8 lane, 25 yard pool with lane lines, starting blocks, backstroke flags, an attached diving area and new pool deck. Eric Breidel, Aquatic Dir. <http://www.mcpsd.k12.wi.us/facilities.pool.about.cfm>

Eligibility: Open to all registered United States Masters Swimmers. Must be 18 to be a registered Masters Swimmer. Each entry must be accompanied by a copy of the swimmer's current USMS registration card.

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

Seeding: Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably accurate seed time. A "NO TIME" (NT) will be seeded in the slowest heat. Age groups and sexes will be combined.

Timing: Automatic timing system backed up by watches. Swimmers will help with timing.

Warm-up Procedure: Lanes 1 & 8 will be start and sprint lanes, swimming in one direction starting from the blocks end of the pool. Lanes 2 through 6 will be for circle swimming (stay to the right side of the lane) only. NO DIVING STARTS from the blocks or deck in lanes 2-6. FEET FIRST ENTRY REQUIRED in a cautious manner in lanes 2-6. The use of hand paddles, kickboards, fins, or other equipment may not be used during warm up or in the warm-up/cool down area during the meet. Diving area will be used for this purpose during the meet.

Entry Fees: \$2.50/individual event plus a \$5.00 pool surcharge. Deck entries for individual events will only be accepted until 8:00 AM. Seeding by time may not be guaranteed after a certain time during deck entries. The fee for deck entries is \$4.00/event plus pool surcharge. The official Universal Meet Entry Form must be used, one person per form. The **Liability Release** must be signed without any alterations. Fees must accompany entries. Make checks payable to "SWIM CLUB".

Entry Limit: Five individual events plus relays. THE 500 FREE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED. Swimmers entered in the 500 are responsible for providing a person to count his/her laps.

Entry Deadline: The entries must be in the meet director's hands no later than 6:00 PM Thursday, Dec 6, 2007.

Meet Director: Jerry Lourigan, Middleton Swim Meet, 5413 Camden Rd. Madison, WI 53716

E-mail: jerry53716@att.net (best way to contact me, title Middleton Swim Meet) Phone 608-221-8167.

Order of Events

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

*Submit relay entries at meet. Relays may be all men, all women, or mixed (2 men, 2 women).

Directions to the Pool:

From the East: Coming in on I-94 take 139 (I 90) south to 12 and 18 West (Beltline). Take Beltline (US12) to US 14 (Spring Green/LaCrosse)/University Ave exit 251. Keep right on the ramp. Turn left onto University Ave. Turn North onto Bristol St.

From Downtown Madison: Take University Ave West. Turn North onto Bristol St.

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, January 13, 2008—Pabst Farms YMCA

Sponsored by: The YMCA at PABST FARMS and the Wisconsin Masters Aquatic Club.

Sanctioned by: The Wisconsin LMSC for USMS, Inc., Sanction No. 208-002.

Location: YMCA at Pabst Farms, 1750 Valley Road, Oconomowoc, WI., 53066.

Facilities: 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.

Time: Sunday, Jan 13, 2008. Warm-up 8:00-8:45 AM; meet starts at 9:00 AM.

Eligibility: Participants must be a member of US Masters Swimming and be age 18 years old or older. A copy of the entrant's registration membership card MUST be attached where indicated on the entry form.

Rules: Official USMS Rules will govern the meet. All events will be timed finals.

Seeding: Heats will be computer seeded, slowest to fastest. Please submit a reasonably 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 one watch/lane.

Warm-ups: Lane 8 will be the designated start/sprint lane with swimming in one direction only, and exiting to the side or end. Lanes 1-7 will be for circle swimming only—NO DIVING STARTS from the blocks or the deck in lanes 1-7. Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, kick boards, fins, etc., may not be used at any time during the warm up period. Lane 8 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 8 while the meet is in progress.

Facility User Fee: \$5.00 per person.

Entry Fee: \$2.50 per individual event, plus the \$5.00 facility user fee for entries received up to one week prior to the meet. No charge for relays. Deck entries for individual events will be accepted up until 8:00 AM the day of the meet. The fee for deck entries shall be \$4.00 per event, plus the \$5.00 user fee. Fees must accompany the entry form. Please make checks payable to YMCA at Pabst Farms.

Entry Limit: Five individual events plus relays. The 500 freestyle will be limited to first 28 entrants.

Entry Form: The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

Entry Deadline: Entries must be in the meet director's hands no later than 6:00 PM, Saturday, January 5, 2008.

Meet Director: John Bauman, 11917 W. Rainbow Ave, West Allis, WI 53214-2166
414-453-7336 e-mail: www.wmacswim@sbcglobal.net.

Awards: Ribbons for 1st through 3rd places.

Schedule of Events

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

*Relay Entries: Submit entries at the meet. Relays may be all men, all women, or mixed (two men and two women)

Directions: Oconomowoc is located midway between Milwaukee and Madison, adjacent to and north of I-94. Exit I-94 on Hwy 67, go north 2 blocks to Valley Rd, right on Valley Rd about 1 mile to YMCA. When entering the Y early on the morning of the meet please use the entrance on the west side of the building as the main entrance does not open until 10:00 AM on Sunday.

Post Meet: Plan on lunch at the Delafield Brewhaus (262-646-7821). To get there turn left when leaving the Y, then go east about 1/2 mile to HWY P (Sawyer Rd), turn south (right) to I-94, take I-94 east 3 miles to Delafield Hwy 83 exit. Go south (right) two short blocks and turn east (left) on Hillside Dr. Meander 1 mile past Home Depot and the Brewhaus is on the right. Good eating and excellent Masters socializing!

YMCA Pabst Farms Facility: In addition to the competitive pool the Y also includes a separate recreation pool, a large water slide and a pool for infants. There is a large gym with indoor running track, an exercise machine and weight room and a climbing wall for pre-teen youth. The open times for these areas of the facility on Sundays are 10:00 AM for the gym and track, noon for the recreation pool, and 1:00 PM for the water slide.

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

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

Sec. 202.1.1 F (2) 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 _____

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ 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
_____	_____	_____	_____	_____	_____
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_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

FEES PER MEET INFORMATION PAGE:

_____ EVENTS @ \$ _____ ea. + 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 of 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 STATESMASTERS 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 _____

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

January 27, 2008—Oshkosh YMCA

Sponsored by: The Wisconsin Masters Aquatic Club

Sanctioned by: Wisconsin LMSC for USMS, Inc. Sanction No. 208-003

Location: Oshkosh YMCA, 3303 West 20th Ave, Oshkosh, WI 54904;
20th Ave is Hwy K and is West of Hwy 41

Time: Sunday, January 27, 2008. Warm-up 7:45 AM, meet starts at 8:30 AM.

Facilities: 8 Lane 25 yard pool with anti-turbulent lane guides, starting blocks, backstroke flags, and electronic timing.

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

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

Seeding: Heats will be computer seeded on the deck, slowest to fastest. Please submit a reasonably 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: Lane 8 will be a start and sprint lane with swimming in one direction only and exiting to the side or the end. Lanes 1-7 will be for circle swimming only! **NO DIVING STARTS from the blocks or from the deck in lanes 1-7.** Swimmers must enter the pool feet first in a cautious manner in lanes 1-7. Hand paddles, fins, kickboards, etc., may not be used at any time during the warm-up period.

Warm-up/Cool Down During Meet: Lane 8 will be designated for the purpose of continuous warm-up or cool down during the meet.

Entry Fee: \$2.50/individual event plus a \$5.00 pool surcharge. Deck entries (same day) for individual events will be accepted only until 8:00 AM, and the fee for deck entries shall be \$4.00/individual event plus the pool surcharge. Fees must accompany entries. Checks should be made payable to WMAC.

Entry Limit: Five individual events plus relays. THE 500 FREE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer in the 500 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 Saturday, Jan 19, 2008.

Meet Director: Dick Pitman, 2729 Commercial Ave, Madison, WI 53704; 608-770-2307 or 608-242-8125
E-mail: dickpitman@hotmail.com

Entry Form: The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

Awards: Ribbons 1st through 3rd place.

Schedule of Events

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

*Submit relay entries at meet. Relays may be all men, all women, or mixed (2 men, 2 women)

Post Meet: Plan on burgers, pizza, Tex-Mex, refreshments, etc at

Directions to Pool: 20th Ave YMCA Center, Oshkosh

From the North: Take 9th St exit off Hwy 41. Turn right on 9th St., but proceed immediately to the left lane in order to turn left onto Washburn—the first stop light. Take Washburn to 20th Ave, turn right on 20th Ave and travel 1.5 miles. The YMCA will be on your left hand side.

From the South: Take Hwy 44 exit off Hwy 41. Turn left and proceed over Hwy 41 to the second set of stop lights. Turn right onto Washburn. Take Washburn to the first set of lights, go left on 20th Ave. 1.5 miles to YMCA on left.

Oshkosh meet results will be posted on our website: www.swim-wimasters.org

2007 TYR Grand Prix Series

Mark Gill

What is the **Grand Prix**? The idea behind the **Grand Prix Series** is to create several interconnected meets that support each other. By working together we hope to create a more competitive environment in our short course meter season. The goal for each meet is to grow participation and help ensure competitive excellence. We believe our meets will grow to include 200 swimmers with 300 participating in the finale.

Each of the facilities used in the series was selected due to its competition characteristics. All have 8 or 9 foot wide lanes and are two meters deep. At each pool, there will be warm down lanes in addition to the competition lanes.

All of the meets are located in cities close to each other and are all served by Southwest Airlines. Each event is two days to allow you more options when selecting events.

Swimmers will earn points in each meet that will determine the series age group winner. Winners will receive the new TYR Transition Bay (\$64 value).

The meets are: Indianapolis, IN, Oct 27-28; Louisville, KY, Nov 10-11; Chicago, IL, Dec 1-2.

For more information visit www.TYRgrandprix.com. We look forward to seeing you at the TYR Masters Grand Prix Series.



Suzi Green manages a smile between sets at a USMS Convention early morning workout despite admitting to not being an early morning workout person!

Rock Lake is located in **WAY** northern Wisconsin on Cty Hwy 0, about 10 miles north of Manitowish Waters and 2 miles south of the border with the Upper Peninsula of Michigan!

OK all you sub-clubs under WMAC's umbrella! Here's your chance to claim the title of Wisconsin Water Warriors **Sub-Club Team Champion!** Motivate yourselves AND your teammates to accumulate as much yardage as possible between Nov 25—Dec 8. There are officially 8 sub-clubs registered under WMAC's umbrella. Do your part to make sure **your** team comes out on top. I don't know if there is a "prize" for the top sub-club—but maybe with a little arm twisting Stacey might come up with something. Nothing ventured—nothing gained!

If you are planning to swim in Perth, please contact Coach Mark Moore by e-mail at :

coachmark@mastersmvnswim.org.

If possible, indicate the events and days that you will swim so that the coaching staff can plan their daily coverage. The coaching staff is working on Regional Training Camps and USA Masters logo apparel for swimmers attending the meet. More information and details will be posted on the USMS web site in the near future.

WISCONSIN MASTERS SWIMMING
10346 Cedar Falls Road
Hazelhurst, WI 54531