

Wisconsin Masters Swimming

CHAIRMAN'S LANE



Dick Pitman

Newsletter Date
Feb/March 2010

LMSC OFFICERS

Chairman: Dick Pitman
WChair@usms.org

Secretary: Suzi Green
greensuzi@ameritech.net

Newsletter: Nancy Kranpitz
jnkranpitz@yahoo.com

Records: John Bauman
wmacswim@sbcglobal.net

Top Ten: Jeanne Seidler
jseidler2@wi.rr.com

Officials: Susan Zblewski
szblewski@wi.rr.com

Treasurer: Ingrid Stine
wmacswim@sbcglobal.net

Registrar: John Bauman
wmacswim@sbcglobal.net

Coaches: Dick Pitman
dpitman@usms.org

Sanctions: Eric Jernberg
jernberge@yahoo.com

Safety: Jerry Lourigan
jerry53716@att.net

Fitness: Stacey Kiefer
Stacey@kiefer.com

Long Distance: Eric Jernberg
jernberge@yahoo.com

Webmaster: Ray Diederich
rayd@diederich.com

Is this the end of a decade? Or, the beginning of a new one? Whichever, this is a great time to fulfill your latent ambition to swim a meet this year. Start your decade off with a new commitment to get more involved in Masters swimming and get a little more value for your annual dues.

Competition is not simply about beating the person in the next lane, or that rival in your age group, or setting records that last a couple of years. The pleasure of competing comes from achieving a goal you've set. A goal you've set in your own mind. Your satisfaction comes in knowing how close you came to achieving or exceeding that goal!

Some of us who compete a lot like to keep score, against ourselves or against others. It makes the game more interesting. Then you go out after the meet, have a beer and a burger and talk about which part of the race you thought you had it won, or where you lost it. It's just simple competition. But, you don't have to play games with anyone but yourself if that is what you want.

A friend of mine, **Art Overman**, came from California for the Oshkosh meet so we could swim against each other. I beat him in the 100 IM by 5/100ths of a second! But he beat me handily in the 100 free. After the meet a large crowd of swimmers and friends went to the Red Robin. Afterwards Art remarked that the Wisconsin people are so friendly! Well, Oshkosh has a bunch of very spirited volunteers who help run the meet and the post-meet lunch is always filled with good camaraderie.

Madison, which is hosting a meet on **February 14**, has a whirlpool and also a spirited group of swimmers. After the meet we gather at our favorite partying place, The Harmony Bar & Grill, for lunch and beverage. **Baraboo**, hosting a meet on **March 20**, has a bunch of windows that let in bright sunlight for the indoor pool. The meet there is followed by lunch at a great sports bar on the square in Baraboo.

The **State Meet** this year will be at **Schroeder, (April 10-11)** which offers a pedigree of sorts. This is the pool that **Mary T. Meagher** set a world record in the 200 M fly that lasted over 20 years! And, the USMS National Short Course Yards Masters meet was held at Schroeder in 1985—the last time beer relays were ever held at a USMS National meet. For obvious reasons USMS doesn't allow that anymore!

So, if you are not doing anything on February 14, March 20, or April 10-11 start planning your competition schedule! Hope to see you there! I'll be one of those chasing a challenge...a personal challenge.

Swim Outside The Box

At the December meet in in West Bend I committed myself to do the **Brute Squad** challenge: **400M IM, 200M fly, and 1500M free** within 24 hours. **Trina Schaez** joined me in the challenge. Thinking I should swim something short and easy I also did the 50M fly, even though it came right before the 400 IM. Not a very good idea because I hadn't really caught my breath before I heard someone scream, "Hey Dick! Are you swimming the 400 IM?" I literally ran to the starting blocks and got in position and then **BANG!!** Four more lengths of butterfly, but nice and easy, then 12 more lengths consisting of backstroke, breaststroke and freestyle. At least I had a few more events before I had to swim the 200 fly!

Mid-year LMSC meeting to be held March 6, 1 PM, at Madison East YMCA. Meeting is open to all WI registered Masters Swimmers.

But this is my best event although it is prone to problems, too. You see, for some reason I tend to lose count somewhere in the middle. Years ago I was swimming this event at Wauwatosa West and stopped after 150 thinking I was done. **Steve Justinger** leaned over and asked if I forgot something. I asked, "Like what?" "Like the other 50," he said. So, later in the meet when I swam the 50 fly, there was **Tom**

WISCONSIN MASTERS WEBSITE

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



The whirlpool/hot tub awaits all who participate in the Madison East YMCA SCY swim meet. This year's meet will be held on Sunday, February 14, 2010.

Chairman's Column, Continued:

Michelson, aka, "Grampa Thunder" (for his stentorian voice), counting for me, "ONE!" But, Tom was absent when I needed him! So, it was just Trina and me swimming this event. I cruised through the first 100 and got to the wall at the 125, and suddenly my mind drew a blank. "What lap am I on?" So, I just guessed and swam a couple more. Trina finished her first 200 fly ever and I finished in the right number of laps!

The finale of our Brute Squad challenge was the 1500M free. Trina beat me by maybe six laps—I think that's the number of times she passed me. Congratulations to Trina and me for completing this year's Brute Squad challenge! I hope more people challenge themselves this year by doing something that is a personal challenge.

I should also like to acknowledge **John Couper** who achieved this distinction in 2007 at a meet in Florida, something I discovered in checking the results of that year!

USMS has lots of similar challenges offered in the form of a "**Postal Meet**" which means you mail in your results and find out how you measured up against other swimmers in your age group a month later. But first of all you need to challenge yourself. Whether your personal ambition/goal takes you to doing the Brute Squad Challenge or simply competing in your first masters meet (or your first meet in a long time), 2010 affords opportunities galore. So, just go for it! I hope I'll see you in the pool!

Correction

In the December/January edition of the WMAC Newsletter in the Maui Channel Swim Update **Rick Lynch** was mistakenly listed as **Rick Lunch**. My apologies to Rick.

Extra "Perks" at Nationals!

Jeanne Seidler

It always pays to go to a nationals when it is close to home as it did this past summer when the 2009 LCM Nationals were held in Indianapolis. The last time USMS Nationals rotated to this area was in 2004 when the USMS Spring Nationals were in Indianapolis. Not only is it very inexpensive to attend a nationals when one can simply drive to the venue, but Indianapolis is particularly interesting because a few extra swimming activities were going on in the pool both in 2004 and 2009. All the swimming vendors were there, of course, so it was easy to buy suits, et al, from the vendors.

In addition there was an **Endless Pool** available. The vendor was there and he willingly taped anyone who wanted to try out the pool. And, if there wasn't a line of swimmers waiting, one could swim all strokes and keep trying if the vendor gave a hint for improvement. In 2004 we received a tape of the session. This summer, we received a DVD of the session. I was a little intimidated in 2004, so I only swam a few cycles of back and freestyle. I also waited until the last day, and there was a big line of swimmers wanting to try the pool. This year (2009) I was far more bold and not intimidated in the least. So I was the first person to try the endless pool on the first day of the meet. I was in the Endless Pool for about 20 minutes and I greatly appreciated the DVD of my strokes. When I arrived home and looked at my DVD I was surprised to see that I really wasn't bending my arm enough in my strokes. I haven't looked for the old 2004 tape, but I do want to do a comparison between 2009 and 2004. I will look for the 2004 tape one of these days. My point, though, is that I had a perfect opportunity to see my strokes taped and at no cost to me!

Fred Salzman had hip surgery on January 8. He is doing well and while not quite ready to be back in the swim of things he is hoping to get to the Madison East meet on February 14 if for no other reason than to be back among friends! Also, **James Biles** is recovering from shoulder surgery he had in early January. He is hoping to be able to be back swimming toward the end of our SCY season. WMAC extends wishes for a speedy recovery to both Fred and James!

Pabst Farm Meet

Jeanne Seidler

Close to **75 swimmers** participated in the **Pabst Farm YMCA** meet on January 10, 2010. While the temperatures outside were cold the competitors heated up the pool inside resulting in **4 more new WMAC records**. **Brad Horner** (55-59) set new 100 free (:54.59) and 200 fly (2:15.71) standards; **Bob L. White** (55-59) the 200 free (2:06.60); and **Alex MacGillis** (80-84) the 50 breast (:47.93). As usual, the meet concluded with trips down the big slide followed by some refueling at a local Pub.

Eric Jernberg brought along a couple of "newbies" (**David Holzer** and **Sandra Lisowski**) from his rec team that practices at Juneau HS in Milwaukee. Not only did they swim individual events but they also competed in 2 mixed relays—400 FR and 200 MR. Welcome aboard David and Sandra!

Long Course Meters Top Ten for WMAC

Individuals

Kyle Rausch 34 6th 200 free :2:09.65 5th 800 free 10:00.64 4th 1500 free 19:00.30 4th 50 back :30.58 3rd 100 back 1:05.41 2nd 200 back 2:24.30 3rd 200 breast 2:47.82 5th 100 fly 1:03.92 5th 200 IM 2:20.22 1st 400 IM 5:13.79*	Melinda Mann 53 5th 50 free :30.62 1st 50 breast :38.26* 1st 100 breast 1:23.21* 1st 50 fly :32.23* 1st 100 fly 1:12.15* 4th 200 IM 2:49.91	Laurie Alioto 51 6th 100 back 1:20.74 5th 200 back 2:51.78 9th 50 fly :34.03 7th 100 fly 1:18.52 1st 200 fly 2:50.13* 4th 400 IM 6:04.48	Brad Horner 55 10th 50 free :26.76 3rd 100 free :57.60 3rd 200 free 2:08.67 8th 50 fly :29.19 2nd 100 fly 1:01.83 1st 200 fly 2:18.97*
Cindy Maltry 55 3rd 50 back :36.40 3rd 100 back 1:20.58 4th 200 back 2:57.70 6th 50 fly :34.16 5th 200 IM 3:00.05	Nancy Kranpitz 64 9th 100 fly 1:50.80	James Dannenberg 65 8th 100 breast 1:30.57	Bela Sandor 74 6th 200 free 3:01.52 4th 100 back 1:32.84
Rachel Budde 39 9th 50 fly :33.07 6th 100 fly 1:16.34	Trina Schaeetz 37 4th 50 free :28.97 8th 100 free 1:04.88 2nd 50 breast :36.25	Kip Fulbeck 44 7th 50 free :25.42 10th 100 free :56.25 3rd 50 fly :26.12	Mark Ritchie 20 7th 50 back :30.65 10th 100 back 1:08.76
	Darryl Stich 34 8th 100 free :56.53 7th 50 breast :33.00 4th 100 fly 1:01.90 7th 200 IM 2:25.61	David Holland 51 4th 50 breast :33.54 5th 100 breast 1:15.58 2nd 200 breast 2:41.69 3rd 200 IM 2:30.32	Dan Schaeetz 39 5th 100 fly :59.67 4th 200 fly 2:20.80
		Kimberly Fitzgerald 49 10th 200 free 2:30.43	Michael Power 41 5th 50 free :25.32 7th 100 free :55.73

Congratulations to our LCM All-Americans: Melinda Mann (4), Laurie Alioto (1), Brad Horner (1), and Kyle Rausch (1). By virtue of their first place rankings they have achieved this elite status! Also, Kyle must have set some kind of Wisconsin record by achieving 10 top ten rankings – the lowest of which is a 6th place!!!!

Long Course Meters Top Ten for WMAC

Relays

Men 120-159 3rd 200 FR 1:40.93 Kip Fulbeck 44 Michael Power 41 Darryl Stich 34 Dan Schaeetz 39	Men 120-159 5th 200 MR 1:58.67 Darryl Stich 34 Dan Schaeetz 39 Michael Power 41 Kip Fulbeck 44	Men 120-159 2nd 400 FR 3:49.49 Darryl Stich 34 Kip Fulbeck 44 Michael Power 41 Dan Schaeetz 39	Women 240-279 5th 400 FR 9:09.97 Joanne Moder 71 Jeanne Seidler 63 Dorothy Rose 64 Carol Reinke 73
Mixed 200-239 1st 200 FR 1:53.15* Brad Horner 55 Cindy Maltry 55 Melinda Mann 53 Kip Fulbeck 44	Mixed 200-239 3rd 200 MR 2:07.48 Cindy Maltry 55 David Holland 51 Brad Horner 55 Melinda Mann 53	Mixed 200-239 1st 400 FR 4:15.56* David Holland 51 Laurie Alioto 51 Melinda Mann 53 Brad Horner 55	Mixed 200-239 1st 400 MR 4:45.45* Cindy Maltry 55 David Holland 51 Brad Horner 55 Melinda Mann 53

Congratulations to the Mixed 200-239 200 Free Relay, Mixed 200-239 400 Free Relay, and Mixed 200-239 400 Medley Relay! By virtue of their first place ranking they are LCM All-Americans!! It took only 6 WMAC swimmers to amass these 3 first place relays! So congrats again to Brad, Cindy, Melinda, Kip, David, and Laurie!. Quite an accomplishment!

Oshkosh Meet

3

With only 36 entries the meet went FAST and saw **3 more new WMAC records** set. **Carol Reinke** (70-74), 50 breast :53.80; **Bob L. White** (55-59), 200 free 2:04.32; and **Greg Hollub** (60-64), 500 free 6:24.61. A good time was had by all afterwards at the Red Robin and there are hopes that the attendance will rebound next year. **Mike Ziniel** reported he found a cap and goggles (not his!) in his swim bag when he arrived home. If you are missing these items you can contact Mike at Kmziniel@itol.com and he will be happy to send them to you. Keep this meet in mind for 2011. Oshkosh has a talented and spirited group willing and anxious to contribute to the success of our LMSC.

Wisconsin Masters Swim Meet - Short Course Yards

March 20, 2010

- Sponsored By:** The Wisconsin Masters Aquatic Club
- Sanctioned By:** Wisconsin LMSC for USMS, Inc., Sanction No. 200-004
- Location:** Jack Young Middle School, 1531 Draper Street, Baraboo, WI 53913
- Time:** Saturday, March 20, 2010. Warm-ups: 10:00 AM, meet starts at 11:00 AM.
- Facilities:** 8 lane, 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.
- Eligibility:** Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters Swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmer's 2010 USMS registration card.
- Rules:** Official Masters Rules will govern this meet. All events will be timed finals.
- Seeding:** Heats will be seeded slowest to fastest by computer. Please submit a reasonably accurate seed time. A **NO TIME** will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.
- Timing:** Automatic timing system backed up by watches.
- Warm-Up Procedure:** Lane 4 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1-3 and 5-8 will be for circle swimming only. **NO DIVING STARTS** from the blocks or deck in lanes 1-3 or 5-8. Swimmers must enter the pool feet first in a cautious manner during warm up. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up. 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.
- Entry Fee:** \$3.00/individual event plus a \$5.00 pool user surcharge. Deck entries for individual events will be accepted until 10:30 AM. The fee for deck entries will be \$5.00/individual event plus the surcharge. **CHECKS PAYABLE TO WMAC.**
- Entry Limit:** Five individual events per day plus relays.
- Entry Deadline:** Entries must be in the meet director's hands no later than 6:00 PM, Saturday, March 13.
- SEND TO:** **John Bauman—Meet Director**
11917 W. Rainbow Ave
West Allis, WI 53214-2166
(414)-453-7336 E-mail: wmacswim@sbcglobal.net
- Entry Form:** The universal entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations. Remember to include a copy of your USMS registration card.
- Awards:** Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS

- | | |
|-------------------------|--------------------------|
| 1. 50 yd butterfly | 11. 400 yd Free Relay* |
| 2. 100 yd breaststroke | 12. 50 yd backstroke |
| 3. 100 yd backstroke | 13. 100 yd IM |
| 4. 200 yd Medley Relay* | 14. 500 yd freestyle |
| 5. 50 yd freestyle | 15. 50 yd breaststroke |
| 6. 100 yd butterfly | 16. 100 yd freestyle |
| 7. 200 yd breaststroke | 17. 400 yd Medley Relay* |
| 8. 400 yd IM | 18. 200 yd butterfly |
| 9. 200 yd backstroke | 19. 200 yd Free Relay* |
| 10. 200 yd freestyle | 20. 200 IM |

*Submit relay entries at the meet. Mixed Relays must consist of 2 men and 2 women.

Baraboo Meet Info Continued:

Meet results will be posted on the Wisconsin Masters web site, www.swim-wimasters.org, within 48 hours of the conclusion of the meet.

Directions from Madison:

I90/94 toward the Dells. Use the Baraboo/Portage exit for Hwy 33. West on Hwy 33 towards Baraboo, approx. 14 miles. Stay on Hwy 33 in Baraboo to Draper St., the third stop light. Right on Draper St. to the High School on the left. Continue up the hill, the Middle School is behind the High School. The pool entrance parking lot is on the back side of the Middle School (on top of the hill).

Have you been thinking about **USMS Nationals**? Maybe it's been awhile since you've joined us at the meet or perhaps you've never been. 2010 will be a banner year to hop on the bandwagon. There are people from every age group making plans to travel to **Atlanta** and the team should swim just great.

The meet is being held from **Thursday May 20-Sunday May 23, 2010** in **Atlanta, Georgia** at the **Centennial Olympic Pool at Georgia Tech**. This was the site of the 1996 Olympic Games in Atlanta, and you won't want to miss competing in such a nice facility.

The main purpose of this piece, however, is to make sure that you know that **YOU ARE INVITED TO JOIN US**. We want every WMAC member to feel welcome. Here are some of the FAQ's about Nationals:

1. You don't have to qualify with a special time. You can swim up to 3 events without meeting any time standards, so ALL are welcome to come (and wanted to come!)
2. The meet lasts from Thursday thru Sunday and many folks stay one extra night until Monday to enjoy the surrounding sites, but you can come and go as you are able! If you need to arrive late or leave early, still feel like we'd love to have you with us.
3. You need a place to stay!

Hotel Block Reservation Information:

We have reserved a block of rooms for WMAC at the **Embassy Suites in Atlanta at Centennial Park**. It is 1.2 miles from the pool, on the public MARTA tram route, and right on the park with the World of Coca Cola, CNN center, and the Atlanta Aquarium.

They have complimentary internet access, a hot made to order breakfast everyday, microwaves, fridges, and a rooftop pool and hot tub, sauna and steam room. They also have the ever-coveted manager's reception with free drinks and appetizers from 5-7pm every night of our stay in the hotel atrium.

LINK TO HOTEL:

http://embassysuites1.hilton.com/en_US/es/hotel/ATLESES-Embassy-Suites-Atlanta-at-Centennial-Olympic-Park-Georgia/index.do

We have reserved 2 kinds of suites at \$145 per night You can book a room with 2 double beds + full size sleeper sofa **OR** 1 king bed + full size sleeper sofa.

Lots of people split costs by sharing rooms and finding a couple roommates. While this isn't the cheapest hotel, it does have the best set up that our group wanted. If you are eager to go but wish to have less expensive choices, there are other choices online at usms.org.

To reserve a room at Embassy Suites...call the hotel (1-404-223-2300) and ask to book with the group ELMBROOK MASTERS. Group Code ELM.

If you are planning to share (don't tell who tipped you off) but don't mention the extra people...there's a bit of a fee over two adults people per room I think)

Need help? Feel free to contact Trina Schaez @ tdschaetz@yahoo.com Hope you're planning to be there !

Come to USMS SCY Nationals



Does your newsletter have a red stripe across the address label???? If so that means you have not renewed your membership in US Masters Swimming for 2010. It also means this newsletter will be last one you receive from the Wisconsin LMSC, and you may have already received your last issue of USMS Swimmer, **UNLESS** you "re-up" **NOW!** Don't miss out on important masters swimming info from these two important sources! **Re-register NOW!**

Notice the number (lack) of pictures in this edition? My "library" is depleted! Please send action, candid, head, crazy, anything shots to me for inclusion in future newsletters!

(Your editor)

Dick Pitman once used this phrase and **Jeanne Seidler** used it again when talking about the 5K and 10K swims. "We did that all important rule of competition....we signed up, we showed up, and we completed our race." By doing so they accomplished something **MOST** USMS swimmers have never done. Way to go "5K seven"! See story on Page 8.

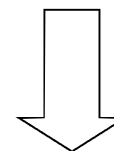
Talk Less, Swim More!

An Overview of the 2009 Wisconsin Water Warriors Contest

Stacey Kiefer

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With much thanks to several Wisconsin-based athletic facilities, **this year's Wisconsin Water Warrior contest made history.** Smashing past participant numbers with **a total of 149 swimmers**, this was the first year the contest has ever capped 100 participants...and by a considerable number! The 85 women and 64 men consisting of only 41 registered USMS members completed a grand total of 2,626,708 yards. Portage, Baraboo, Lodi, and Schroeder aquatic facilities mailed in large packets of entries with hopes of taking home the winning team title. Topping the ranks was the Schroeder aquatic facility with 723,205 yards, but not far behind was Lodi with swimmers completing 634,940 yards.

Regaining her victorious title (over both the men and women!), 42 year old **Melodee Nugent** swam all fourteen days totaling 137,400 yards (that's 78.07 miles!). This was no easy feat, as she has progressively challenged herself to more yardage than the previous year since the inception of the contest in 2004 when she swam 119,200 yards. Nugent has only been topped by one swimmer (1 time) in six years. Her post competition haircut and massage were well deserved this year! Topping the men's side was 52 year old **John Carey** of Madison. Carey swam 120,000 yards breaking from going to the pool three of the fourteen days, but putting in as much as 18,000 yards in a single day.

Of course we always have those amazing 76+ year old participants who inspire us all and deserve a special pat on the back for their job well done. This year four swimmers in our wisest category participated: **Bob Robinson, Fred Salzman, Dave Goddard,** and lone lady **Lois Goddard.**

Thank you to all who participated. It's great to hear how motivating a contest can be in getting people out of their houses and off to the pool. I especially enjoyed one small note from one of Wisconsin's most well known Master swimmers. **Ingrid Stine**, "swam more and had less time to talk"...now if only all of us could remember this!

Awards, provided by Adolph Kiefer & Associates, will be distributed to the top winner in each age group and the overall winners at the WI State Meet April 10-11 at Schroeder.

FEMALE

18-25	Team	Yards			46-55	Team	Yards	
Wendy Frank	SCH	53,350	Cheryl Zuccaro	SCH	33,000	Ann Berres-Olivotti	BAR	50,000
Valerie Adams	SCH	39,650	Erica Topps	SCH	30,300	Barb Breunig	LODI	47,000
Kelli Steenrod	CM	24,200	Joanne Faust	LODI	27,000	Elizabeth Casey	SCH	39,680
Jessica Connors	SCH	2,800	Marianne Krueger	LODI	24,000	Helmy Tennis	BAR	37,400
Cassie Ripp	LODI	1,000	Kathy Busser	LODI	23,000	Diana Carls	LODI	34,100
			Mary Bildten	BAR	21,150	Lorraine Ortner-Blake	PORT	31,715
			Kori Griffin	BAR	20,700	Julie VanCleave	ELM	30,450
			Marlene Sharkey	LODI	15,000	Suzi Green	MA	21,450
			Roxy Witzke	LODI	15,000	Janeen Meyer	LODI	21,000
			Barbara VonAhsen	PORT	10,300	Wendy Soucie	LODI	21,000
			Myrna Hooper	PORT	7,710	Angie Robert	WMAC	20,712
			Julia Jiannacopoulos	POR	7,382	Cynthia Raatz	SCH	17,100
			Carla Wiessing	LODI	7,000	Janet Molitor	BAR	15,700
			Kris Mueller	LODI	6,500	Ann Wegher	PORT	14,743
			Shannon Knehn	LODI	5,400	Lisa Krintz	PORT	13,670
			Jeff Quinlan	LODI	5,000	Connie Lange	LODI	13,400
			Krista Escobedo	PORT	4,795	Dusty Lee Grey	PORT	8,900
			Kelly Boettcher	SCH	4,600	Sarah Oberhofer	SCH	8,900
			Cheryl Bihn	PORT	4,483	Carrie Williams	LODI	7,300
			Lauren Harper	SCH	3,300	Julie Steiner	LODI	5,500
			Angela Spram	SCH	3,000	Janet Boemer	SCH	4,900
			Joyce Deedon	LODI	2,550	Patricia Jones	SCH	4,840
			Mary Callen	PORT	2,187	Amy Bubblity	LODI	4,000
			Karla Faust	LODI	1,000	Rachell Bainbridge	LODI	2,500
			Kelly Walzer	PORT	500			
26-35								
Abigail Hatcher	SCH	46,700						
Kim VonDuring	SCH	21,060						
Stacey Kiefer	CM	19,250						
Sarah Perez	ELM	16,750						
Stephanie Joyce	ELM	12,050						
Aleasha Anderson	BAR	11,300						
Angela Broadwell	PORT	8,749						
Becca Kroeger	SCH	3,000						
Kelly Steinberg	SCH	2,700						
Stephanie Clary	LODI	2,000						
36-45								
Melodee Nugent	WMAC	137,400						
Brenda Schick	BAR	51,000						
Charlotte Reddeman	LODI	39,700						

46-55 (Cont)	Team	Yards
Debby Steinke	LODI	1,500
Terry Haag	LODI	1,340
Laura Moeller	LODI	1,000
Denise Sharpee	LODI	400

56-65

Kathy Martin	LODI	30,800
Gail Bird	BAR	28,200
Mary Anne Stewart	BAR	18,000
Jeanne Seidler	SCH	16,180
Marianne Moss	LODI	4,800
Cynthia Reef	LODI	2,500
Pat Otte	LODI	2,000
Mary Ellen Ruesch	LODI	200

66-75

Ingrid Stine	WMAC	48,201
Joanne Beers	LODI	18,000
Juli Manchestor	LODI	14,500
Anna Mae Axness	PORT	8,093
Joyce Prosa Towling	LODI	600
Betty Peterson	LODI	400

76+

Lois M Goddard	SCH	17,500
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MALE

18-25	Team	Yards
Dan Timke	CM	48,300
Alex Nelson	CM	48,050
Ian Rowley	SCH	20,800
Andy Steenrod	CM	20,600
Jeff Benson	SCH	9,400
Mitchell Walz	LODI	5,000

26-35

Darryl Stich	ELM	25,900
Matthew Guetzing	SCH	14,800
Cody Sweet	BAR	13,700
Jason Mayer	SCH	12,480
Ben Uphoff	SCH	10,000
Octavio Perez	ELM	6,200

36-45

Paul Sharkey	LODI	72,500
Larry Lanza	SCH	29,200
Emil Weatherbee	PORT	14,000
Robin Kiefer	CM	10,600
Michael Shortreed	PORT	10,300
Randy Klopfer	SCH	8,600
Jeff Quinlan	LODI	5,000
Scott Griffin	BAR	5,000
Peter Romano	SCH	4,700
John Kolinski	LODI	2,000
Paul Havlik	PORT	546

46-55	Team	Yards
John Carey	MA	120,000
James Biles	SCH	43,700
Scott Richards	CM	20,750
Ric Johnson	SCH	20,500
Paul Karis	LODI	18,900
Jeff Nelson	CM	18,600
Joe Garcia	SCH	17,500
Jay Urbain	SCH	17,400
Eric Moen	LODI	14,500
Fred Raatz	SCH	13,400
Tom Moutarie	SCH	12,975
Jeff Filter	BAR	12,750
Rayo Boursier	PORT	12,576
Joe Bainbridge	LODI	12,500
Andy Frazier	SCH	11,850
Scott Stauske	SCH	10,200
Kyle Knuteson	LODI	10,100
Andy Seter	SCH	7,650
David Weber	LODI	6,500
Steve Ross	PORT	6,380
Lee Davis	SCH	2,100
Tom Lange	LODI	1,500
Robert Gebert	LODI	1,450

56-65 Team Yards

Richard Barry	WMAC	49,650
Steve Justinger	MA	38,800
Bill Beers	LODI	27,000
Dennis Olsen	BAR	22,500
Francisco Lopez	SCH	16,900
Ron Martin	LODI	16,400
Dennis J Lindsay	BAR	14,000
David Tamminga	PORT	12,685
Dale Herman	SCH	8,800
Leon Laurenz	LODI	4,100
John Zippel	SCH	3,700
Tom Pffifher	LODI	1,500

66-75

Don Jackson	SCH	35,990
Ernie Meyer	LODI	33,000
James Arnold	SCH	28,000

76+

Bob Robinson	PORT	18,236
Fred Salzman	WMAC	11,300
Dave Goddard	SCH	10,000

TEAM RESULTS

SCH = Schroeder	723,205
LODI - Lodi	634,940
BAR = Baraboo	321,400
WMAC = WI Masters Aquatic Club	267,263
CM = Carthage Masters	210,350
PORT = Portage Team	197,950
MA = Madison Area	180,250
ELM = Elmbrook Masters	91,350

News From Carthage Masters

In 2009 Carthage Masters swimmer **Andy Steenrod** took first place in his age group in the USMS sponsored One Hour Swim by completing 5,225 yds. During the 2010 One Hour Swim **Andy** swam 200 yards further for a total of 5,425 yards. That by itself would be a huge accomplishment—but tack on to it that included in those 5,425 yards was one 50 in which he swam backstroke and another time in which he stopped to have some water! Results for 2010 have not been published yet—so we don't know if Andy's yardage will hold up for another first place finish this year. Regardless—that's a lot of yardage in 60 short minutes!

On a different note, **Stacey Kiefer** was nominated and selected to be a "real athlete swimmer" in an event sponsored by the Jockey Company. As a result, she appears in Jockey underwear performing as a swimmer! There is a video of her photo shoot which you can access. Go to <http://blogjockey.com> and scroll down to the Real Athletes Section. Be patient as she is near the end of the video They obviously saved the best for last.

West Bend SCM Meet

The West Bend Short Course Meter Meet, held in early December, 2009, was once again a record book rewriter! A good turnout of swimmers made for a fun filled and competitive meet which produced **49 new individual SCM records and 5 new relay records**. Congratulations to the following new record holders! **Women:** 19-24: **Jessica Connors**, 50 back, :33.74; **Val Adams**, 100 back, 1:14.95; 400 IM, 5:41.16; 25-29: **Stephanie LaGue**, 100 free, 1:05.84; 200 free, 2:25.75; 35-39: **Trina Schaez**, 100 free, 1:03.12; 400 free, 5:50.61; 800 free, 11:55.58; 1500 free, 22:03.34; 100 breast, 1:21.25; 55-59: **Melinda Mann**, 50 breast, :38.11; **Men:** 25-29: **Mike Bently**, 200 IM, 2:22.09; 30-34: **Darryl Stich**, 50 breast, :32.50; 100 breast, 1:11.72; 50 fly, :27.49; 100 fly, 1:02.12; 200 IM, 2:20.94; **Maurice Tetzlaff**, 200 breast, 2:56.92; 400 IM, 5:37.36; 40-44: **John Fons**, 200 free, 2:14.96; 45-49: **James Biles**, 200 free, 2:12.74, 800 free, 10:00.76, 1500 free, 19:38.44; 100 IM, 1:10.16; 200 IM, 2:31.91; 50-54: **Michael Huck**, 50 free, :28.49; **David Clark**, 800 free, 11:22.25; 1500 free, 21:20.32; 200 IM, 2:50.58; 400 IM, 6:03.97; 55-59: **Geoff Mykelby**, 50 back, :30.40; 50 breast, :37.61; 50 fly, :29.28; 100 IM, 1:11.28; 60-64: **Greg Hollub**, 100 free, 1:08.21; **Bill Koller**, 100 IM, 1:20.74; 65-59: **Dick Pitman**, 1500 free, 25:01.30; 50 fly, :37.81; 200 fly, 3:37.81; 400 IM, 7:43.22; **James Dannenberg**, 100 breast, 1:27.66; 70-74: **Bela Sandor**, 200 back, 3:32.91; 80-84: **Morgan Byers**, 100 back, 2:09.35; 200 back, 4:38.27; 100 IM, 1:35.41; **Alex MacGillis**, 50 breast, :54.20; 100 breast, 2:02.61; 50 fly, :48.52; 100 fly, 2:13.56.

Relay records were set by: **Schroeder women's 200 MR**, 120-159, 2:31.32 (**Jessica Connors, Val Adams, Kelly Boettcher, Erica Topps**); **WMAC Men's 200 FR**, 120-159, 1:52.17 (**Darryl Stich, Maurice Tetzlaff, Paul Robey, John-Eric Andersson**); **WMAC Men's 400 FR**, 160-199, 5:04.48 (**Jason Meyer, Gregg Gauss, Robert Selingo, Dave Lundeman**); **WMAC Mixed 800 FR**, 200-239, 11:30.79, (**Suzi Green, Steve Justinger, David Watts, Kim Fitzgerald**); **WMAC Mixed 400 FR**, 200-239, 5:24.31, (**Martha Oppeneer, Steve Justinger, Suzi Green, David Watts**).

Congratulations to our new record holders! Also, **James Dannenberg** set a new 200 meter breaststroke record for 65-69 while swimming in a meet in California on Nov 18, 2009. His new record time is 3:21.96. Congratulations James!



Schroeder Coach **Jessica Connors** (left-on deck) confers with (from top to bottom) **Val Adams, Andy Seter, James Biles, Jeanne Seidler, and Don Jackson** during a break in a recent workout. They, along with **Kim Von During** competed in the 2009 Postal 5K swim.

EMERGENCY RULE CHANGE

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved emergency changes to the USMS swimwear rules. Basically, the technical suits have been banned for LCM and SCM competition effective immediately and effective June 1, 2010, for SCY competition. You can get all the specifics on the usms.org website (go to Emergency Rule Change). Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer. The new swimwear rules will not govern the One Hour Swim being conducted January 2010. Also, while a nose clip and ear plugs are allowed arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed. If you have any questions or concerns about the suit you have and want to wear be sure to check out all the nitty-gritty details on the USMS website.



7 From WMAC Attack 5K and 10K Swims!

Jeanne Seidler

For the first time since 1999 Wisconsin had swimmers competing in the USMS National Championship **5K and 10K Postal Swims!** **Jeanne Seidler**, (60-64), **Don Jackson**, (65-69), **Jessica Connors**, (18-24), **James Biles**, (45-49), **Andy Seter**, (50-54), **Valerie Adams**, (18-24), and **Kimberly VonDuring** (30-34) took on the challenge and competed in fields of 61 women and 63 men nation wide in the 10K and 138 women and 128 men in the 5K. Given there are 50,000 USMS registered swimmers this is not a very big percentage at all willing to take on the events which needed to be swum in a 50 meter pool. **James** is the first ever recorded WMAC swimmer to have competed in the 10K postal event. One WMAC swimmer swam the 5K in 1999, but there have been no other WMAC swimmers to enter the 5K until this year—when there were seven of us! 5K Results: **James, 6th; Jessica, 3rd; Jeanne, 11th; Don, 6th; Andy, 20th; Val, 2nd; Kim, 3rd.** **James** took 2nd in the 10K. **Val, Jessica, and Kim** took 2nd in the women's 18+ relay; **James, Andy, and Don** were 7th in the men's 45+ relay, and **Jessica, James, Jeanne and Don** were 4th in the 18+ Mixed Relay. Congratulations to these ambitious WMAC Swimmers!

**2010 WISCONSIN MASTERS STATE CHAMPIONSHIP
SHORT COURSE YARDS
APRIL 10-11, 2010**

SPONSORED BY: The Wisconsin Masters Aquatic Club

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-005

LOCATION: Walter Schroeder Aquatic Center (Website: <http://wsacltd.org/>)
9240 N Green Bay Road, Brown Deer, WI 53209-1104

PARKING AT THE POOL: See Facility Map posted on Wisconsin Masters website. Turn east from Green Bay Road (Hy 57) to Schroeder Drive at the marquee displaying YMCA Healthy Lifestyle Village, Wheaton-Franciscan Healthcare, Rite-Hite YMCA and Walter Schroeder Aquatic Center. Proceed to the east side of the Aquatic Center to park and enter the building. Overflow parking is on the west side.

TIME: Warm-up 10:00AM, Meet starts at 11:00AM on both Saturday and Sunday.

ENTRY OPTIONS: Enter On-Line via www.clubassistant.com/meets OR Enter via mail using the Wis. Masters Swimming Universal Entry Form, one swimmer per form.

FACILITIES: Two 8-lane, 25 yard pools with anti-turbulent lane guides, starting blocks and backstroke flags, plus one 2-lane, 20-meter pool between the 25-yard pools. Competition will be held in 8-lanes of one 25-yard pool.

ELIGIBILITY: Open to all USMS-Registered Masters Swimmers 18 years old or older. All mail entries must include a copy of the swimmer's 2010 USMS registration card. On-Line entries are verified using the USMS Registration Database. Register with USMS before registering for this meet if not already registered.

RULES: Official U.S. Masters Swimming 2010 Rules will govern this meet. All events will be timed finals.

SEEDING: Heats will be seeded slowest to fastest. Please submit a reasonably accurate seed time. An "NT" will be seeded in the slowest heat. Entries for the 1650 Freestyle must have a seed time which, at the discretion of the meet director, may be subject to change based on prior performances. Age groups and sexes will be combined to expedite the meet. Heat sheets will be provided.

TIMING: Automatic timing system backed up by watches.

WARM-UP PROCEDURE: Lanes 2 and 7 will be start and sprint lanes with swimming in one direction only and exiting to the side or end. Lanes 1, 3-6 & 8 will be for circle swimming only. NO DIVING STARTS from the blocks or the deck in circle swimming lanes. Entry into the pool must be feet first a cautious manner. Swimming aids, e.g., paddles, pull buoys, kickboards, fins, etc., may not be used at any time. During the warm up period and during the meet, lanes in the center pool and a designated part of the south pool will be used for warm up and cool downs, circle swimming only, no diving.

ENTRY FEE: \$4.00/individual event plus a \$15.00 pool user surcharge. DECK ENTRIES FOR INDIVIDUAL EVENTS WILL NOT BE ACCEPTED. Fees must accompany entries. CHECKS PAYABLE TO WMAC.

ENTRY LIMIT: Five (5) individual events per day plus relays. THE 1650 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED. Each swimmer entered in the 1650 will be responsible for providing a person to count his/her laps. The 1000 split will be recorded.

RELAYS: Submit relays at the meet. Swimmers may swim only one 400 Free, one 400 Medley and one 800 Free relay. Relay teams for the 400/800 may be all men, all women or mixed. Mixed Relays must consist of 2 men and 2 women. Swimmers may swim four 200 relays, as the mixed and male/female relays are separate events (See Events # 4, 9, 16 and 22.)

ENTRY DEADLINE: Mail entries must be received by Monday, April 5th, 2010. On-line entries will be cut-off on Sunday, April 4th, 2010 at 11:00PM central time.

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

MEET CO-DIRECTOR: **Eric Jernberg**, email: jernberge@yahoo.com

LIABILITY RELEASE: The LIABILITY RELEASE must be signed as-is without any alterations. Remember to include a copy of your USMS registration card with mailed entries.

AWARDS: INDIVIDUAL EVENTS: Ribbons 1st-3rd. RELAYS: Ribbons for 1st to 3rd place.

CONCESSIONS: The **Kiefer Swim Shop** will be open. Soft drink vending machines with Coca-Cola products will be available. No food service will be available at the meet.

HOTELS: See WSAC website for hotels. The Holiday Inn Express/Candlewood Suites is closest to the WSAC.

SATURDAY SOCIAL: Taylor & Dunn's Public House, 2 miles north on Hwy 57 (Green Bay Rd).

MEET RESULTS: Check the Wisconsin Masters Web site, www.swim-wimasters.org, and the USMS Event Rankings and Individual Results website about 24-48 hours after conclusion of the meet.

TECHNICAL SUITS on the FINA approved list published in June, 2009, may be worn at this meet.

SCHEDULE OF EVENTS

Saturday, April 10

1. 50 yd freestyle
2. 200 yd IM
3. 100 yd backstroke
4. 200 yd Medley Relay (Mixed)
5. 200 yd breaststroke
6. 200 yd freestyle
7. 100 yd butterfly
8. 50 yd breaststroke
9. 200 yd Free Relay (Male/Female)
10. 400 yd Medley Relay*
11. 800 yd Free Relay*
12. 500 yd freestyle

Sunday, April 11

13. 50 yd butterfly
14. 400 yd IM
15. 100 yd freestyle
16. 200 yd Free Relay (Mixed)
17. 200 yd backstroke
18. 100 yd breaststroke
19. 100 yd IM
20. 200 yd butterfly
21. 50 yd backstroke
22. 200 yd Medley Relay (Male/Female)
23. 400 yd Free Relay*
24. 1650 freestyle

*Swimmers will be permitted to swim in only one 400 Free Relay, one 400 Medley Relay, and one 800 Free Relay. Relay teams may be all men, all women, or mixed. Mixed relays must consist of 2 men and 2 women.

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 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 _____

BIRTHDATE _____ 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
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

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

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUB, 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 _____

Beautiful St. Croix

Julie Van Cleave and Jessica Connors



Valerie Adams, Cheryl Zuccaro, Misty Human (Sydney 200 fly gold medallist), Julie Van Cleave, and Jessica Connors enjoy some time together at the 2009 St. Croix open water swim in October.

Once again **Jessica Connors** from Schroeder kindly organized the trip to St. Croix, Virgin Islands for the October 18, 2009, race. There was no hurricane this year (last year's swim was affected by Hurricane Omar) so instead of being greeted by boats on the mountainsides and debris along most of the roads we were treated to beautiful blue skies, slight winds, warm water, and mildly choppy seas (considering it is the ocean!). Prior to the race our group practiced together in the ocean at the Buccaneer Hotel and enjoyed seeing fish, rays, and turtles as we swam. We also had a great workshop with **Sydney Olympic Gold Medalist Misty Hyman** as well as **Alex Kostich**, a top world-class open water swimmer.

This year on race day we were excited to be dropped on the beaches of Buck Island, an island just 2 miles off the coast, to complete the original route for the race that would bring us over the beautiful coral reefs of the area. In fact, the proceeds from this race are donated to protect this very reef and others in the Caribbean.

As for the race itself: The waters were a little rough, wavy and with a strong current. However, **Valerie Adams** was the 2nd female finisher overall and also 2nd in her age group (19-39) in 2:07.50. **Julie Van Cleave** placed 5th in the 40-59 group in 2:39.03 and was the 14th female finisher overall. **Tony and Cheryl Zuccaro** came to the finish line together in the 2 mile race in 1:39.53 and while **Jessica Connors** was entered she was unable to compete due to an injury. Instead of swimming she volunteered to be a kayak support person and was out on the race course helping all of the swimmers.

We all loved the time that we had outside of the race just as much as the swim itself. Trips to different restaurants and far away beaches really added excitement to the trip. Most of all, the people you travel with really do make the trip! Maui Channel swim next year anyone???

James Biles-Postal Challenge

This should make most of us feel like a slouch! **James Biles** (45-49) appears to be the only Wisconsin registered swimmer to successfully compete in and complete the USMS Postal Challenge in 2009. This involves 5 postal events—the one hour swim, 5K, 10K, 3,000 yd swim and 6,000 yd swim. The overall Postal Challenge results had not yet been tabulated as of “press time” but we do know James placed 4th in the 1 hour swim, 6th in the 5K, 2nd in the 10K, 6th in the 3,000 and 2nd in the 6,000. Points are awarded for each place in each swim with the winner having the highest accumulated point total. After a season of swims like this it is no wonder James needed shoulder surgery! Congratulations, James, and we'll look forward to seeing you back in the pool soon!

WISCONSIN MASTERS SWIMMING
11917 W. RAINBOW AVE
WEST ALLIS, WI 53214