

Wisconsin Masters Swimming

October/November 2013

O N D E C K . . .

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October, already, and it's time to gear up again for a Fall-Winter-Spring of swimming. I hope that everyone is back in the pool after the summer break and August pool closings. I'm getting acclimated to the early mornings in the pool, again, which I really enjoy.

This newsletter has reports from the Open Water swims held in August, plus the USMS Nationals. In September, 6 delegates from the Wisconsin LMSC attended the United States Aquatic Sports Convention from which we bring back new rules and legislation. Finally, the Wisconsin LMSC Annual Meeting was held on September 21st at which LMSC officers were elected, the meet schedule was voted on and several matters of LMSC business were discussed and planned for the 2013-2014 season.

Congratulations are extended to two individuals recognized at the USAS-USMS Convention. Dick Pitman was a 2013 recipient of the Dorothy Donnelly Service Award. Don Jackson was a 2013 recipient of the Kerry O'Brien Coaches Award. It's great to see these individuals recognized, and these are the first two of what I expect will be more recognitions in the future. Other Wisconsin recipients of the Dorothy Donnelly Service Award in the past have been John Bauman (2011) and Jeanne Seidler (2008).

This season, on-line entries will be used for all meets being held in the Wisconsin LMSC and not just for the State Meets and the MOWS events. Swimmers who prefer to send a mail-in entry form with a check may still do so. But, for those who prefer the convenience of on-line meet entry, each meet will have on-line entry available through <http://www.clubassistant.com> beginning November 1st with the December 7th Short Course Meters Meet at West Bend West High School. Look for links to the meets on the Wisconsin LMSC website, www.swim-wimasters.org in the future, on the USMS Calendar and also in this Newsletter. The Newsletter will continue to publish meet information for all the Wisconsin meets along with the optional entry forms. We expect that with the convenience of on-line entries, more swimmers may participate in the meets offered in Wisconsin.

In 2013, USMS changed insurance carriers which resulted new requirements for excess personal accident insurance coverage of swimmers participating in supervised USMS practices. A supervised USMS practice means that every swimmer in the lane is a USMS member or USA Swimming member and the coach is standing on the pool deck and directly supervising the swimmers. In the past, the coach of the supervised USMS practice could be either a USMS member or a USA Swimming coach. Beginning this year, the coach supervising the practice must now be a USMS member even if the coach is a current USA member coach. All of the information regarding the USMS insurance benefits can be found in the USMS Guide to Opera-



Jeanne Seidler

ations Insurance Section (http://www.usms.org/admin/lmschb/gto_ins_general.pdf). Please read this important paper as it will answer any questions with regard to excess personal accident insurance far better than this paragraph can in the Wisconsin Masters Newsletter. Also, the facility in which the supervised USMS practices are held may request a certificate of insurance naming them as an additional insured with regard to liability during the supervised USMS practice. If this is your situation and the facility has requested a certificate, please refer to the PDF noted above as it will explain how to obtain the certificate. A new certificate must be obtained each year for those facilities requesting certificates. Please coordinate obtaining any certificates through John Bauman, Registrar and primary contact for the on-line certificates system.

The 2014 USMS Registration for individuals begins on November 1st of 2013. This year, the USMS registration for workout groups/chapters will also be done on-line beginning October 15th. A reminder is being e-mailed to all workout group contacts about the on-line registration and also about the 2013 coached USMS workout insurance requirements. The workout group must be registered with USMS before any athletes can register with the workout group. When you register beginning November 2013, the USMS registration is valid for the rest of 2013 and for the entire year of 2014.

The Water Warriors Fitness Event will again be offered this year to Wisconsin LMSC members. The event begins November 1st so that swimmers can register with USMS and participate with the new registration. Last year there were 51 participants. This year I hope to see more participants. The group I swim with always designates the two week period in which we all keep track of our yards. It's fun to do with a group as we all challenge each other. See you at the December 7th SCM Meet at West Bend HS, and don't forget to swim Water Warriors for fun, fitness and health.

USMS Kerry O'Brien Coaching Award

Coach Donald B. Jackson of Wisconsin was awarded the Kerry O'Brien Coaching Award at the United States Aquatic Sports Convention held Sept 12-15. Donald B. Jackson coaches at the Walter Schroeder Aquatic Center. Don works with the swimmers who are new to masters swimming or who have completed the 8-week novice program at the Schroeder pool. Most new swimmers know the strokes, more or less, and Don then coaches the new swimmers through the transition from a stroke swimmer into being a masters swimmer able to do intervals, understand the workout shorthand, understand the lane protocols while building endurance so they can move up in lanes to the more challenging workouts. Without that transition step, swimmers would not be able to assimilate into a masters program. Everyone looks to Don for his leadership. He's a volunteer coach with a great love of the sport and willingness to share his knowledge to make swimmers achieve in masters swimming.



USMS Dorothy Donnelly Award

Dick Pitman received the USMS Dorothy Donnelly Award at the USMS Convention in September. He has been a member of USMS since 1984, served as Wisconsin Chair for 10 years, was the commissioner of Badger State swimming for 23 years, and a national legislation committee member since 2007. In addition, Dick helped promote the Madison Open Water Swim, and twice was granted the 1-3 mile USMS Open Water Championship. Dick continues to promote swimming in and around Madison, and has been a valuable member of the Wisconsin LMSC.

Wisconsin Records—Short Course Yards

Women 80-84 100 BACK 2:30.82 Janice Wolowicz 7/25/2013 (Ohio)
3827 Women 80-84 200 BACK 5:23.16 Janice Wolowicz 7/25/2013 (Ohio)
3829 Women 80-84 50 BACK 1:10.90 Janice Wolowicz 7/25/2013 (Ohio)

Wisconsin Records— Long Course Meters

Men 30-34 100 BACK :55.30 Adam Mania 6/28/2013 (Indianapolis)
Men 30-34 50 BACK :25.13 Adam Mania 6/28/2013 (Indianapolis)
Men 60-64 1500 FREE 23:46.88 David Watts 8/23/2013

Relay Swim Across Lake Michigan Melodee Nugent

Last year I was asked by an Illinois friend, Michele Milne, about doing a relay swim across Lake Michigan. This past spring, she asked me again about taking part in the relay with a group of swimmers from Evanston for **Swim Across America** (the money raised would go to Rush Presbyterian in Chicago for cancer research). I have heard of the individual event, but new this year was a relay swim. In order to participate, each participant needed to raise \$2,500. Having three kids, I understand the struggles of asking family and friends to help fundraise. My initial response was no because I knew raising that amount of money would be a difficult task to accomplish. Fast-forward to the end of June when I was e-mailing her about something else and casually mention "If anyone pulls a muscle or can't swim, let me know". The next day she told me I was in because one of their swimmers had to pull out, and their group had already far exceeded the fund-raising goal (in the short amount of time I was able to fund-raise \$900+). The date for the swim was July 19th, 2013.

I met the group a couple times in the beginning of July. We were interviewed by CBS Chicago three days before the scheduled swim for about 3 hours. That was fun and we spent most of our time in the lake with water that looked like glass. The view of Chicago was beautiful. We really had no idea what type of boat would be our escort boat. We soon found ourselves boarding a 52 foot yacht named, "The Mirage". Our captain and first mate, Sunny and Cathy, were first class. I am sure our expressions were priceless when we boarded, and all we thought about was how cool is this.

I headed to Evanston on Friday afternoon for the scheduled swim with my two daughters and a couple of their friends, only to find out our swim was cancelled because of storms heading the same direction we would be swimming. How could this be, it was beautiful outside, but as predicted, the storms hit that night. This was the very first swim that was cancelled on me (I have had delays, but never a cancellation). We were bummed, but we did get to participate in the individual swim for **Swim Across America** the next morning. This was the same course that is used for the Big Shoulders swim, but with a much more relaxed atmosphere. We all threw memory rocks into the lake with names of people whose lives were affected by cancer. Of course, the weather was absolutely perfect.

The swim was rescheduled for August 16th, almost a whole month away. During this time, the organizers worked on more of the logistics for the event. Mark Hauser was in charge and it turned out to be a much bigger undertaking that he ever expected. There were three teams that wanted to make the crossing, which started in Chicago and finished in Michiana, Michigan, for a total of 42 miles. It was highly emphasized that this was not a race, the goal was for us to make the crossing. There were 7 in our group. We were paired up with swimmers of similar speeds. The first leg of the race would be the longest for everyone, based on the swimmers speed. For me it was a 70 minute swim in the dark. This was my first time swimming in the dark of night and it was not as scary as I thought it would be, probably because I knew there was nothing that could eat me in the water. The water temp was a surprising 76 degrees and there were very little waves. My partner, John Martin, was a perfect swimmer for me. We swam well together, not only because we swim at a similar speed, but he breathes on his left and I breathe on my right, so we could always keep an eye on each other. To help those on the boat see us, we put reflectors on our wetsuits (which was required), wore a light on the back of our goggles and wore glow sticks on our wrists. The moon was out and it was an amazing feeling swimming in the dark. We were also fortunate to have the sunrise in the morning. By then the water temp was dropping, but didn't go below 67 degrees. The rest of the legs were 30 minutes. During our breaks, we did have a chance to rest. The weather could not have been better. It was incredible that we could still see Chicago 30+ miles away and also see where we were heading. It took us a total of 23+ hours and one minute to do the crossing. All of us celebrated in New Buffalo, Michigan.

The team I joined from Evanston call themselves, "Open Water on Lee Street (OWOLS)". They practice in Lake Michigan on Lee Street. How nice it would be to go a couple minutes from your home and hop in the open water. They fund-raised \$63,000+ for cancer research. They are an incredible group and I don't know how they were able to accomplish raising this much money. John Schoser alone raised \$27,625! Even though I love the ultra-marathons and this was about a 6.5 mile swim for me, it was definitely the highlight of my summer. I made many friendships that I am sure will last forever.



OWOLS Team: John Martin, Melodee Nugent, Kendra Robinson, John Schoser, Chip Gilbertson and Michele Milne.



23 hours later we came into shore in Michiana, MI.

USMS Top 10 SCY

Congratulations to those swimmers who achieved a USMS top 10 time. You may view the times and events using this link: <http://www.usms.org/comp/tt/toptenlmsc.php?Year=2013&CourseID=1&LMSCID=20>. The women were Rebecca Thompson, Jessica Connors, Erin Schneider, Chris Stich, Sarah Perez, Julie Hall, Laurie Alioto, Melinda Mann, Candy Christenson, Nancy Kranpitz, and Carol Reinke. The men were Connor Andrews, Philip Davies, Andrew Toay, Kevin Ewald, Adam Mania, Eric Johnson, Sean Tepper, Darryl Stich, James Biles, Geoff Mykleby, Greg Hollub, Bela Sandor, Gary Bezella, George May, Fred Salzmann, John Bauman, Alex MacGillis, and Bill Payne.

USMS SCY All Americans

All Americans are those who swam the fastest time in an event in their age group. WMAC All Americans are Rebecca Thompson, Melinda Mann, Laurie Alioto, Adam Mania, and Geoff Mykleby. Relay All Americans are Eric C Johnson, Kevin A Ewald, Philip C Davies, Adam M Mania, Greg M Hollub, Dick M Pitman, Mike B Ziniel, Art Luetke, John H Bauman, Bela Sandor, Alex J MacGillis, Tom Michelson, Rebecca M Thompson, Christina Wright, Bailey M Nennig, Susanne C Paasch.

USMS Long Course Nationals

One WMAC swimmer attended the USMS Nationals at Mission Viejo. Nancy Rezmer (Appleton) competed in the Women's 55-57 50m freestyle and 50m backstroke, winning a 9th place in the 50m backstroke. The meet had 1,392 participants which is huge for a summer nationals.

Big Shoulders Melodee Nugent

Did we get lucky this year with excellent conditions for the 23rd Annual Big Shoulders Swim on September 7th. The sun was shining most of the morning, except for the rain cloud that brought a brief sprinkle. The water temperature was 72 degrees with the air temperature around the low 80s. This event is very well organized, at one point there were close to 1,000 swimmers in the water at one time swimming either a 2.5K or 5K. There were 8 different waves that went off every three minutes between 8:00 and 8:28. It is a fun event and I highly recommend it for those that want to give it a try. Just make sure you register early because this event sold out in the middle of June. Many swimmers had personal best times because of the great weather conditions. Thirty two WMAC swimmers participated, with a first place age group finish by Meghan Walsh, and third place finishes in their respective age groups by Melodee Nugent, Ansel Hillmer, Jeffrey Rogers and James Biles .

Swim for Freedom

Thank you again to everyone that participated and/or supported our 5th annual Swim 4 Freedom this year. The website is now updated with the final results of both the swim and the fundraising effort www.swim4freedom.org. I'm happy to report that as of today we are just over \$34,000 raised for the SOWF – Way to Go! That is a full year scholarship and then some. Thank you so much for the hard work that everyone put in to raising money. I know the foundation is sincerely grateful for our event and they have expressed their thanks and appreciation to me many times. Check out our pre-race pic on their website www.specialops.org. Swim 4 Freedom is all about supporting our Elite Warriors who risk everything to keep our country safe – let's continue to support them by swimming a "few" miles each year. Next year will be our 6th annual – currently scheduled for Sun Aug 3rd, 2014.

Madison Open Water Swim



The Madison Open Water Swim was held on Aug 14. It was a beautiful day, with flat water, and a perfect swim temperature.

Results are posted at http://www.performancetiming.com/admin/results/age_group%5B48%5D.htm.



A Moonlight Swim at Devil's Lake

Lorraine Ortner-Blake

A moonlight swim is, by its nature, late in the evening so I should have known better. I'd rather get up at five than stay up late, so a moonlight swim didn't fit my inner clock. Still, how could I not try it?

Shelly Deyo (Baraboo) organized a small group for a moonlight crossing of Devil's Lake. Five swimmers and four escorts decorated themselves with glow sticks and started the out-and-back lap of two miles. At 8:15 the sky was fading and a pale moon was rising in the east. We tiptoed into a rocky beach on the north shore and started.

Anne Berres-Olivotti (Baraboo, one of those swimmers who takes home medals) swam with Michael - they are in their own league. We had discussed at the start that Anne and Michael would NOT wait for us at the opposite shore, but would turn around and we'd join them as they passed. I think my expectations for this slightly abbreviated lap made me impatient to see them. I have to remember never to be impatient while swimming - it makes things take longer! I learned later that Anne and Michael finished the crossing, got out of the lake and sat on a picnic table on the south shore (probably told long stories of past swimming glories) and admired the gloaming, and then got back in and swam to Rayo Boursier (formerly Portage, now Peoria) and me as we finally made it to the south shore. That Anne is amazingly fast.

Rayo and I have swam together often for years; our paces are usually similar. Tonight she was swimming well but I was feeling hot (water about 80, air the same) and crabby and tired (and impatient) and needed to keep my head down to keep pace. No moon gazing or dallying. I did a lot of self talk to keep going, I was sorely tempted to quit but there weren't a lot of options that far out. My mind kept telling me it was time for bed and I had to repeatedly push that thought away. I was churlish-warm, even in just a capri wetsuit.

We got to the south shore about 8:50 or so; the sky was darker and the lights of the shelters on the north shore were pulling at me like a soft bed, ghostlike, a long mile away. Our escort was now paddling between Rayo and me. This placed him on my non-breathing side so I couldn't have seen him even if it had been light out.

Perhaps it was the slightly cooling air of post-sunset, or perhaps not seeing my companions with their faster pace, but I felt better, cooler, more able to be patient and focused for the return leg. I sited the glow of the shelter--a blur--but kept my head down as much as possible. The lights got bigger slowly, the night darkened. I enjoyed the blackness and the feeling of being alone. This was the best part of the swim.

After, on shore, goodbyes were brief. Boat loading, a few hugs. I was zombie-like and past brain haze into slumber zone. Almost nauseated with sleepiness, I hit bed around 11, glad I had done it, but looking forward to sunrise swims in the future.

New Masters Team Opportunity

Announcing a NEW Masters Swim Group! Tri Faster has started a swim group out of both Greenfield High School and Noyes Pool (Milwaukee), which are both nice 8-lane lap swimming pools.

The group originally started with primarily triathletes but now is a full fledged Masters swim group that plans to target Masters meets, open water swim and other Masters events starting in January 2014. The competitions are optional, but encouraged.

Contact for Tri Faster: Lauren Jensen, PT, shark@trifaster.com, www.trifaster.com, 414-427-1092

Antigo Swim Club Splash N Dash

Angela Hansen

This year, at the prompting of my poolmates, I added running to my swim workout (most of the people who swim at my pool are triathletes). I ran a few 5k's to test out my legs, running is okay but I still prefer to swim. So when the opportunity to swim and run in one event came close to town, I saw this as my chance to do my first multi-sport.

The Antigo Swim Club ran the first Splash N Dash, a half mile swim and 5k trail run at Jack Lake in Langlade County, July 13, 2013. This is a fundraiser for the club. This was a great experience. The event was professionally timed and very well organized. I do wish someone had explained to me exactly what a trail run involved however. The pre-race meeting talked about single trail sections and a logging trail, and even a foot bridge that may be a bit wet. Yet all this information did not prepare me for what was ahead of me in my first trail run.

My goal for this day of firsts was simple, finish in under an hour. I was in the second wave, took off from the beach and settled into my swim. A quarter mile out along a line of kayaks around a buoy and back along the same kayaks. The transition area was small but only a few did both the swim and the run. For the run my strategy was to run a mile, give myself permission to walk for a few minutes and run for another mile. I'm not sure what propelled me but I didn't need to walk after the first mile, nor the second. I was able to run the entire 5k. Through the woods, over the tree stumps, along the single trail that was on what I would describe as being on the edge of a cliff, I kept my feet moving. I remember telling one of the volunteers, "over the river and through the woods."

In the end I met my goal I finished in under an hour and took second in my age group. I also had a great time and can't wait for next year.

2013-2014 WI Masters Meet Schedule

Dec 7th (Sat) SCM West Bend HS

Jan 5th (Sun) YMCA @ Pabst Farms, SCY

Jan 26th (Sun) Oshkosh YMCA, SCY

Feb 22 (Sat) Madison Monona Grove HS

Mar 2 (Sun) Whitefish Bay HS, SCY

Mar 29-30 (Sat/Sun) WI-Masters State SCY Champs at Schroeder

Apr 5 (Sat) Baraboo Middle School, SCY

Apr 10th-13th (Thur-Sun) YMCA Masters at Sarasota, SCY

May 1-4 (Thur-Sun) USMS Spring SCY Nationals, at Santa Clara, CA

June 21 (Sat) WI Masters LCM Champs @Schroeder

Aug 3-10 (Sun-Sun) World Masters Games, Montreal, Canada

Aug 13-17th (Wed-Sun) USMS Summer Nationals (LCM) at University of Maryland, College Park, MD

August TBD MOWS Open Water

The Wisconsin Water Warriors

2013

Date: November 1, 2013 – December 31, 2013

Place: Your local pool

The goal of this swim is to swim as many yards as you can. Challenge yourself like you have never challenged yourself before. Be motivated to swim during the upcoming holiday season, so you don't feel guilty about indulging. You can choose any 2-week time period (14 consecutive days) of swimming between November and December of this year. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the New Year. There will be great prizes awarded. Overall teams logging the most yards will also be recognized.

This event is only open to **Wisconsin USMS registered swimmers**. If you would like to join USMS, go to www.usms.org and click on the "Join/Renew" button.

To participate in the event, simply e-mail or mail your results to (by January 15 th):	Day 1 _____
Melodee Nugent	Day 2 _____
577 W30745 Mosher Dr	Day 3 _____
Mukwonago, WI 53149	Day 4 _____
E-mail: WIFitness@usms.org	Day 5 _____
	Day 6 _____
Information needed for results include:	Day 7 _____
Swimmers Name _____	Day 8 _____
E-mail address _____	Day 9 _____
	Day 10 _____
Home address _____	Day 11 _____

_____	Day 12 _____
Your age on the last day of your 2-week swim _____yrs	
Gender <input type="radio"/> Male <input type="radio"/> Female	Day 13 _____
	Day 14 _____
Specify dates of 2-week swim _____	
**Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.	Total yards: _____

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

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

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

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

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

NAME _____

MALE

FEMALE USMS NO _____ BIRTH DATE _____ AGE _____

PHONE _____ TEAM _____

CONTACT PERSON IN CASE OF EMERGENCY _____ PHONE _____

E-MAIL ADDRESS _____

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

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

FEES PER MEET INFORMATION PAGE: _____ EVENTS @ \$_____ea. + pool surcharge \$ _____ = \$ _____

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 CLUBS, HOST FACILITIES, EVENT MEET SPONSORS, EVENT OR MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE EVENTS OR MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

UMEF R5 9/16/2013

WISCONSIN MASTERS SHORT COURSE METERS SWIM MEET

December 7, 2013

SPONSORED BY: The Wisconsin Masters Aquatic Club.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No..203-S009

LOCATION: West Bend West High School, 1305 E Decorah Rd., West Bend, WI

The pool is on the west end of the building with adjacent parking.

TIME: Saturday Dec. 7, 2013, Pool Opens at 9:45am, warm-up at 10:00am. Meet starts at 11:00am.

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

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

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

SEEDING: Heats will be computer seeded, slowest to fastest. Please submit a 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 Note: The lanes are numbered in reverse order of the standard.

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 the deck in these lanes. Swimmers must enter the pool feet first in a cautious manner. Hand paddles, kickboards, fins, etc., may not be used at any time during the warm up period. Lane 1 will be the designated lane for warm-up/warm down during the meet. No jumping, diving or socializing in lane 1 while the meet is in progress.

ENTRY FEE: \$4.00/individual event, plus a \$10.00 pool surcharge.

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

ON-LINE MEET ENTRY: The Wisconsin LMSC has agreed to the use of ON-LINE meet entries thru Club Assistant for meets in Wisconsin, The link for this meet is https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=4975
The On-Line meet entry deadline for the West Bend meet is Thursday, Dec. 5, 2013. Deck entries for individual events will not be accepted.

ENTRY DEADLINE: Paper entries must be in the meet directors hands no later than 6:00PM, Saturday, Nov. 30, 2013. Fees must accompany entries, checks payable to WMAC. Deck entries for individual events will not be accepted.

PAPER ENTRY FORM: The official entry form must be used, one person per form.

The LIABILITY RELEASE must be signed without any alterations.

MEET DIRECTOR: John Bauman

11917 W. Rainbow Ave

West Allis, WI 53214

(414)-453-7336

wmacswim@sbcglobal.net

AWARDS: Ribbons for 1st to 3rd place.

SCHEDULE OF EVENTS:

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

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

DIRECTIONS TO POOL:

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

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

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 N o v 2 2

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