

# Wisconsin Masters Swimming

## February 2014/March 2014

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### O N D E C K . . .

Have you ever noticed that the temperature of the pool feels warmer as the outside temperature gets colder? There were 38 swimmers who competed at the Oshkosh YMCA this past weekend. I was one who opted not to drive to Oshkosh since we had six inches of snow overnight in the Milwaukee area and the snow was still coming down about the time we would have had to start driving for Oshkosh. But, I know those 38 swimmers who made it to the meet were rewarded with a nice pool and cozy warm hot tub. And a meet that ran very, very fast. Plus, many people enjoyed great burgers at the Oshkosh Red Robin after the swim.



Jeanne Seidler

Thanks to Melinda Mann and the Oshkosh Masters for running the meet.

Two other meets and the Water Warriors event have been held since the last newsletter. The Water Warriors Results are published in this newsletter along with a statistical analysis summarized by Melodee Nugent, the Fitness Chair who runs the Water Warriors event. Thirty-nine swimmers participated in Water Warriors.

The only Short Course Meters meet in Wisconsin was held on December 7<sup>th</sup>, 2013 at the West Bend West High School in West Bend. The meet was attended by 75 swimmers. Numerous SCM records were set at the meet. A list of the new Wisconsin records is in this newsletter. John Bauman was the meet director, both for West Bend SCM and also for the January 5<sup>th</sup> YMCA at Pabst Farms meet. Sixty-eight swimmers competed at the YMCA at Pabst Farms in Oconomowoc on January 5<sup>th</sup>.

Local meets are an important place to experience competition and become comfortable with competition before attending the "big" meet, whether the "big" meet for you is the State SCY Champs, the YMCA Masters Nationals (in Sarasota, FL) or the USMS Spring Nationals (in Santa Clara, CA).

Besides the State SCY Champs at Schroeder on Mar 29th-30th, there is also a SCY meet on March 2<sup>nd</sup> at Whitefish Bay High School and the SCY Meet at Baraboo on April 5<sup>th</sup>. Meet Information for these three meets are contained in this newsletter. The SCY Meet at Baraboo is just a short drive from Milwaukee and the meet offers the 1,000 freestyle event for those of you who like to compete in distance events. The Baraboo meet is known for being a friendly meet where one can relax and enjoy swimming their events. Please consider attending the Baraboo event on the Saturday after the State Meet.

After the State SCY Champs, the Baraboo Meet and the Whitefish Bay HS meet, some swimmers who are YMCA members will be attending the YMCA Masters Nationals, April 10-13, 2014, at the Sarasota YMCA in Sarasota, Florida. Sarasota was the site of the 2013 Pan American Games last June. It is the location of the USMS Office. For information on this meet, see [www.ymcaswimminganddiving.org](http://www.ymcaswimminganddiving.org) to find the meet packet. Last year, 50 WMAC

(continued on page 9)

# Nationals Meet Information for WMAC Swimmers

By Trina Schaetz

With all this chilly weather, we're beginning to think ahead to USMS Nationals in Santa Clara, CA next May. The meet website is up and running and the order of events, miscellaneous meet information, and hotel lists can be found there, too. Time to get inspired. The road to Santa Clara starts here.

USMS Nationals Link: <http://www.usms.org/comp/scnats14/>

Some of us have considered the hotel options and have selected the **Embassy Suites in Santa Clara as our team hotel this year**. It is on the meet courtesy shuttle route, offers a gigantic cooked to order breakfast each day, and a two hour manager's reception with complementary cocktails and snacks each evening. We have stayed at Embassy Suites in the past and were always happy with our choice. Seems the right fit for a group like ours. However, you do not need to stay with the team, so feel free to pick any hotel you like.

Whichever hotel you decide to stay at, we **HIGHLY recommend that WMAC Masters swimmers who are even considering the meet, BOOK YOUR HOTEL ROOM TODAY**, as rooms will book fast. You can always cancel your reservation if your plans change. **The link to the Embassy Suites hotel booking site is**

[http://embassysuites.hilton.com/en/es/groups/personalized/S/SNCCAES-SSC-20140501/index.jhtml?WT.mc\\_id=POG](http://embassysuites.hilton.com/en/es/groups/personalized/S/SNCCAES-SSC-20140501/index.jhtml?WT.mc_id=POG)

So, what if you haven't even really considered Nationals yet? Here's a few tidbits that will fill in some gaps...

1. WMAC has taken 40+ swimmers to the Nationals meet in the past. Many of your teammates are likely planning on attending. We would love to have you with us at WMAC.
2. You do not need a qualifying time to swim the meet. You may sign up for 3 events and relays without a special time cut. This is not an elitist swim championship. Everyone should feel welcome to attend and compete. To swim more than 3 events, you do need to make the qualifying times, though.
3. You will fit in! The WI Masters team has grown each year and will likely be filled with swimmers just like you! We generally plan meals together, and get to know great and inspiring people from our own state, while as a team we've placed top 5 in the country!
4. People travel in all varieties. Some bring family or significant others, some travel single, many share rooms, some stay the whole weekend and some stay only a couple of days. Travel plans are up to you, but we sure would love to have you there!
5. Many swimmers will be included in relays, and although the coaches try to include as many as possible, the fastest swimmer combinations have priority. If not swimming on a relay, it's still fun to cheer on your teammates!

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

## Reasons to Swim the Monona meet Feb 22

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1176&smid=5082](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5082)

High School pool

Remember the small lockers, bring your stuff into the pool.

Bleachers

Bring your favorite seat cushions.

Clean clear water

Water so clear you gotta wear tinted goggles.

82 degree water temperature

Wear your baseball sweatshirt, spring training is just around the corner.

8-7' wide lanes

We will swim in 6 lanes, but no need for one arm fly.

Rubber mats over the timing system cables

No trip hazard, but a giant step up onto the blocks.

Your name in lights

Very large scoreboard.

Saturday afternoon

Watch the basketball highlights later that evening.

Monona, Wisconsin

No, not Lake Monona, that swim is in August.

February 22

What else are you gonna do?

**WISCONSIN MASTERS  
SHORT COURSE YARDS SWIM MEET**

**Sunday, March 2, 2014**

**Sponsored by: The Whitefish Bay Masters and the Wisconsin Masters Aquatic Club**

**Sanctioned by: The Wisconsin LMSC for USMS, Inc. Sanction No. 204-S005**

**Location:** Whitefish Bay High School  
1200 East Fairmont, Whitefish Bay, WI 53217

**Facilities:** 6-lane, 25-yard pool with a bulkhead, pool depth at starting end is 5-7 feet; turn end is 12-1/2 feet. There are separate warm-up/cool down areas within the same pool. Six lanes used for competition. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Please note that the bulkhead measurement has always met pool length requirements in the past and is expected to again meet pool measurement requirements at the meet.

**Time:** Sunday, Mar. 2, 2014. Warm-up 8:30 A.M.; meet starts at 9:30 A.M., doors open 8am.

**On-Line Entries:** [https://www.clubassistant.com/club/meet\\_information.cfm?c=1176&smid=5083](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5083)

**Entry Fee:** \$4.00 per individual event, plus a \$10.00 Facility User Fee for entries received up to the deadline. No charge for relays. Fees must accompany the paper entry form. Please make checks payable to WFB Masters-Dave Clark. On-line entry is by credit card.

**Entry Deadline:** Online and mail entries must be in the meet director's hands by Wednesday Feb. 26, 2014. E-mail entries will be accepted until Friday Feb 28<sup>th</sup> at 6pm. The fee for email entries will be \$6.00/ individual event plus the surcharge. Bring entry form and fee to the meet for e-mail entries.

**Deck entries will be allowed only to fill open lanes at \$8/each plus surcharge.**

**Entry Limit:** Five individual events plus relays. 1650 yd Freestyle limited to first 18 entrants. You may e-mail the meet director to add your name to a waiting list for the 1650 if it is filled. Enter an alternate event that you will drop on the day of the meet if there is a spot in the 1650.

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

**Mail Entry to Meet Director:** Dave Clark, 5732 N Lydell Ave, Whitefish Bay, WI 53217  
414-750-2061, Email: wfbmasters@gmail.com

**SCHEDULE OF EVENTS**

- |                             |  |
|-----------------------------|--|
| 1. 50 yd Fly                | 12. 200 yd IM  |
| 2. 400 yd IM                | 13. 100 yd Freestyle                                       |
| 3. 50 yd Freestyle I**      | 14. 100 yd Backstroke                                      |
| 4. 200 yd Backstroke        | 15. 200 yd Breaststroke                                    |
| 5. 100 yd Breaststroke      | 16. 100 yd Fly   |
| 6. 200 yd Freestyle         | 17. 100 yd IM  |
| 7. 50 yd Backstroke         | 18. 200 yd Freestyle Relay*                                |
| 8. 200 yd Fly               | 19. 400 yd Medley Relay*                                   |
| 9. 200 yd Medley Relay*     | 20. 400 yd Freestyle Relay*                                |
| 10. 800 yd Freestyle Relay* | 21. 50 yd Freestyle II** (** enter one or both freestyles) |
| 11. 50 yd Breaststroke      | 22. 1650 yd Freestyle (Max 18 entrants)                    |

**2014 WISCONSIN MASTERS SCY STATE CHAMPIONSHIP  
SHORT COURSE YARDS  
MARCH 29th and 30th, 2014**

**SPONSORED BY:** The Wisconsin Masters Aquatic Club

**SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 204-S001

**LOCATION:** Walter Schroeder Aquatic Center (Website: <http://wsacltd.org/>)  
9240 N Green Bay Road, Brown Deer, WI 53209-1104  
(NOTE: Location is adjacent to Wheaton-Franciscan Clinic and Rite-Hite YMCA)

**PARKING AT THE POOL:** Park & enter the building on the east side of the Aquatic Center.

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

**ENTRY OPTIONS:** Enter On-Line via Club Assistant . The link for this meet is:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1176&smid=5203](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5203)

( see [www.swim-wimasters.org](http://www.swim-wimasters.org) for link if above link does not work ) OR via US.Mail with the Wis. Masters Swimming Universal Entry Form, one athlete per form. On-Line entry preferred.  
NO E-MAIL OR DECK LATE ENTRIES FOR INDIVIDUAL EVENTS WILL BE ACCEPTED.

**FACILITIES:** Measured 50-meter pool with bulkheads, configured as two 8-lane, 25-yard pools, plus one 2-lane, 20-meter pool between the 25-yard pools. Competition will be held in 8-lanes of one 25-yard pool. Water depth: 2 meters at both start & turn ends. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. Please note that the bulkhead confirmation placement measurement has always meet USMS pool length requirements in the past and is expected to again meet USMS pool measurement requirements at the meet.

**ENTRY FEE:** \$5.00/individual event plus a \$20.00 pool user surcharge. Fees must accompany US. Mail entries, CHECKS PAYABLE TO WMAC. Relay-only swimmers must register for the meet, pay the facility fee and sign the waiver. Relay-only swimmers may enter on-line.

**ENTRY LIMIT:** Ten (10) individual events total, max of five (5) individual events per day, plus relays. THE 1650 FREE-STYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED. If the 1650 is filled, you may submit a request to the Meet Director to be added to a waiting list. 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. Relay teams may be all men, all women or mixed (2 men & 2 women). Relay events may be combined at the discretion of the officials. Relay-only swimmers must register for the meet.

**TIME TRIALS:** If time permits, Time Trials will be offered at the conclusion of each day. Swimmers must be registered for the meet. A swimmer may swim no more than 2 time trials and the time trials count toward the five (5) events per day limit. Individual events only, 200 yards or less only. No relays. Cost: \$10 each.

**ENTRY DEADLINE:** Mail entries must be received by Saturday, March 22nd, 2014. On-line entries will be cut-off on Saturday, March 22nd, 2014 at 11:59PM central time.

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

**MEET CO-DIRECTOR:** **James Biles**, email: [swimmingfit@gmail.com](mailto:swimmingfit@gmail.com)

**LIABILITY RELEASE:** The LIABILITY RELEASE on the Universal Entry Form for Mail-in Entries must be signed as-is without any alterations.

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

### SCHEDULE OF EVENTS

(\*\* Events #4 and #25, 50 freestyles, enter either one or both, your choice)

#### **Saturday, March 29th**

1. 200yd IM
2. 100yd Butterfly
3. 200yd Breaststroke
4. 50yd Freestyle\*\*
5. 200yd Backstroke
6. 200yd Medley Relay (Male/Female)
7. 200yd Medley Relay (Mixed)
8. 100yd Freestyle
9. 50yd Breaststroke
10. 50yd Backstroke
11. 800 Free Relay (Male/Female)
12. 800 Free Relay (Mixed)
13. 500 Freestyle

#### **Sunday, March 30<sup>th</sup>**

14. 400yd IM
15. 200yd Free Relay (Male/Female)
16. 200yd Free Relay (Mixed)
17. 100yd Backstroke
18. 200yd Freestyle
19. 50yd Butterfly
20. 400Yd Free Relay (Male/Female)
21. 400Yd Free Relay (Mixed)
22. 100Yd Breaststroke
23. 200Yd Butterfly
24. 100yd IM
25. 50yd Freestyle\*\*
26. 400yd Medley Relay (Male/Female)
27. 400yd Medley Relay (Mixed)
28. 1650yd Freestyle (max. 32 entries)

### **Wisconsin Masters Swimming Meet Information**

For detailed meet information, please visit <http://www.swim-wimasters.org/w/index.cfm>. The website also includes meet results, state records, on-line meet entry links, and more.

### **New SCM State Records for Women**

Women 18-24	200 Free	2:23.55	Molly Woodford
	100 Fly	1:18.91	Molly Woodford
Women 35-39	200 Back	2:41.71	Chris Stich
Women 40-44	50 Free	27.80	Trina Schaetz
	100 Free	1:02.52	Trina Schaetz
	100 Breast	1:19.42	Trina Schaetz
Women 50-54	400IM	6:40.91	Karen Kimple
Women 65-69	50 Free	38.60	Nancy Kranitz
	50 Back	49.74	Nancy Kranitz
	50 Fly	46.84	Nancy Kranitz
	100 IM	1:46.55	Nancy Kranitz

**WISCONSIN MASTERS SWIM MEET  
SHORT COURSE YARDS  
April 5, 2014**

**SPONSORED BY:** The Wisconsin Masters Aquatic Club.

**SANCTIONED BY:** Wisconsin LMSC for USMS, Inc. Sanction No. 204-S007

**LOCATION:** Jack Young Middle School  
1531 Draper St  
Baraboo, WI 53913

**TIME:** Saturday April 5. Warm-up 10:00 AM, meet starts at 11:00AM.

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

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

**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=5215](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5215)

**ENTRY DEADLINE:** The On-Line meet entry deadline for the Baraboo meet is Wednesday April 2, 2014.  
Paper entries must be in the meet directors hands no later than Saturday, March 29, 2014. Fees must accompany the entry form. Please make checks payable to WMAC

**Deck entries for individual events will not be accepted.**

**ENTRY LIMIT:** Five individual events per day plus relays. The 1000 Freestyle will be limited to the first 14 entries received.

**SEND TO:** John Bauman – MEET DIRECTOR  
11917 W Rainbow Ave  
West Allis, WI 53214-2166  
wmacswim@sbcglobal.net

**SCHEDULE OF EVENTS**

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

**\*Submit relay entries at the meet. Mixed Relays must consist of 2 men and 2 women. Swimmers will be permitted to swim in only one 200 Free, 200 Medley, 400 Free and 400 Medley relay.**

# WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date \_\_\_\_\_

Meet Location \_\_\_\_\_

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

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

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

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

NAME \_\_\_\_\_

MALE

FEMALE USMS NO \_\_\_\_\_ BIRTH DATE \_\_\_\_\_ AGE \_\_\_\_\_

PHONE \_\_\_\_\_ TEAM \_\_\_\_\_

CONTACT PERSON IN CASE OF EMERGENCY \_\_\_\_\_ PHONE \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

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

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

FEES PER MEET INFORMATION PAGE: \_\_\_\_\_ EVENTS @ \$ \_\_\_\_\_ ea. + pool surcharge \$ \_\_\_\_\_ = \$ \_\_\_\_\_

## 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

# 2013 Wisconsin Water Warrior Results

By Melodee Nugent

We had another great year for participation in the Wisconsin Water Warrior swim this year. The 2-week swim challenge (14 consecutive days) took place between November 1<sup>st</sup> and December 31<sup>st</sup> of 2013. The goal was to challenge yourself and swim as much as you can for the 2-week period.

We had 39 swimmers participate with a total of total of 1,536,967 yards...that is 873 miles in 2 weeks! There were more women (62%) this year. The average age was 52 years of age (the youngest was 23 years old and the oldest was 81 years old). Again, our oldest swimmers were 81 years old: Fred Salzman swam 27,400 yards and Lois Goddard swam 18,000 yards. Very impressive!

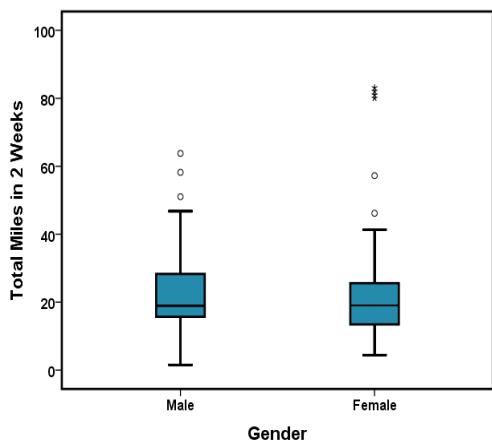
I was happy to see that there were 15 new swimmers to the event this year. The largest age group was the 45-49 year old swimmers with a total of 12 (8 women and 4 men). Dave Clark from Whitefish Bay was the top male swimmer with 82,300 yards and I was the top female swimmer with 146,350 yards. During my two-week swim I had a fortune cookie that said, "Work on improving your exercise routine". I have that taped to my computer screen and chuckle every time I see it!

The results are as follows: **Men:** **25-29:** 1<sup>st</sup> Carl Kaiser (64,650y); **35-39:** 1<sup>st</sup> Brian Ruark (21,250y); **45-49:** 1<sup>st</sup> Don Minkey (61,000y), 2<sup>nd</sup> Jeff Schmiedel (30,600y), 3<sup>rd</sup> Clay Sabourin (28,400y), 4<sup>th</sup> Mark Meyer (11,555y); **50-54:** 1<sup>st</sup> David Drury (65,800y); **55-59:** 1<sup>st</sup> Dave Clark (82,300y), 2<sup>nd</sup> Robert Gebert (26,000y), 3<sup>rd</sup> Gus Robledo (25,700y); **60-65:** 1<sup>st</sup> Bob Lapacek (57,300y), 2<sup>nd</sup> Steve Justinger (32,300y), 3<sup>rd</sup> Albert Schmidt (23,400y); **65-69:** 1<sup>st</sup> Greg Hollub (47,450y); **80-84:** 1<sup>st</sup> Fred Salzman (27,400y)

**Women:** **20-24:** 1<sup>st</sup> Molly Woodford (34,000y); **35-39:** 1<sup>st</sup> Stacey Kiefer (24,850y); **40-44:** 1<sup>st</sup> Shelly Deyo (53,100y); 2<sup>nd</sup> Amy Johnson (37,972y), 3<sup>rd</sup> Melissa Vandenhouten (33,500y), 4<sup>th</sup> Katy Sommer (25,900y); **45-49:** 1<sup>st</sup> Melodee Nugent (146,350y); 2<sup>nd</sup> Kelly Wynns (44,850y), 3<sup>rd</sup> Margaret Keller (44,700y), 4<sup>th</sup> Elyce Dilworth (38,300y), 5<sup>th</sup> Debbie Katzman (27,600y), 6<sup>th</sup> Karen Frittitta (26,560y), 7<sup>th</sup> Kim Gebauer (23,850y), 8<sup>th</sup> Renee Scherck-Meyer (12,740y); **50-54:** 1<sup>st</sup> Donna Anderson (36,000y), 2<sup>nd</sup> Cheryl Drury (23,650y); **55-59:** 1<sup>st</sup> Katy Mering (71,750y) 2<sup>nd</sup> Ann Berres-Olivotti (65,200y), 3<sup>rd</sup> Melina Mann (45,000y), 4<sup>th</sup> Sue Gartner (22,362y); **60-64:** Mary Schneider (23,350y); **65-69:** 1<sup>st</sup> Jeanne Seidler (29,628y), 2<sup>nd</sup> Nancy Kranpitz (22,650y); **80-84:** Lois Goddard (18,000y)

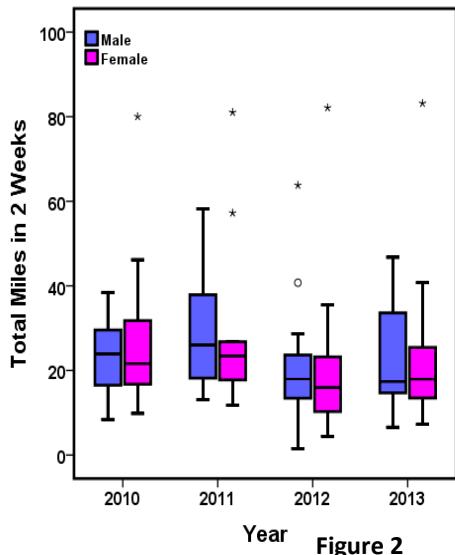
Awards have yet to be determined, but will be awarded at the Wisconsin State Meet that will be held at Schroeder on March 29-30.

## Statistical analysis of 4 years of Water Warriors data, based on my background as a medical research statistician.



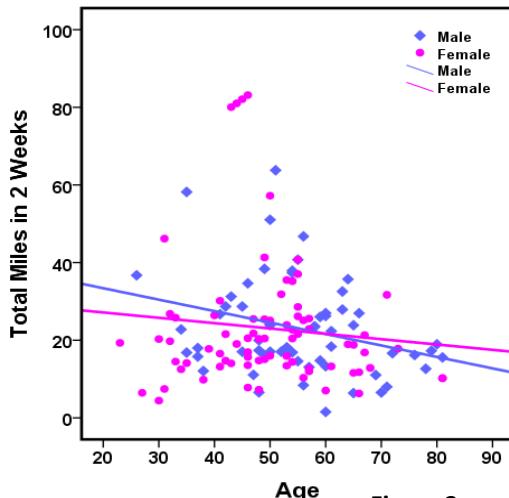
**Figure 1** is a box plot of total miles swam in 2-weeks by gender. The colored bar represents 50% of the population and the line in the box shows the median. The median is the value that divides the upper half from the lower half. For example: 1,2,3,4,5 - the median is 3 because 1,2 are the lower half and 4,5 are the upper half. The median for the males is 33,350 yards (range 2,700 to 112,265) and for women it is 33,500 (range 7,800 to 146,350). That itself is amazing, considering we had 59 males and 77 females. The lines extending out from the bars include 95% of the population. The o and \* are the outliers, those that fall out of this range.

Surprisingly, there really is no difference between men and women over the 4 years. Please note that swimmers can be counted multiple times if they participated more than once over the 4 years.

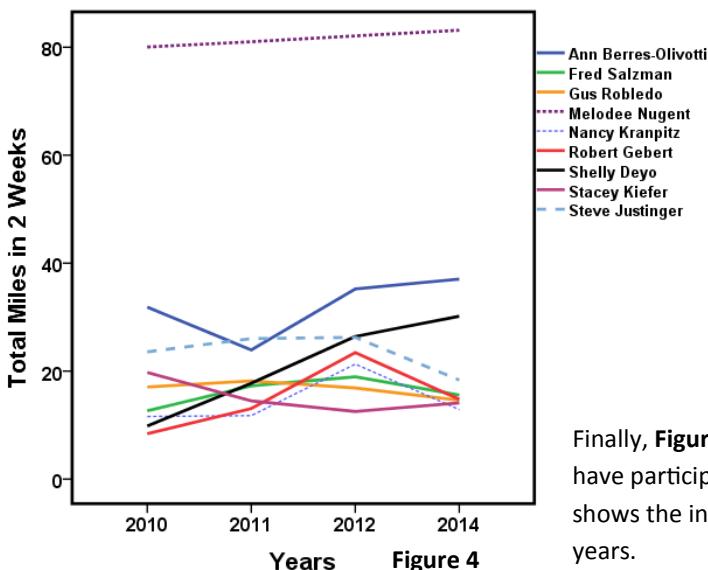


**Figure 2**

Is there a difference by year? (**Figure 2**). This gives a better look at what is going on. In most years the males have a higher median than the females. However, there is no statistical difference for any of the years.



**Figure 3**



**Figure 4**

Finally, **Figure 4** shows the 9 participants who have participated in all 4 years. This figure shows the increases and decreases over the years.

**Figure 3** is interesting. This is called a scatterplot. One axis shows the Total Miles in 2 weeks and the other axis represents Age. This is also shown by gender. For example, it is easy to spot me because I swam the most during the 4 years (the 4 circles). I am in my mid 40s and I swam 80+ miles each year (slightly more each year). The lines for the male and female show the relationship of age and the miles swam. For the males, you can see that they had a larger decrease in miles swam as they got older. The females didn't have as much of decrease by age.

(Chairman's column—continued from page 1)

swimmers attended the YMCA Masters Nationals in Fort Lauderdale, FL. Some of the swimmers attending this year's event are staying on Siesta Key to enjoy the white sand beaches after the swimming events conclude each day.

In this newsletter, please see the information from Trina Schaetz about the plans for swimmers attending the USMS Spring Nationals in Santa Clara, CA. Trina does a great job coordinating the activities and restaurants for swimmers from WMAC attending the USMS Spring Nationals.

On another topic, there are eleven WMAC members who have registered with USMS as coaches. USMS offers a certification program for coaches that starts with a one-day class. See <http://www.usms.org/coach/content/becomeacoach> on the USMS website for more information. Wisconsin has had an inquiry from a Wisconsin coach about holding a USMS certification class in Wisconsin. If you are interested in attending a one day USMS Level 1 and 2 certification held in Wisconsin, please e-mail Jeanne Seidler ([Jeanneswims@yahoo.com](mailto:Jeanneswims@yahoo.com)). The cost of the class is \$100 but we need a minimum of 29 attendees to hold the class. It may be possible for Wisconsin coaches to attend a class in either Minnesota or Illinois if classes are offered in those locations and if there is not enough interest to hold a class in Wisconsin.

Keep warm, and hope to see you at the upcoming Wisconsin Meets (Feb 22 at Monona Grove, Mar 2 at Whitefish Bay HS, Mar 29-30 at Schroeder for the State Meet and April 5<sup>th</sup> at Baraboo). And possibly at the USMS Spring Nationals or the YMCA Masters Nationals in Sarasota.

## New SCM State Records for Men

Men 30-34	200 Free	2:06.47	Mike Bentley
	400 IM	5:01.69	Mike Bentley
Men 35-39	50 Free	25.98	David Dallman
	200IM	2:25.49	Darryl Stich
	400 IM	5:17.48	Darryl Stich
Men 50-54	50 Free	28.30	David Kaster
	100 Free	1:02.49	David Kaster
	200 Back	2:40.34	James Biles
	50 Breast	34.55	Gregory Blommel
Men 55-59	200 Breast	3:09.88	David Clark
Men 60-64	50 Back	32.72	Geoff Mykleby
	200 IM	3:06.03	Carl Millholland
	400 IM	6:37.21	Carl Millholland
Men 75-79	200 Breast	4:06.09	George May

**N e x t   N e w s l e t t e r   D e a d l i n e   w i l l   b e   M a r   2 1**

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Wisconsin Masters Swimming

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Due to the extreme weather conditions experienced during the month of January throughout the country, and the ensuing pool closures, the USMS Long Distance Committee has extended the date by which all swims must be completed for the 2014 USMS One-Hour Postal National Championship. The extension will be from January 31 until February 10, 2014. Entries must still be received by February 10, so swimmers should use the on-line entry system for swims done during this extension to avoid missing the deadline. For swimmers who complete their One-Hour swim during the extension, their age will be determined as of their age on January 31, 2014. For everyone else, their age of record will still be that on the day they swam, and results will be compiled accordingly. This extension shall apply to all swimmers regardless of their LMSC.

You can find event and entry details at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1308&smid=4912](https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=4912)

Here's your special chance to slip in your One-Hour Swim if you haven't done so already. No excuses. Go for it!

The 2014 One Hour Postal National Championship is being hosted by Indy Aquatic Masters. Direct questions to Mel Goldstein at: [goldsteinmel@sbcglobal.net](mailto:goldsteinmel@sbcglobal.net)

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