

Wisconsin Masters Swimming

October 2014/November 2014

O N D E C K . . .

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It's that time of year again, when the leaves turn and the swimmers also turn ... to the indoor pools instead of the outdoors.

In this Newsletter, there is a list of the 2014-2015 indoor swimming events for Wisconsin Masters. The meet schedule is also published on the www.swim-wimasters.org website.

This winter, all the meets will again offer on-line entry via the Club Assistant website. Look for links to on-line meet registration on the www.swim-wimasters.org website.

Please mark your calendar for the first two "winter" events of the season. On December 6th, the Short Course Meters meet will be held at West Bend West High School. This is the only Short Course Meters meet held in Wisconsin. During the last two months in 2014, the 8th Annual Water Warriors will be held. That's the event where you swim for two weeks in your own pool, record your yardage and e-mail the total to Melodee, the Fitness Chair. Look for the entry blank and information in this newsletter and also on the www.swim-wimasters.org website.

In this short summer, in August, 500 swimmers competed in the MOWS Event (Madison Open Water Swim). It always amazes me that the event fills up with that many swimmers who enjoy open water. I'm a pool person, and my only outdoor event is the Amy Belle Swim at YMCA Camp Minikani. But, U.S. Masters Swimming has something for every adult swimmer, be it fitness, competition or camaraderie with other adult swimmers. It's all about your individual goals, your individual choices, and even your choice of venue (open water, pool or both).

The only September pool event, the Age 50+ Senior Olympics, held in Shorewood, attracted 110 swimmers. The meet hosted both masters events and novice events of the same distance. This recognized meet always gives the beginning swimmer an opportunity to try out a competition in the novice category. About half of the swimmers in this meet are members of U.S. Masters Swimming. Since this is a recognized meet, the times of the USMS swimmers are reported to the U.S. Masters Swimming Event Rankings for eventual Top Ten consideration.

Finally, here are two shout-out's to two swimmers who really enjoy open water and long distances plus have a training regimen of ultra-marathoners. First, to Melodee Nugent, the Wisconsin LMSC Fitness Chair, who was invited to and participated in a 30 K test swim in Pittsburgh at the confluence of three rivers. Second, to James Biles, the Wisconsin LMSC Long Distance and Open Water Chair. James took his vacation this summer by attending multiple swimming events, one after another. First, he went to the FINA Masters Worlds in Montreal where he swam both the pool events and the 3K open water event. In the open water event he placed 6th in his age group in a field of 90 men. Then he drove over to the USMS Nationals in College Park, Maryland. Then he drove to Lake Placid, NY, for the 2-mile cable swim (a USMS Open Water Nationals swim) where he placed first in his age group. James also competed in other Open Water National Championships as did Melodee. Both swimmers have written articles in this newsletter. Their training and endurance is truly exceptional. (continued on page 2)



Jeanne Seidler

(On Deck continued from page 1)

Beginning October 15, workout groups must again register with USMS. Individual registrations begin November 1. A workout group must have registered before any individuals can register for that workout group. There will be e-mail reminders sent out from the USMS office around these dates. USMS has some incentives/discounts for those swimmers who re-register in November and December. Workout group leaders who rely on the USMS excess personal accident insurance for their workouts are encouraged to read the coverage rules on the USMS website, For Volunteers tab, Guide to Operations, Insurance and Risk Management section for any changes in this regard.

Open Water / Long Distance Corner

James Biles, Wisconsin LMSC Open Water/Long Distance Chair, USMS Long Distance Committee

Another Open Water season has come to a close for Wisconsin. But don't fret; you can still find many open water swims in warmer areas. Just go usms.org, click on "Events & Results" and then select upcoming events in the "Open Water and ePostals" section. Also, don't forget about the last two ePostal National Championships - the 3000 and 6000 yd. Simply swim either a 3000, 6000 or both between September 15th and November 15th and enter online. All rules and online entries can be found at usms.org; click on "Events & Results" and then select "National Championships under the "Open Water and ePostals" section. If we get enough WMAC entries, I will create and enter relays at no additional cost to you! Relays are three men, three women and 2 men/2 women mixed.

Congratulations to Melodee Nugent for being the first ever to swim a 30k course in the three rivers section of Pittsburg. She went up and back a 5k in all three rivers as a test for next year's Three Rivers Marathon Swim, a fund raiser for the Forever Fund. Read about her accomplishment at: <http://dailynews.openwaterswimming.com/2014/09/triumphant-test-trio-tries-30-in-three.html>

Congratulations and well done to all swimmers who participated in the Madison Open Water Swim and Big Shoulders Swim. Big Shoulders was especially challenging this year with temps in the low 60's and 1-2 ft swells. Unfortunately, there are too many names to include in this short newsletter, so you will need to go the event websites to view the results: <http://swimmows.org> and <http://www.bigshouldersswim.com>. . If you have swum an event, email me at swimmingfit@gmail.com and I will incorporate it into this column.

There were two open water national championships and one world championship in August. The FINA Masters World Championships was held in Montreal on August 11th. I am honored to have represented the US and Wisconsin and finished with a 6th place finish. On August 16th, I was the first overall finisher in the 2 mile Cable National Championship. This was a 2 mile swim that was composed of four laps per mile around a measured quarter mile course in picturesque Lake Placid, NY. A week later on August 23rd, Mark Richards and I participated in the 10k National Championship in beautiful Lake George, NY. Mark did great, finishing 3rd for the 50-54 age group. I was first for the 50-54 age group and fourth overall.

I am writing this on a plane, flying back to Milwaukee, fresh off the USMS National Convention. I was again honored to represent Wisconsin Masters Swimming as one of seven Wisconsin delegates, as I'm sure you read in Jeanne's column. This past year, the National Board formed an open water task force to discuss opportunities to increase USMS presence in open water and to become the premier authority in the US and the world in masters open water swimming. One of the opportunities available to event hosts is applying for grants from the national office to offset the insurance premium on sanctioned events. Please contact me for more information if you currently hold an unsanctioned open water event in Wisconsin. I'll be happy to explain the benefits of and the procedures to obtain a USMS sanction.

Finally, I am happy to announce the slate of Open Water and ePostal National Championships in 2015 and 2016. Some of these are right on the Wisconsin doorstep. Also, if you have not traveled for a National Championship event because you felt it was too far to go for just one event, USMS has the answer for you. There will be a multi-event festival in each of the next two years where you can travel to one location and swim two national championships over a weekend. USMS plans to keep promoting this multi-event festival concept when bidding out for event hosts. I am eager and hopeful to increase Wisconsin Masters participation in Open water and ePostal National Championships. Take a look at the below events schedule and make plans to attend one or more of these amazing and fun events. (see page 6 for 2015 Open Water National Championship Meets)

ePostals are held the same time each year:

One Hour ePostal: 1/1 – 1/31

5k and 10k: 5/15 – 9/15 (50m pool only)

3000-6000 Yds: 9/15 – 11/15 (25y or 25m pool)

5K Open Water Swim

Two Wisconsin Masters swimmers participated in the 5K open water swim in Minnesota, held at the same course as the 10K National Open Water swim in June. Here are the results.

F 35-39 Danielle Kolb — 1st place 2:36.21 F 50-54 Donna Anderson—5th place 2:37.13

Madison Aquathon

by Dave Watts

Suppose you finally get around to entering the Madison Open Water Swim, and it's *too late* – the event is already full. What are your options? One fun event worth checking out is the Madison Aquathon. This is actually a repeating series of five events, and it's a swim-run affair: a 1K swim and a 5K run. You don't run? Well, neither do I. But if you can find someone to run for you, you can just swim, and hand off the timing chip to your relay partner. Here are some FAQ's about the Madison Aquathon:

Where is it?

The swim starts at Warner Park Beach, on the northeast shore of Lake Mendota. Swimmers stand in a group in shallow water, then, on signal, swim counter-clockwise around 2 buoys placed offshore. After the swim, participants enter a transition area, and either complete the event themselves, or have a relay partner do a 5K run through Warner Park.

When is it?

The Madison Aquathon is held on five Thursday evenings over the summer, with a start time of 7 PM. The first event is in May, and the last is in August.

How many people do it?

I did the last 2 events in the series (July 24 and August 14), and there were about a hundred people in each. It was generally a younger crowd than would be typical for a Masters Swimming event.

Why would I want to do this?

It's a fun, informal event, with a beach party atmosphere -- but *do not* under-rate the competition. Some of the dual-sport competitors are outstanding swimmers, who can sprint the 1000 meters in 12 minutes or less. The fastest time I saw for the combined swim-run was under 30 minutes! I did one event with my daughter as runner. In the other, a work colleague teamed up to handle the run.

What if I don't want to go all the way to Madison?

Then try the Milwaukee Aquathon, also sponsored by Fleet Feet Sports Madison, and run by Race Day Events LLC. The Milwaukee events, held at Menomonee Park in Waukesha County, follow each Madison Aquathon by one week. Check out the website at "racedayeventsllc.com/content/aquathon-series-milwaukee".

Will I get a medal?

No, not unless you have a combined score for all five events in a superior range. So this event is not for medal seekers, but it's a chance to test your open water swimming skills against other outstanding swimmers, to challenge yourself, and to team up with a family member or friend, and cheer each other on! And even if you don't get a medal, you will likely get a photo of yourself charging out of the water, or across the finish line!

Three Rivers Swim



On Sept 13, Melodee Nugent participated in the 1st annual 30K Three Rivers Swim in Pittsburgh, PA, benefitting the Forever Fund charity, which supports the Children's Hospital. The course started at the confluence of the 3 rivers, and covered a 5K swim out and back on each of the rivers, the Ohio, Monongahela, and Allegheny. Conditions varied, with water temperatures from 73 to 76 degrees, the wind between calm and strong headwinds, and water from calm to 1-2 foot waves. Two kayak boats accompanied each of the 3 swimmers in the race, along with fire and rescue boats. Melodee set the course record in 9 hours, 15 minutes, which was over 2 hours ahead of the second place swimmer. In the picture to the left, Melodee is the swimmer on the left.

Infinit Nutrition recently announced it will sponsor Melodee Nugent as an open water swimmer. If you are interested in learning more about this product and the benefits it provides for long-distance swimming, along with discount information, contact Melodee at WIFitness@usms.org.

New State Records From FINA World Meet

Age Group	Event	Time	Name
Men 55-59	50 BREAST	34.17	David Holland
Men 55-59	100 BREAST	1:17.32	David Holland
Men 55-59	200 BREAST	2:49.07	David Holland
Men 55-59	200 IM	2:37.97	David Holland
Men 60-64	100 FREE	1:03.09	Dean Fochios
Men 60-64	200 FREE	2:24.04	Dean Fochios
Men 60-64	50 BACK	33.22	Geoff Mykleby
Men 60-64	100 BACK	1:11.90	Geoff Mykleby
Men 60-64	200 BACK	2:53.73	Geoff Mykleby

Age Group	Event	Time	Name
Women 55-59	400 FREE	5:30.85	Laurie Alioto
Women 55-59	800 FREE	11:02.06	Laurie Alioto
Women 55-59	200 BACK	2:57.53	Laurie Alioto
Women 55-59	200 FLY	2:52.06	Laurie Alioto
Women 55-59	400 IM	6:11.74	Laurie Alioto

Please congratulate Laurie Alioto for setting a new FINA World Meet Record in the Women's 55-59 200 Fly at the World meet in Montreal, Canada. What great representation of Wisconsin Masters Swimming!



Jim Montgomery (1976 Olympian formerly from Madison, WI) with Geoff Mykleby



Dave Holland, Dean Fochios and Geoff Mykleby

New LCM State

Records Achieved in 2014

800 Free Relay 280-319 16:17.44
6/21/2014

Fred Salzmann 82
Alex MacGillis 86
Stephen Justinger 62
Dick Pitman 70

SCY State Record M85-89
100 Fly 2:24.55 9/13/2014
Bill Payne

Age Group	Date	Event	Time	Name
M 25-29	5/18/2014	50 Breast	30.48	Eric Johnson
M 25-29	8/17/2014	100 Breast	1:08.49	Cy Mistry
M 25-29	8/17/2014	200 Breast	2:35.78	Cy Mistry
M 50-54	6/21/2014	50 Fly	30.63	Scott Richards
M 55-59	8/17/2014	1500 Free	20:41.82	David Clark
M 55-59	8/17/2014	100 Breast	1:16.92	David Holland
M 55-59	8/17/2014	200 IM	2:36.94	David Holland
M 55-59	8/17/2014	400 IM	6:08.77	David Clark
M 60-64	6/21/2014	200 IM	3:06.99	Carl Millholland
M 60-64	6/21/2014	400 IM	6:51.53	Carl Millholland
M 70-74	6/21/2014	100 Fly	1:49.03	Dick Pitman
M 70-74	6/21/2014	400 IM	8:02.17	Dick Pitman
M 85-89	6/21/2014	50 Fly	1:15.77	Alex MacGillis

USMS Long Course Meters National Championship 2014-College Park MD

by David Clark

A small but elite band of Wisconsin Masters swimmers finished 6th as a regional club ahead of Colorado Masters, Michigan Masters and Florida Masters (well ahead of IL Masters).

In the Women's 25-29 age group Megan O'Brien had 4 top ten finishes in her 5 individual events. 7th in the 100 free, 5th in the 200 free, 6th in the 50 Breast and 7th in the 100 Breast.

In the Women's 45-49 age group Kelly Wynns had 3 top 10 finishes in her 5 events. 8th in the 50 free, 8th in 100 free and 9th in the 50 fly. Debbie Katzamn in the same age group had 2 top 10 finishes 5th in the 1500m, 5th in the 200 fly

In the Women's 55-59 Melinda Mann was a star with 6 top 10 finishes, including 2 first place and 3 State records. 3rd in the 50 free 31.22(SR), 1st in the 800m 11:29.57 (SR), 1st in the 50 Breast 38.88 (SR), 4th in the 100m breast, 2nd in the 50 fly, 3rd in the 100 fly

In the men's 25-29 Cy Mistry won both his events in State record times. 100 Breast 1:08.49, 200 Breast 2:35.78

While his time at nationals was brief James Biles finished 2nd in the 1500m, the only event he swam in his world championship, LC Nationals to USMS 2 mile cable swim trifecta.

In the 55-59 age group Dave Holland fresh off his World championship in the 200m Breast, kept his 2 weeks going strong with a number of high finishes and a State Record at Nationals. 7th 50m free, 3rd 100m Breast, 2nd 200m Breast, 3rd 200m IM 2:36.94 (SR)

Dave Clark in the same age group also set a couple State records in recording some top 10 finishes. 5th 1500m 20:41.82 (SR), 7th 200m Breast, 7th 200m Fly, 6th 400m IM 6:09.77 (SR)

Carl Millholland had a very nice meet as well, recording 3 top 10 finishes 9th 100 meter fly, 8th 200m IM, 8th 400m IM.

Our Women's 200 free relay 160-199 composed of our 4 women above Melinda, Debbie, Kelly, Megan went 2:10.87 good enough for 4th place and a new State record.

Our 2 Mixed relays had solid swims;

Our 160-199 200 Medley of Clark, Mistry, Mann and O'Brien finished 4th, while the 200-239 200 free relay of Mann, Holland, Wynns and Millholland finished 6th.

2014 USMS Sports Convention



Attendees to the USMS Convention in Jacksonville, FL were from left to right: John Bauman, Elyce Dilworth, Suzi Green, Jeanne Seidler, Dave Clark, James Biles, and Jerry Lourigan. They attended various sessions such as Open Water, Finance, Audit, Coaches, National Championships, Top 10, Safety, and Fitness.

The U.S. Masters Swimming Coaches Committee recognizes coaches who are building membership in communities throughout the country. The Kerry O'Brien Coaches Award is named to honor Coach Kerry O'Brien of Walnut Creek Masters, who embodies the passion, dedication, and heart that these coaches bring to the pool deck. This year, 30 coaches were nominated and 15 of the nominees were selected to receive the award. Congratulations to the Wisconsin nominee, Dave Clark, coach and swimmer with the Whitefish Bay Masters, who was selected as one of this year's recipients."

The Wisconsin Water Warriors

2014

Date: November 1, 2014 – December 31, 2014

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 at the SCY state meet next March. 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 <http://www.swim-wimasters.org/w/> and click on the "Join/Renew" button on or after November 1st.

To participate in the event, simply e-mail or mail your results to (by January 15 th):	Day 1 _____	Day 8 _____
Melodee Nugent		
S77 W30745 Mosher Dr	Day 2 _____	Day 9 _____
Mukwonago, WI 53149		
E-mail: WIFitness@usms.org	Day 3 _____	Day 10 _____
Information needed for results include:	Day 4 _____	Day 11 _____
Swimmers Name _____		
E-mail address _____	Day 5 _____	Day 12 _____
Home address _____		
_____	Day 6 _____	Day 13 _____

Team _____	Day 7 _____	Day 14 _____
Your age on the last day of your 2-week swim _____ yrs		
Gender <input type="radio"/> Male <input type="radio"/> Female		Total Yards
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.		

USMS 2015 Open Water National Championships

Date	Event	Location
6/13	1 Mile Sprint Distance Championship	Livermore, CA
6/14	Marathon Distance Championship (10k)	Livermore, CA
6/20	Ultra Marathon Distance Championship (15k)	Noblesville, IN

Date	Event	Location
6/27	2 Mile Cable Championship	Foster Lake, OR
8/29	Middle Distance Championship (2.5k)	Lake George, NY
9/12	Long Distance Championship (5k)	Chicago, IL (Big Shoulders)

New LCM State Records Achieved in 2014

200M Free Relay 120-159 2:25.61

6/21/2014

Kelly Wynns 48

Meghan LaPoint 31

Angela Hansen 43

Lindsey Gerszewski 30

SCY State Record W 65-69

50 Back 42.78 9/13/2014

Germaine Havel

Age Group	Date	Event	Time	Name
W 18-24	8/3/2014	200 Free	2:15.02	Elisa Perez
W 18-24	8/3/2014	400 Free	4:49.35	Elisa Perez
W 18-24	8/3/2014	800 Free	9:52.79	Elisa Perez
W 18-24	8/3/2014	1500 Free	18:52.22	Elisa Perez
W 18-24	8/3/2014	100 Fly	1:14.14	Elisa Perez
W 18-24	8/3/2014	200 Fly	2:38.43	Elisa Perez
W 25-29	8/17/2014	200 Free	2:34.58	Megan O'Brien
W 35-39	6/21/2014	200 Breast	3:10.56	Sarah Perez
W 50-54	6/21/2014	1500 Free	22:40.86	Karen Kimple
W 55-59	8/17/2014	50 Free	31.22	Melinda Mann
W 55-59	6/15/2014	100 Free	1:12.68	Melinda Mann
W 55-59	6/21/2014	200 Free	2:40.48	Melinda Mann
W 55-59	8/17/2014	50 Breast	38.88	Melinda Mann

Wisconsin Masters Short Course Meters Swim Meet Sanction 204-S009

West Bend West High School, 1305 E Decorah Rd, West Bend, WI, entrance on west end of building. Saturday December 6, 2014, pool opens at 9:45am, warm-up 10:00am to 10:50am, meet starts at 11:00am.

8 lane , 25 meter non-bulkhead pool. Lanes 2 to 7 will be used for completion. Lane 1 will be used for warm up/warm down during the meet. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

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

The entry fee is \$4.00/individual event plus a \$10.00 pool surcharge. The entry limit is 5 individual events plus relays. The 1500 freestyle will be limited to the first 12 entries received.

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

https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5910

The deadline for On-Line entries is Thursday Dec. 4, 2014.

Paper entries must be in the meet director's hands no later than 6:00pm, Saturday Nov. 29, 2014.

Meet Director: John Bauman, 11917 W Rainbow Ave, West Allis, WI 53214 (414) 453-7336

wmacswim@sbcglobal.net.

Awards will be ribbons for 1st to 3rd place

SCHEDULE OF EVENTS:

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

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. 202.11 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 \$_____ = \$_____

Fill out both pages of this form. Page 1 is the meet entry info; Page 2 is the participant waiver. **Both pages** must be signed and dated by the participant.

Signed _____ Date _____

UMEF B6_7/3/2014



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. (“USMS”) allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities (“Event” or “Events”); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the “Agreement”);

I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.

I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers (“Risks”). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.

I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.

I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the “Released Parties”), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys’ fees) of any kind or nature (“Liability”) which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.

I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	

Wisconsin Masters 2014-2015 Meet Schedule

Date	Meet
Nov/Dec	Water Warriors
Dec 6	West Bend SCM (incl 1500 Free)
Jan 11	YMCA Pabst Farms (incl 500 Free)
Jan 25	Oshkosh YMCA (incl 1000 Free)
Feb 14	Monona Grove HS (incl 500 Free)
Mar 8	Whitefish Bay HS (incl 1650 Free)
Mar 28-29	State SCY at Schroeder (incl 1650 Free)
Apr 11	Baraboo (incl 1000 Free)

Date	Meet
Apr 23-26	USMS SCY Nationals, San Antonio, TX
May 7-10	YMCA Masters Nationals, Sarasota, FL
Jun 20	State LCM at Schroeder
Jul TBD	Amy Belle Lake Swim, Camp Minikani
Aug 6-9	USMS LCM Nationals, Geneva, OH
Aug TBD	MOWS Open Water
Sep TBD	Sr. Olympics

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 4

Wisconsin Masters Swimming
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