

# Wisconsin Masters Swimming

## December 2014/January 2015

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

It's the new season and almost the New Year ... and we are starting to swim on our new competition schedule. There are 8 pool meets, one fitness event and one open water event for the 2014-2015 October 1st to September 30, 2015 season.

All events are listed on the Wisconsin website ( [www.swim-wimasters.org](http://www.swim-wimasters.org) ), and all events, except the Water Warriors Fitness Challenge, will use on-line entries via Club Assistant. Links to on-line entries are on the Wisconsin website.

First up on the pool schedule is the December 6th Short Course Meters event at the West Bend West High School Pool. There is still time to enter on-line up until December 4<sup>th</sup>. Doors open at 9:45, Warm-ups at 10am and Meet Start at 11am. This is the only Short Course Meters meet in Wisconsin.

The 2014 Wisconsin Water Warriors Fitness Challenge, swum in your own pool, is again running November through December. Pick any two consecutive weeks (starting on any day of the week) in November through December for your challenge and record the yards swum. E-mail or snail-mail the entry form for 2014 Wisconsin Water Warriors following the instructions on the entry form. Find the entry blank in the October-November Newsletter or on the Wisconsin website under the Events & Results tab.

Meet information for the January 11th (Pabst Farms Y), January 25th (Oshkosh Y) and February 14th (Monona Grove HS) pool events are in the content of this Newsletter and are also available now to enter on-line. The Monona Grove HS event on February 14th is a new date from last year.

It's time now to register with U.S. Masters Swimming for 2015. The registration drive for 2015 began on November 1st, 2014. As of this writing, 149 Wisconsin swimmers have completed the 2015 USMS Registration. In 2014, the Wisconsin LMSC had 552 swimmers. If you have not yet registered for 2015, please register soon. There are several discounts with USMS partner vendors that are offered to swimmers who complete the 2015 registration in the end of 2014. The link to the USMS registration website can be found on the Wisconsin website. Alternatively, on the USMS website ( [www.usms.org](http://www.usms.org) ) select "Membership" on the furthest upper right corner of the Home page or any other page. When registering, please select "Wisconsin" as the LMSC and "WMAC – Wisconsin Masters Aquatic Club" as the Club. If you swim with one of the registered Workout Groups, please also select that Workout Group. In 2014, there were almost 60,000 adult swimmers registered with U.S. Masters Swimming. See membership benefits at <http://www.usms.org/reg/content/benefits> on the USMS website.

Finally, the preliminary 2014 USMS Top Ten for Long Course Meters is now posted on the USMS website. See <http://www.usms.org/comp/tt/toptenlmscsummary.php?LMSCID=20> for a page that links to Wisconsin Top Ten by year for both Individual Events and Relay Events. This preliminary list is posted so that swimmers can review the lists and point out any errors prior to the publication of the final lists in late December. Given that only one LCM meet is held in Wisconsin, and several swimmers attended the 2014 FINA Worlds and USMS LCM Nationals, we have an excellent showing of 7 relays in the preliminary Top Ten (Continued on page 2)



Jeanne Seidler

(On Deck continued from page 1)

and 43 individual events. Reminder ... if you swim in a USA meet, and the pool is listed on the USMS List of Measured Pools, report your times to [witopten@usms.org](mailto:witopten@usms.org) and we can submit the times for USMS Top Ten consideration.

See you at the pool and at the WMAC events ... Jeanne Seidler, LMSC Chair

## **Correction to Minnesota Open Water Swim in July, 2014**

The 5K swim results in the last newsletter should have been reported as a 5 mile open water race. The participants were:

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

## **Monona Grove Meet February 14, 2015**

by Steve Justinger

On Saturday, February 14, 2015, Madison Area Masters is once again sponsoring a swim meet at this outstanding facility. The pool features 8 lanes, anti-turbulent lane guides, backstroke flags, starting blocks, and a huge scoreboard. The water is clean, clear, and cool. New this year: warm-up at 10:45 AM, meet starts at 12:00 PM, and lane 8 will be used for warm-up/cool-down during the meet. Come and join the fun.

## **Madison Ranked No. 7 in the Nation as Best Swim City**

*The following article was found on the Swimming & Diving website of UW Athletics, and was submitted to the newsletter by Dick Pittman.*

MADISON, Wis. -- When you're able to call a place like Madison home, swimming and diving at the University of Wisconsin is special. The rest of the country is beginning to take notice. In a nationwide survey conducted by USA Swimming and Speedo, the city of Madison was ranked No. 7 in the nation among best swim cities.

The study also highlighted that Madison ranks second of all cities on the index for USA Swimming members.

Last fall, four Badgers (Nick Caldwell, Drew teDuits, Ivy Martin and Michael Weiss) were named to the 2013-14 U.S. National Swimming Team roster. Wisconsin's four student-athletes tied for second most U.S. National Team members of any combined program in the country.

According to the USA Swimming survey released Monday, the city of Madison was also found to be among the best in the country for its number of facilities within city limits.

Perhaps highlighting the continued growth of swimming and diving in Madison is the announced new \$26 million competition pool, included as part of the University of Wisconsin recreational sports renovations to the Southeast Recreational Facility (SERF) near the Kohl Center on the UW campus. Construction is planned to begin in 2017, with the 50-meter pool ready for swimming meets in 2019.

The USA Swimming swim cities ranking index was developed through a comparison of each city's swim-related attributes relative to the overall U.S. population.

According to USA Swimming, key elements that factored into the study were number of current USA swimming members, number of masters swimmers and number of USA swimming clubs. Also considered by the study was the number of qualifying swimmers for high level competitions like the Speedo Champions Series, Speedo Junior Nationals, Phillips 66 National Swimming Championships, Olympic Trials and the Olympic Games, as well as Sports & Fitness Industry Association (SFIA) participation data, including the numbers of competitive and fitness swimmers, and the number of swim facilities open to the public in each city.

The study was commissioned by USA Swimming and Speedo in partnership with SRi and Sports Marketing Surveys, the official research provider to the Sports & Fitness Industry Association.

# Open Water / Long Distance Corner

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

I hope everyone is enjoying the warmer training waters of the pool. Keep up your training and distance to prepare for next year's open water long distance season.

The season kicks off in January with the one hour ePostal National Championship. It is as simple as swimming for one hour any-time during January and then going online to USMS.org to register prior to Feb 10<sup>th</sup>. See below to start planning your racing season. Note: If you plan on swimming Big Shoulders, register immediately once registration opens in early March. It will sell out in under three weeks.

**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)

**2015 National Championships** (Note the new names just approved at the convention)

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
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)

I am in the process of compiling Wisconsin individual and relay records for long distance national championship events using USMS archived results (1998-present). Only measured courses are eligible for records. These include all five ePostals and the 1 and 2 mile cable courses. This is a great opportunity for you to swim these events to get some state records.

Please see below for preliminary Wisconsin One Hour ePostal records. (I still need to go through them again for verification.) After the ePostal individual entries close and relay entries open, I will go in and enter all WMAC relays for the best showing at the national level. If members in your work out group want to enter a relay for a state record, please let me know. WMAC will cover relays I enter, but if you are entering your own relay, then your relay team will be responsible for the cost. (Relays do not have to be swum as a relay or on the same day. It is simply the sum of the distances of three swimmers (same gender) or four swimmers (mixed gender – 2 female/2 male) swum during the ePostal timeframe (January 1-31<sup>st</sup> for the ePostal). (continued on page 4)

One Hour Postal/ePostal								
Distance (yds)	Year	Age	Name	Age Group	Name	Age	Year	Distance (yds)
4,960	2011	24	Gwen Jorgensen	18-24	Andrew Steenrod	24	2009	5,055
4,665	2009	29	Kimberly Von Doring	25-29	Andrew Steenrod	25	2010	5,225
4,660	2010	31	Stacy L Kiefer	30-34	Josh Gordon	33	2007	4,525
3,800	2007	36	Kristin Dovorkin	35-39	Don Rambadt	38	2009	4,785
4,250	2011	41	Nicole Jackson	40-44	David Miller	44	2006	4,175
4,590	2008	49	Laurie Alioto	45-49	James Biles	48	2010	5,220
4,225	2014	52	Karen Kimple	50-54	James Biles	50	2012	5,155
3,300	1999	59	Ingrid Stine	55-59	DaveGeorge	55	2010	4,435
2,600	1999	63	Judy Davis	60-64	Phillip J Hellmuth	62	2000	3,640
3,225	2014	67	Candy Christensen	65-69	Donald B Jackson	65/66	2006/2007	3,875
				70-74	W Morgan Byers	70	1998	3,775
				75-79	W Morgan Byers	75	2003	3,470
				80-84				
				85-89				
				90-94				
				95-99				
				100+				

One Hour Postal/ePostal Relays						
Age Group	Women		Men		Mixed	
	Distance/Year	Names	Distance/Year	Names	Distance/Year	Names
18+	2011 / 134660	Karen Kimple Nicole Jackson Gwen Jorgensen			2009 / 19,215	James Biles Eric Jernberg Jessica Connors Kimberly Von During
25+	2010 / 13260	Kimberly Fitzgerald Stacy Kiefer Karen Kimple	2010 / 14880	James Biles Dave George Andrew Steenrod	2010 / 19555	James Biles Kimberly Fitzgerald Stacy Kiefer Andrew Steenrod
35+	2014 / 10,970	Linda Fitzgerald Donna Anderson Angela Hansen				
45+	2014 / 9,800	Kim McQuillan Candy Christenson Renee Scherck-Meyer	2011 / 14195	James Biles David Drury Scott Richards	2008 / 17,015	Suzi Green Stephen Justinger Daniel Slick Laurie Aliota
55+						
65+					10,945 / 2014	Candy Christenson Donald Jackson James Arnold Jeanne Seidler
75+						
85+						

### Kerry O’Brien Coaching Award

by Dave Clark

I was honored to receive the Kerry O’Brien coaching award from Kerry O’Brien himself, at the United States Masters Swimming convention in Jacksonville, FL, in September. The award is for club development and enriching lives of USMS swimmers. My team wrote an awesome letter of nomination (which I know took a lot of time and effort). There are about 4,500 USMS coaches in the US, 30 nominations for this award and 10 actual recipients. I was and am, extremely excited, pleased and proud to receive this award.

The award means that I have had the honor to touch the lives of my Whitefish Bay Masters swimmers in many positive ways. As a coach, that is something I strive for each day. We have become the best overall workout group in the State (winning 3 of the last 6 WI Masters State championships). We have many Nationally ranked individuals and relays and even a few World rankings. I plan to continue what I have started (unfortunately that will mean many more bad jokes at 5am in the years to come!) in the past 3 years, and work even harder for all the athletes in the water, whether they be fitness swimmers or All Americans.

So, thank you team for your dedication and attention, making my time from 5-6:30am the highlight of my day.



Dave Clark—  
second from the  
right  
  
Kerry O’Brien—  
far right, next to  
Dave

## Wisconsin Water Warriors

This is a reminder that the Wisconsin Water Warriors competition is currently going on. The entry form was in the last newsletter, and is also on the Wisconsin Masters Swimming website, <http://www.swim-wimasters.org/w/>. The competition dates are from Nov 1, through Dec 31, 2014. Several entries have already been submitted, and Melodee is hoping to top the 39 entries from last year. So, start your swimming and record the results. You don't need to be a mega-yard swimmer to enter. Some age groups only had 1 or 2 entrants last year. Prizes will be awarded. Come on and join the fun! Everyone can do this, regardless of where you swim.

## USMS Registration Renewal Time

It's time to renew your USMS registration for 2015. Your current registration expires on Dec. 31, 2014, and if you anticipate entering any swim meets in January, now is the time to renew your registration. You can renew by going to the USMS website, <http://www.usms.org/>, and clicking the Sign Up or Renew button on the home page, or going to the Wisconsin Masters website, <http://www.swim-wimasters.org/w/>, and clicking the Join Membership Renew button on the main page in the upper right.

## USMS Nationals Information

It may seem like April is a long way away, but it's not too early to start thinking about USMS Nationals to be held in San Antonio, TX, April 23-26, 2015. Here is the link for additional information, including the qualifying times and the order of events, [http://www.usms.org/comp/nationals.php?utm\\_campaign=top\\_nav&utm\\_medium=events\\_and\\_results](http://www.usms.org/comp/nationals.php?utm_campaign=top_nav&utm_medium=events_and_results). Even if you do not meet the time standards, you can still swim 3 individual events, and be considered for relays. Besides swimming, San Antonio will be holding its annual Fiesta, which is a family-friendly event, and held in various neighborhoods around the city. That's the beauty of masters swimming, you can mix some fast swimming with sight-seeing and socializing.

This year, a number of Team Wisconsin swimmers will be staying at Drury Hotels, which is also on the shuttle route to the pool, and features a hot breakfast every morning. You can make a reservation either online at <http://www.druryhotels.com>, or calling them at 800-378-7946. In either case, use the Group Number 2216960 for the special rate. This is the host club's website with additional information, <https://www.facebook.com/nisdaquatics>. (Note: you do not have to be a facebook member to access this site.) The host club's site also features other hotels having the special national's rate. You do not have to stay at the Drury Hotel. You may want to reserve a room, even if you are only tentative about attending Nationals. You can always cancel the room, but they are sure to start filling up.

While at Nationals, we always have several dinners as a team, for those wishing to socialize together. At the meet, there's an abundance of comradery exhibited by cheering for your teammates. This is the one meet where everyone swims as Team Wisconsin. Last year we finished 5th among the regional clubs, and we're hoping to move up from that placing. We need all age groups to compete, so please consider attending.

## USMS Preliminary Top 10 for LCM

USMS has posted the preliminary results for Masters top 10 for LCM. Both the individual and relay results are posted. A number of swims have been recognized for Wisconsin swimmers. Here is the link to see the results, <http://www.usms.org/comp/tt/>. If you think you should have been included, and do not see your name, please email Jeanne Seidler, Wisconsin Chair, at [WIChair@usms.org](mailto:WIChair@usms.org), and give her the information about the swim, such as the venue, the date, the event, and the time.

## Strength and Aging

An interesting article on the USMS website gives some suggestions for increasing strength as you age. It states it is never too late to start a strength program, but the key is to work up slowly, and do a little each day. Here is the link to the article, <http://www.usms.org/articles/articledisplay.php?aid=3038>.

## Wisconsin Masters Short Course Yards Swim Meet Sanction 205-S001

YMCA AT PABST FARMS, 1750 Valley Road, Oconomowoc, WI. Enter the Y on the West Side of the building. Sunday, January 11, 2015, warm-up 8:00 AM – 8:45 AM, meet starts at 9:00 AM.

8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 1 to 7 will be used for competition. Lane 8 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 one watch per lane.

The entry fee is \$4.00/individual event plus a \$10.00 facility fee. The entry limit is 5 individual events plus relays. The 500 freestyle will be limited to the first 28 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=5937](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5937)

The deadline for On-Line entries is Thursday Jan 8, 2015.

Paper entries must be in the meet director's hands no later than 6:00pm, Monday, Jan 5, 2015.

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

[wmacswim@sbcglobal.net](mailto:wmacswim@sbcglobal.net).

Awards will be ribbons for 1<sup>st</sup> to 3<sup>rd</sup> place

### SCHEDULE OF EVENTS:

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

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

## Wisconsin Masters Short Course Yards Swim Meet Sanction 205-S002

Oshkosh YMCA, 3303 West 20th Ave., Oshkosh, WI. Sunday, January 25, 2015, doors open at 7:30 AM, warm-up 8:00 AM, meet starts at 9:00 AM.

8 lane, 25-yard fixed wall pool with anti-turbulent lane guides, starting blocks and backstroke flags. 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 pre-seeded, slowest to fastest. Automatic timing system backed up by watches.

The entry fee is \$4.00/individual event plus a \$10.00 facility fee. If entering with the mail-in entry form, checks should be payable to OSHY Masters Swimming and payment must accompany mail-in entries. Deck entries (same day as the meet) for individual events will be accepted only until 8:15 AM and only for empty lanes. The fee for deck entries shall be \$8.00/individual event plus the pool surcharge fee. The entry limit is 5 individual events plus relays. The 1000 freestyle will be limited to the first 24 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=5938](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5938)

(meet information continued on page 6)

**(Oshkosh meet—continued from page 5)**

The deadline for On-Line entries is Thursday Jan 22, 2015.

Mail-in Entries must be in the Meet Directors hands no later than 6:00 PM, Saturday, January 17, 2015. Meet Director: Melinda Mann, 2970 Waldwic Lane, Oshkosh, WI 54904-8432 920-233-0510 (H), 920-420-4425 (C), Email: [melindajmann@yahoo.com](mailto:melindajmann@yahoo.com)

Awards will be ribbons for 1<sup>st</sup> to 3<sup>rd</sup> place

**SCHEDULE OF EVENTS:**

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

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

**Wisconsin Masters Short Course Yards Swim Meet Sanction 205-S003**

Monona Grove High School Pool 4400 Monona Drive, Monona, WI. Saturday Feb 14, 2015. Pool opens 10:30 AM. Warm-up 10:45 AM. Meet starts 12:00 PM.

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 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 one watch per lane.

The entry fee is \$4.00/individual event plus a \$10.00 facility fee. The entry limit is 5 individual events plus relays. The 500 free-style will be limited to the first 28 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=5939](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=5939)

The deadline for On-Line entries is Thursday February 12, 2015.

Paper entries must be received by 6:00PM, Saturday February 7, 2015. Steve Justinger, 6047 Hagen Hill Circle Madison, WI 53718-6219, 608.695.2645, [sjustinger@hotmail.com](mailto:sjustinger@hotmail.com).

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

[wmacswim@sbcglobal.net](mailto:wmacswim@sbcglobal.net).

Awards will be ribbons for 1<sup>st</sup> to 3<sup>rd</sup> place

**SCHEDULE OF EVENTS:**

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

\* Submit relay entries at the meet. Relays may be all men, all women or mixed (two men, two 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, 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 \$\_\_\_\_\_ = \$\_\_\_\_\_

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 R6...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
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   J a n u a r y   2 5**

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