

Wisconsin Masters Swimming

October 2015/ November 2015

O N D E C K . . .



Jeanne Seidler

WI LMSC Officers

Chair: Jeanne Seidler

WIChair@usms.org

262-643-7922

Vice Chair: Dick Pitman

WIViceChair@usms.org

Coaches: Fred Russell

WICoaches@usms.org

Editor: Mary Schneider

WiEditor@usms.org

Fitness: Melodee Nugent

WIFitness@usms.org

Officials: Susan Wagner

WIOfficials@usms.org

Long Distance and Open

Water: James Biles

WILongDistance

@usms.org

Registrar: John Bauman

WIRegistrar@usms.org

11917 W. Rainbow Ave.

West Allis, WI 53214-2166

Ph: 414-453-7336

Safety: Jerry Lourigan

WISafety@usms.org

Sanctions: Jeanne Seidler

WISanctions@usms.org

Secretary: Suzi Green

WISecretary@usms.org

Top Ten: Jeanne Seidler

WITopTen@usms.org

Treasurer: Mike Murray:

WITreasurer@usms.org

Auditor: Elyce Dilworth

InternalAudit@USMS.org

Webmaster: J. Seidler

WIWebmaster@usms.org

Facebook Page: <https://www.facebook.com/pages/Wisconsin-Masters-Swim-Committee/186883398012961>

Wisconsin Masters website: <http://www.swim-wimasters.org/>

It's that time of year again, when the leaves turn and signal the end of summer and the start of the long winter here in Wisconsin. But, we are fortunate there are a lot of nice, warm indoor pools in which to swim. In this newsletter you will find the list of all the 2015-2016 swimming events for Wisconsin Masters.

The 2015-2016 events are also published on the www.swim-wimasters.org website. As events are sanctioned, the on-line entries websites will be made available on the www.clubassistant.com website. Links to registration sites will be available on the www.swim-wimasters.org website.

Please mark your calendar for the first two "winter" events of the season.

- On December 5th, 2015, the only Short Course Meters meet will be held at West Bend West High School. Many relays entered at this event win USMS Top Ten Relay honors for the SCM course.
- During the last two months of 2015, the 9th 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. Please look for the entry blank and information in this newsletter and also on the www.swim-wimasters.org website.

In this past August, five hundred (yes, 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 within a week of opening registration.

The only outdoor event that I've swum in past years was the Amy Belle Swim at YMCA Camp Minikani (prior to its cancellation this past summer). It is sad that the Amy Belle Swim is over after 21 years. But, this event had a great run, thanks to Eric Jernberg and his helpers, over the last 21 years. It touched the life of many swimmers who might not otherwise have tried an open water swim.

U.S. Masters Swimming has something for every adult (18-over) swimmer, be it fitness, competition or camaraderie with other adult swimmers. It's all about you, your individual goals, your individual choices, and your choice of venue (open water, pool or both venues).

The only September pool event, the Age 50+ Senior Olympics, held in Shorewood, attracted 75 swimmers. Thanks to Dave Clark for running the event. The meet hosted both masters races and novice races. This meet gives the non-USMS swimmer an opportunity to try out a competition in the novice category. About half of the swimmers in the 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 USMS Top Ten consideration.

USMS has 6 different national open water championships in summer along with the 5K/10K postal. James Biles, the Wisconsin Long Distance and Open Water (continued on page 2)

(continued from page 1) Chair attends many of the events. This summer, James, along with Melodee Nugent and Jerry Lourigan, swam the 9+ mile open water event in Indiana. Several of us also swam the 5K/10K postal. Results for the 5K/10K will be final by the next newsletter.

Finally, many triathletes who are also masters swimmers competed in numerous triathlons this summer. Several attended the National Age Group Triathlon held in Milwaukee for the third year this past August. I don't have the names of all the participants, but a few were Craig Lanza, Jenny Harris, Mindy Seidler. If anyone e-mails me their name, I'll be glad to list all the participants in the next newsletter.

USMS Membership Renewal for 2016

USMS membership renewal for 2016 will begin on November 1, 2015. Membership must be renewed before participating in any masters swim meets in 2016. As a reward for early renewal, USMS will be offering substantial discounts from its sponsors. Registration may be completed on-line at <http://www.USMS.org>. Search for Registration. You may receive an email reminder about registration from USMS. If you are unable to register on-line, you may request one from the Wisconsin Registrar, whose name, address, and phone number are listed on the first page under WI LMSC Officers. Please note, Workout Groups may register beginning October 1, and must be registered by November 1, to enable members to select the group when they register. 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.

2015 USMS Convention

Wisconsin LMSC attendees at the 2015 USMS Convention held in Kansas City, MO, were: Jeanne Seidler, James Biles, Suzi Green, Elyce Dilworth, John Bauman, Dave Clark, and Mary Schneider. Elections of the USMS Board of Directors were held, along with committee meetings, house of delegate meetings, an induction ceremony into the International Swimming Hall of Fame, and a final banquet for all the aquatic sports.

The four pillars of USMS were emphasized several times. They can be found on the USMS website by clicking this link: <https://www.google.com/url?q=http://www.usms.org/admin/minutes/hod-2014-9-19-1.pdf&sa=U&ved=0CAQQFjAAahUKEwiJnf7-3qzIAhXHjwOKHVWGBgl&client=internal-uds-cse&usq=AFQjCNGciSsB9Evez1ag6JJNjPkVQcOjRw>.

The next championship meets were announced. As a reminder, in 2016, the spring SCY nationals will be held in Greensboro, NC, and the LCM summer nationals will be held in Gresham, OR. The 2017 SCY national championship sites will be held in Riverside, CA, April 27-30, and the 2017 LCM nationals will be held in Minneapolis, MN at the University of MN, August 3-6. Let's all think about attending the LCM meet in 2017. The site is close, and the pool is fast.

One of the sessions I attended was titled, "Why I Swim". We broke into groups to brainstorm, and it was interesting to note all the groups were coming up with the same reasons, such as, eating more, stress relief, comradery, support, fitness, mental health, and sense of achievement. Do these benefits sound familiar to you?

For those interested in Long Distance swimming, there will be several championship meets held next summer, including two long races, one in Jacksonville, OR (10 K), and one in Newport, CT (10 mi). There was also discussion around the insurance costs for open water swimming. USMS sanctioned events include coverage not only for participants, but also coverage for volunteers and the venue. Non-USMS events do not always include this same coverage.

As delegates, we were introduced to various parts of the USMS website. Under the title For Volunteers, meeting minutes for the convention and all committee meetings throughout the year are included. There is also information for fitness and workouts. Use the USMS website (<http://www.usms.org>), which offers free information to members. It also includes a database of your personal times at meets, going back a number of years (http://www.usms.org/comp/meets/?utm_campaign=top_nav&utm_medium=events_and_results). Have fun touring the website, and see what interesting things you can find.

Lastly, I would encourage you to enter either the 3000 or 6000 ePostal event, swum in a 25 yd or 25 scm pool. The swim and entry form must be completed on or before Nov 15, 2015. Here's the link for information and entry forms: https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=6620. This can be swum in your own pool, but you do need a counter and someone to record your splits.

Swimming in Our Great Lake

by Melodee Nugent

The last month of my open water season ended with three races in Lake Michigan within 5 weeks. We are very lucky to have such a beautiful lake in our state, but she sure can be a challenge! All three swims were a different experience.



The first swim was on August 9th in Winnetka, Illinois called, "Swim for ALS". My friend, Doug McConnell, is the host of the swim and he has raised over \$350,000 for ALS through his open water swimming. This was the second year of the event. The distances offered include: 900 meters, 1.2 mile and 2.4 mile. The lake was much calmer than last year and the water temperature was in the mid 60s. The event has an early start, but it is not too far from home.

"Swimming has always been an example of a sport that requires the use of all of the muscles in the body. Arms and shoulders, legs and back, not to mention the ability to breathe deeply. ALS systematically robs people of all of those things, so swimming is a good reminder of how fortunate we are to be able to use those different components." ~ Les Turner ALS Foundation Board Member, Doug McConnell and celebrated Open Water Swimmer



The second swim was on August 22nd in Evanston, Illinois. The "Great Lake Plunge" is hosted by a group of my swimming friends that I know from the Evanston area (I did the Swim Across Lake Michigan Relay with them in 2013). The money raised through this event supports two causes: Evanston Swims! which aims to teach youth how to swim and The Alliance for the Great Lakes which helps to protect one of the world's largest sources of fresh water. I helped the group by acquiring items for the goody bags and prizes through a few of my connections with several companies. This event had several distances to choose from: 500 yards, 1.2 mile, 2.4 mile and an 8K swim. I was excited to have the opportunity to swim an 8K in this lake. However, due to a cold and rainy week in August, concerns grew as the week went on regarding the conditions of the lake. The lake dropped more than 20 degrees a few days prior to the event. Everyone received emails concerning the water temps: if the lake fell below 60 degrees, wetsuits were required; if the temps fell below 56 degrees, all the events would be shortened; and if the water temp fell below 53 degrees, the event would be cancelled. We were able to eek out a temperature of 53 degrees.....yes 53 degrees!! The distances had to be shortened to either 750 meters or 1500 meters, which made the results difficult to finalize, since the distances were changed from the original plan. For a first time event, 145 swam out of the 252 registered (most of those that cancelled were due to the colder water concerns). I managed to swim the 1500, and after a few minutes, I felt more comfortable in the water because my face was numb. It was a beautiful sunny day, except for the frigid water temperature. The after event was fun with lots of food, prizes and socializing.



With my daughter, Regan, who volunteered, a "Welcome to Lake Michigan" sign!!!



(Continued on page 4 under Swimming in our Great Lake)

La Jolla Open Water Swim

by Erin Schneider



Though I don't need an excuse to travel to Southern California, the La Jolla Rough Water Swim had spurred an opportunity to go on a delightful jaunt. Some innocent sibling rivalry may also have gotten involved in the mix. So the event started back in 1916 and currently has a 1-mile and 3-mile swim. For the truly brave, there is an option to do both. My sister and I decided the 1-mile would be sufficient. This year the waters were rather calm, relatively warm, and had only a light sprinkling of kelp. As far as the results I hate to admit it, but my sister did beat me this time, yet this will not be our last adventure.

Sisters Leah (left) and Erin (right) Schneider both swam in the La Jolla open water swim Sept 13. Both finished 2nd in their respective age groups. The swim is held at the La Jolla beach near San Diego, CA.

(Swimming in Our Great Lake from page 3)



Finally, a favorite of many years, Big Shoulders, was schedule to take place on September 12th. Unfortunately, the event had to be cancelled, a first in 25 years! Safety issues were the major factor for this swim with over 1200 participants registered for the event. The waves were crashing along the wall next to Lake Shore Drive with 4-6 foot waves, so the Chicago Park District could not safely guard the course. The water temperature was cooperating for a change (upper 60s), but Chris Sheean (race director) made the right call to cancel the event. Safety is the number one concern. For the swimmers that came to the event that morning, we gathered in the Ohio Street tunnel to get our goody bag, shirt and towels. It was crazy, like a mad sale at Macy's!



Swimmers in the Ohio Street Tunnel

So if you are thinking of trying a swim in Lake Michigan for the first time, I highly suggest the "Swim for ALS" or the "Great Lakes Plunge" because there are not as many competitive swimmers as Big Shoulders, and they offer shorter distances to try. If you have any questions regarding these events, please e-mail me at WIFitness@usms.org.



Conditions on the lake



Water spout right near Ohio Street Beach on the morning of the swim (Big Shoulders)

The Wisconsin Water Warriors

2015

Date: November 1, 2015 – December 31, 2015

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 1 and December 31 of this year. You will be competing against other Wisconsin USMS swimmers. You won't know what the others have swum until after the New Year. There will be great prizes awarded. Overall teams logging the most yards will also be recognized.

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

To participate in the event, simply e-mail or mail your results to (by January 15th) :	Day 1 _____
Melodee Nugent	Day 2 _____
S77 W30745 Mosher Dr	Day 3 _____
Mukwonago, WI 53149	Day 4 _____
E-mail: WIFitness@usms.org	Day 5 _____
	Day 6 _____
Information needed for results include:	Day 7 _____
Swimmers Name _____	Day 8 _____
E-mail address _____	Day 9 _____
	Day 10 _____
Home address _____	Day 11 _____

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

2015 New LCM Individual State Records

Age Group	Event	Time	Name
M 18-24	100 Free	54.42	Ricky Perez
M 18-24	200 Free	2:01.07	Ricky Perez
M 18-24	50 Back	27.74	Ricky Perez
M 18-24	100 Back	59.06	Ricky Perez
M 18-24	200 Back	2:11.27	Ricky Perez
M 18-24	100 Fly	59.41	Ricky Perez
M 18-24	200 Fly	2:13.72	Ricky Perez
M 18-24	200 IM	2:17.04	Ricky Perez
M 60-64	400 Free	5:14.89	Dean Fochios
M 60-64	800 Free	10:44.50	Dean Fochios
W 25-29	50 Free	26.51	Amanda Patzke

2015 New SCY Individual State Records

Age Group	Event	Time	Name
W 75-79	50 Breast	54.38	Carol Reinke

Milwaukee Aquathon

by Mary Schneider

Since there is only one swim meet in the summer, I look for other types of competition to challenge myself with. This year, besides competing in a local triathlon, I decided to try an aquathon with 2 of my daughters. Luckily, there is one just a few miles from my house. So, on July 30, a Thursday evening, we made the short Trek over to Menomonee Park. The swim portion of the aquathon takes place in an old quarry (some may know it as Lannon Quarry). It is a 1000 meter swim, which is 2 times around a somewhat rectangular area. It is a mass start, and quite a number of competitors were wearing wet suits. Well, I guess those weren't the "real" swimmers. I did recognize a few masters swimmers there, and they weren't wearing wetsuits either. It was a mass start, so there was some bumping and kicking going on for 100 yds or so until everyone started to spread out. After the 1st buoy, it was clear water for me. On the backside each time I approached the shore, I had trouble spotting the buoy. However, there were lots of arms thrashing, so I just aimed somewhat right –center of the pack. That strategy worked perfectly for me on both rounds. I was happy I had about 20 swimmers behind me, since my run is very slow. Actually, it's more like a trot. I'm just not a runner. The run is 3.1 miles, out and back on the road through the park. It seems like a long way when you are not a runner, but I tell my legs to just keep moving. Both of my daughters passed me on the opposite side as they were heading back in. I, on the other hand, still had a long way to go. It was nice to finally get to the half-way point and head back. I discovered I wasn't the last runner, either, which helped me to keep running. I just didn't want to be last. I finished in 1:02.59, but I made it back before dark, and still ahead of the other two runners. If you want to try something different, aquathons are held in both Madison and Milwaukee, and give you a different type of challenge. You can always walk fast instead of running, but the important thing is to stay active. Look for summer challenges wherever you live, and try something new. The cross-training may benefit your swim, too.



Dorothy Donnelly Award at USMS Convention

Pictured is Suzi Green (center) receiving a Dorothy Donnelly award at the USMS Convention. This award is typically given out to about a dozen recipients each year. It is a service award given to people who have spent many hours volunteering for USMS, either at the national or local level. Suzi been involved with running the Madison Open Water Swim since its inception almost 15 years ago. She has been the WMSC secretary for over 10 years. This was her 9th convention, and she has served on the Sports Medicine, Fitness, and Open Water Committees. Suzi can be seen at meets throughout Wisconsin, as her love of swimming continues.

Wisconsin Masters Short Course Meters Swim Meet Sanction 205-S010

West Bend West High School, 1305 E Decorah Rd, West Bend, WI, entrance on west end of building. Saturday December 5, 2015, 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 \$15.00 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=6995

The deadline for On-Line entries is Thursday Dec. 3, 2015.

Paper entries must be in the meet director's hands no later than 6:00pm, Saturday Nov. 28, 2015.

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. 400m IM | 8. 200m Butterfly | 15. 200m Breaststroke |
| 2. 50m Butterfly | 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. 202.1.1 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
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____
_____	_____	_____		_____	_____	_____

FEE 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
Dec 5	West Bend SCM (incl 1500 Free)
Jan 10	YMCA Pabst Farms (incl 500 Free)
Jan 31	Oshkosh YMCA (incl 1000 Free)
Feb 13	Monona Grove HS (incl 500 Free)
Mar 6	Whitefish Bay HS (incl 1650 Free)
Apr 2-3	State SCY at Schroeder (incl 1650 Free)
Apr 9	Baraboo (incl 1000 Free)

Date	Meet
Apr 14-17	YMCA Masters Nationals, Sarasota, FL
Apr 28-May 1	USMS SCY Nationals, Greensboro, NC
Jun 12-13	Badger State Games with Masters heats, Wausau
Jun 18	State LCM at Schroeder
Aug 17-21	USMS LCM Nationals, OR
Aug 13 or 20	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
11917 W. Rainbow Ave
West Allis, WI 53214