

# Wisconsin Masters Swimming

## December 2017/ January 2018

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

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

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### From the Chair ...

We are beginning another year of swimming, be it fast or slow, for competition or fitness. The beauty of Masters Swimming, is that it can accommodate all goals. Right now Wisconsin's own Water Warriors is continuing through Dec 31. See the reminder on page 3 of this newsletter. Upcoming meet information is also included in this newsletter for Pabst Farms Y in Oconomowoc, Oshkosh Y, and Sun Prairie High School. Please consider attending one of these meets. They are fun, allow you to meet new friends, and can challenge you to something new. Remember, you don't have to dive off the blocks. You can dive from the side, or even start in the water. If you are new to meets, try swimming a few 50s, or challenge yourself with a 100. The other beauty of masters swimming is that other swimmers are encouraging, and will offer tips for those starting out. You do not need to swim a maximum or minimum number of events. The meets are fast, usually within 3 hours. Feel free to come and observe a meet if you want to bolster your confidence. We truly do have swimmers of all abilities. Your hard work during practice can be rewarded by seeing your accomplishment in a meet. It's the small steps that can be very gratifying. Come and meet your fellow swimmers!

Since 2018 is upon us, please be sure to renew your USMS membership. There is a reminder on page 3.

USMS has some fitness events planned for 2018, so check their website for more information as January approaches. Page 7 also has some information.

For those wishing to participate in USMS nationals in Indianapolis in May, there is additional information on page 2. Our team is very helpful to those who want to experience their first nationals. We need all age groups, not just for individual events, but to fill out relays. Come and experience the broader world of USMS!

Lastly, as Chair, I would like to relinquish my duties as the newsletter editor. There is a description of the duties on page 2. Please contact me if you are interested.

I hope you have a wonderful holiday season, and have time to spend with family and friends.

Mary Schneider  
Wisconsin LMSC Chair

## USMS Nationals in Indianapolis May 10-13, 2018

The pool at IUPUI in Indianapolis, IN will serve as the site of the USMS short-course yards national meet next spring. Wisconsin has been trying to generate participation among its swimmers, both past and present. We are looking to field the largest team ever, with the goal of winning nationals! It may be a lofty goal, but sometimes you need to aim high. We have a lot of talent in our state, as evidenced by the 3rd place showing at LCM nationals in Minneapolis this past summer, with more than half the team being comprised of "newbies" to nationals!

We need swimmers not only to participate in individual events, but also to field relays. This is where the points really count. Remember, anyone can swim 3 individual events without achieving any time standards! There is a maximum of 6 events that can be swum for the meet, plus relays. We need lots of people at the meet to cheer on the team! Let's see if Wisconsin can out-cheer every other team!

For more information about USMS Nationals, including hotel/travel arrangements, meet information, FAQ's and to indicate your interest, please visit <https://sites.google.com/view/wmac2018>.

If you would like other information about nationals, please contact Mike Murray at [Indy.2018.WMAC@gmail.com](mailto:Indy.2018.WMAC@gmail.com).

### Coaches Corner – Indy Spring Nationals 2018

by Fred Russell, Wisconsin Coaches Chair

Over fifty swimmers have responded indicating interest in racing at Indianapolis, May 2018 for our WMAC National Team. The basic breakdown has the majority of the team in the Age Groups (45) and over. Although talented, we definitely need more swimmers for the younger age groups!

The Meet Information is available on-line including some important lodging and Event Order information. For lodging, the majority of Wisconsin swimmers will be staying at the three Marriot properties 2.5 blocks from the pool. ***Please note that swimmers staying on Wednesday need to "book" a separate night outside of the "block" of rooms set aside by the meet hosts.*** Booking **now** would be smart!

For Event Order, we have some distance oriented triathletes able to enter the meet just Thursday for the mile and or 1,000. Working athletes that cannot 'break away' until Friday night, still have the majority of events available Saturday and Sunday! (Sunday PM events often have the fewest participants too).

Finally, there are the four different relays in six to seven Age Groups, on three of the days that need our swimmers. If you have any questions on the meet, your events or training, please feel free to contact me at [ebscfredrussell@yahoo.com](mailto:ebscfredrussell@yahoo.com).

## Happy Holidays!!

### Wanted: Newsletter Editor

This volunteer job involves writing and editing the newsletter once every 2 months. The week before the newsletter is published, it will take about 10-15 hours to put together. Some of the information can be included as it becomes available, thereby lessening some time during the last few days. The format of the newsletter is flexible, but much of the content is pre-determined. Please look at past newsletters to gauge what is involved. (<https://www.swim-wimasters.org/page.cfm?pagetitle=Newsletters>) Since multiple people have input to the newsletter, it is important to be flexible, especially the last few days before publication. If you are willing to take a dive into this job, please contact Mary Schneider, [WChair@usms.org](mailto:WChair@usms.org).

## USMS Membership Renewal for 2018

USMS membership renewal for 2018 began on November 1, 2017. Membership must be renewed before participating in any masters swim meets in 2018. 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/reg/>. Click JOIN NOW. You may also have received an email reminder about registration from USMS, and may click the link within the email. If you are unable to register on-line, you may print a form from the Wisconsin Masters website at <https://www.clubassistant.com/c/A0F3601/file/Docs/regform.pdf>, or request a form from the Wisconsin Registrar, whose name, address, and phone number are listed on the first page under WI LMSC Officers. Please note, if you wish to register for a Wisconsin club, select WMAC (Wisconsin Masters Aquatic Club) in the registration process. This is especially important if you wish to swim for Wisconsin at nationals. If you swim with a workout group, you may select that in addition to your club.

## 2017 Wisconsin Water Warriors

by Melodee Nugent

Just a reminder that the event is currently taking place until the end of December. I have received a few entries so far, but I'm hoping more can take on the WWW challenge and swim more than normal. It is the perfect time of year to work a little harder, so you can enjoy more of the holiday treats!

Also, when I receive an entry by e-mail, I do send out a confirmation e-mail that I received it. If you don't get a confirmation from me, please try calling me at (262) 385-5169. I can also call you if you mail me your paper entry, just include a number I can call you back at.

## New SCM State Records

Age Group	Event	Time	Name	Meet
M65-69	400 Free	5:59.30	Dave Watts	9/30/2017 IN
M65-69	800 Free	12:14.81	Dave Watts	9/30/2017 IN
M65-69	1500 Free	23.13.10	Dave Watts	9/30/2017 IN
M65-69	400 Free	5:47.09	Carl Millholland	11/5/2017 IL
M65-69	100 Back	1:29.57	Carl Millholland	11/5/2017 IL
M65-69	400 IM	7:06.33	Carl Millholland	11/5/2017 IL
W25-29	400 Free	4:59.52	Molly Woodford	11/5/2017 IL

Note: SCM State records from West Bend are not yet available, and will be published in the next newsletter.

# “Thank you Swimming”

By Melodee Nugent

I am grateful for the day my parents let me put my foot in a pool for the first time as a little toddler and for their continued support, even to this day. I turned 50 this year and I have swimming to thank for helping to make me the person I am today. I can't imagine myself without this sport I love.

Although I returned to swimming almost 25 years ago, it has always been a part of my life. I was born with hip dysplasia which was first noticed at a routine check-up soon after I was born. I had multiple surgeries as a young child; one to correct the angle of the hip and one to try and correct the difference in leg length as a result of the first surgery. I vividly remember one of my last appointments with my pediatric orthopedic surgeon when I was 18 years old. He told me two things: 1) “Watch your weight” and 2) “You will probably need hip replacement by the time you are 40”. Like most teenagers, I thought I was invincible at that age, but his words have always stayed with me over the years. I have never been able to participate in impact sports because of the one inch leg difference, which also caused me to limp (without my corrected shoes).

I credit swimming 100% to my overall health and putting off the hip replacement by about 10 years. I was able to have three children without any complications from the hip. Swimming is a low impact sport and thus makes it a perfect activity for me and others with similar joint issues. There are many swimmers over the age of 40 because swimming is very easy on the joints. Unlike other endurance sports, specifically including running and cycling, wherein athletes are subjected to rigorous pounding of their joints, swimmers can continue to get better as they age. Swimming is all I know. I can tire easily from walking, but put me in the water and I can swim miles.

Swimming never bothered my hip, probably because I was becoming a distance swimmer and I did not have to kick a lot. At the end of 2016, however, my youngest daughter said, “Mom, you say owwww all the time”. I knew I was slowing down with walking, doing stairs and bending. I was used to my slower lifestyle on land and learned to deal with it and thought that was just life. I went to the doctor in January this year and got the surprise of my life, the reason for the slowness was because there was little, to no cartilage left on my bad hip. Was I shocked....completely! It definitely explained how I had been feeling. I tried a cortisone shot in February, with hopes of it lasting long, but it lasted only a couple weeks. Then I had to make a major decision, should I go ahead with total hip replacement surgery? I knew my situation was unique and made the surgery more complicated than a regular hip replacement. I really felt that was the best choice for me. The big bonus was that my surgeon, Dr. Schwab would try his best to lengthen my short leg. I was very excited about that possibility.

Since I was not the first case on surgery day, I was able to swim 7000 yards before I left for the hospital. That helped to take my mind off of the surgery. Surgery went well, though my femur splintered, which I knew could happen in order to lengthen the leg, but the end result was worth it. The recovery was not as bad as I expected and I only took a half of an opioid pain medication with hopes that it would help me sleep, but it did not help. After that, it was only Advil for pain for me. I think swimmers/athletes have a higher level of pain tolerance from our many hours of training.

I was very concerned about missing my open water season when I was planning on having the surgery in early May. However, upon reflection, the timing was perfect. I had weight restrictions because of the splintered femur and the leg lengthening, which meant I had to use a walker for the first six weeks. Then I used a cane for another 6 weeks until I felt comfortable walking. I was told the recovery would be one-year and then Dr. Schwab changed it to 6-months because he said he knew I would be “tenacious” about recovery. He knows me well.

I needed to wait 4 weeks post-surgery to hop in the pool. I really missed my Wisconsin Athletic Club and YMCA during my month off from swimming. Not only am I friends with swimmers, but other members as well. They are my second family. Since I got the green light to go in the pool, I have only missed seven days in the pool. I started back gradually by swimming 1000 yards and slowly increased the distance. Not only was I swimming laps in the pool; but water walking, water jogging and PT exercises as well. I spent *many many* hours in the pool. By 3-months post, my times were back to pre-surgery times and who knows, they may be even better with the new bionic hip! I was doing some underwater dolphin kicking recently and when I looked at my feet, it was so cool to see my toes line up evenly. It made me appreciate what I went through this year.

(continued on page 5)

(Thank You Swimming continued from page 4)

I was able to go back to work part-time 4 weeks post-surgery and loved the time I had to exercise in the pool outside in the afternoons. I spent at times up to two hours of water walking, which involved reading a book that was on the float and walking in circles. I was also able to do my first open water race 2 months after the surgery. I still was not up to speed and needed assistance getting out of the water and walking to the beach, but was thrilled to be able to compete. I was able to do 5 more open water swims this season. I know the recovery would be long, but it is going so well. Where would I be in my recovery without the swimming in my rehabilitation plan? I would definitely not be where I am now.

Master swimmers and swimmers in general are like family. I have met people from all over the US with different levels of swimming. For some reason, swimmers in the water just click, we all have that passion; the love of the water is not easy to hide. I have developed long lasting friendships in the pool since I first started swimming in the 90s. I have also met open water swimmers who are well known in the swimming world and I am fortunate to call them my friends.

Swimming teaches us lifelong lessons, not just in the pool, but outside of the pool as well. The water will always be my “happy place” where I can escape the real world, clear my mind and push my limits to train for those crazy marathon swims. Those mornings where it would feel great to stay in bed, swimming teaches dedication and hard work. Most non-swimmers can think of something else they would rather be doing than follow a blue line in the pool for hours. I never get bored of that line in the pool (also thanks to my Finis Duo MP3 player); it will always be there for me. Swimming taught me discipline, commitment and goal setting. Commitment that can sometimes be obsessive at times. I love to have a big swim planned and have months to prepare for it. Without the many hours spent to meet these goals in the pool, I wouldn’t know what hard work feels like and to go after something you really want to accomplish. These characteristics will carry me through the rest of my life.

Swimming has made me a physically strong woman. After all these years of swimming, there is nothing that can replace the satisfaction after a morning swim. I am ready to tackle the world! I don’t need anyone, or anything to motivate me to get in the pool. It is just like brushing my teeth; I need to do it daily. As my husband Mike says, “It’s just how she rolls”.

So I have to give swimming a big THANK YOU, it is a sport that I have learned to love more and more, and never seem to stop loving. Thank you for being one of the best things to have ever happened to me. I wouldn’t have chosen anything different.

I am not sure if I chose swimming or swimming chose me. I think it goes both ways, but whatever way it is, I am lucky!

Swimming will forever hold a special place in my heart.



## Wisconsin Masters’ Swimmers Achieve USMS Top Ten Rankings for LCM

by Jeanne Seidler

Wisconsin has 88 individual swims in the LCM Top 10 and 20 relay swims.

Congratulations to the Men's 320-359 relays for placing #1 with their 200 Freestyle and 200 Medley relays, attaining the All-American Relay award from USMS. Relay teams were:

200 Freestyle - Donald B Jackson (77), Alex J MacGillis (89), Bob Swain (80), George May (80)

200 Medley - Fred F Salzmann (85), George May (80), Donald B Jackson (77), Tom Michelson (86)

Congratulations to the All-American individuals for the #1 swims in their individual events. Swimmers are Hannah Saiz (200 free, 400 free, 50-100-200 fly), Melinda Mann (50 breaststroke and 100 fly) and James Biles (1500 freestyle). In addition, Hannah's 50 -100-200 fly were all new USMS Records. Hannah's 200 fly time of 2:15.02 is a FINA Masters World Record.

All Top 10 times can be viewed at the USMS Top 10 website ( <http://www.usms.org/comp/tt/> ).

## West Bend Meet Dec 2, 2017

by Mary Schneider

The first competition of the 2017-2018 short course season began on Saturday, Dec 2, at West Bend High School. It was an organized and well run meet. This meet is one of 2 short course meter meets offered in Wisconsin, the other being McFarland. There were 67 swimmers entered in the meet, which is quite a few less than in past years. There were 200 individual swims, and 12 relays. A number of State Records were broken, which will be published in a future newsletter, and also on the Wisconsin Master's website. This meet was a good opportunity for old friends and competitors to meet, after several months without any swim meets. There were a few friendly wagers for bragging rights on the line, which is what competition is all about. Overall, there was some fast swimming. This early season meet is a chance to gauge a swimmer's training up to this point, and sets up for the end-of-season competition. Congratulate your fellow swimmers on a job well done. The next meet up will be after the New Year, at Pabst Farms in Oconomowoc, on January 7, 2018. Be sure your USMS registration is renewed for 2018 before signing up for the meet.



Competitors waiting for the start of the 200 Medley Relays

### New SCY State Records

Age Group	Event	Time	Name	Meet
W35-39	100 Fly	1:02.13	Emily White	11/10/2017
W35-39	200 Fly	2:16.14	Emily White	11/10/2017



## Long Distance Swimming

by MaryJo Driscoll

Winter is definitely arriving and for those of us in Wisconsin it means swimming indoors. For those of you who enjoy long distance events USMS has events over the winter to keep you busy and trained up for the long distance/open water season.

First of all, congratulations to everyone who participated in the recent USMS National Championship 3000/6000 e-postal event. The event ended on November 15 and the results will be available on the USMS site soon.

The next event is the one hour e-postal event. The event runs from January 1 - February 28, 2018. For more information please check out the page on the USMS Website: [https://www.clubassistant.com/club/meet\\_information.cfm?c=1308&smid=9629](https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=9629)

Finally May 15 - September 15, 2018 is the timeline for the 5K/10K long course e-postal event. Stay tuned for entry information and details.

Information on all USMS Championship long distance events through 2019 as well as the e-postal events can be found on the USMS web site at the following link: [http://www.usms.org/content/ldchamps?utm\\_campaign=top\\_nav&utm\\_medium=events\\_and\\_results](http://www.usms.org/content/ldchamps?utm_campaign=top_nav&utm_medium=events_and_results)

### Wisconsin Masters Short Course Yards Swim Meet Sanction 208-S001

YMCA AT PABST FARMS, 1750 Valley Road, Oconomowoc, WI. Enter the Y on the West Side of the building. Sunday, January 7, 2018, warm-up 8:15 AM – 8:50 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.

Primary Automatic timing system: (Colorado).

Secondary: Semi-automatic with 2 buttons

Tertiary: One watch

Note: The timing system precision qualifies as appropriate for setting USMS Records (per USMS Rules effective 1/1/2018).

The entry fee is \$5.00/individual event plus a \$15.00 facility fee. The entry limit is 6 individual events plus relays. The 500 free-style will be limited to the first 28 entries received. There are no deck entries allowed.

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

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2424&smid=9498](https://www.clubassistant.com/club/meet_information.cfm?c=2424&smid=9498)

The deadline for On-Line entries is Thursday Jan 4, 2018.

Paper entries must be in the meet director's hands no later than 6:00pm, Tuesday, Jan 2, 2018.

Meet Directors: Larry Mueller, 4272 S. Taylor Ave, Milwaukee, WI 53207, 414-769-0941, Andrew Babcock, 3760 S. Wehr Rd, New Berlin, WI 53146, 262-307-4808.

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

#### SCHEDULE OF EVENTS:

- |                       |                            |                             |
|-----------------------|----------------------------|-----------------------------|
| 1. 400 yd IM          | 8. 100 yd IM               | 15. 100 yd Backstroke       |
| 2. 50 yd Back         | 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 208-S003

Oshkosh YMCA, 3303 West 20th Ave., Oshkosh, WI. Sunday, January 28, 2018, 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.

Primary Automatic timing system: (SST Console)

Secondary: Semi-automatic with 2 buttons

Tertiary: One watch

Note: The timing system precisions qualifies as appropriate for setting USMS Records and Top 10 consideration (per USMS Rules effective 1/1/2018).

The entry fee is \$5.00/individual event plus a \$15.00 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 6 individual events plus relays. The 1000 freestyle will be not be limited. Everyone who wishes to swim the 1,000 yd freestyle will be able to do so.

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=8519](https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=8519)

The deadline for On-Line entries is Thursday Jan 25, 2018.

Mail-in Entries must be in the Meet Directors hands no later than 6:00 PM, Saturday, January 20, 2018. 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

**SPECIAL ANIMAL AWARD** for the swimmers who enter & finish option #1 or #2 (5 of the longest events)

1. **The 1000 freestyle, plus the choice of four of the following:** 400 IM, 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle .

**OR**

2. **The 400 IM, plus the choice of four of the following:** 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle.

### SCHEDULE OF EVENTS:

- |                          |                         |                       |
|--------------------------|-------------------------|-----------------------|
| 1. 400yd IM              | 8. 200 yd Butterfly     | 15. 100 yd Butterfly  |
| 2. 100 yd Breaststroke   | 9. 100 yd Freestyle     | 16. 200 yd IM         |
| 3. 200 yd Freestyle      | 10. 50 yd Butterfly     | 17. 50 yd Backstroke  |
| 4. 100 yd IM             | 11. 100 yd Backstroke   | 18. 1000 yd Freestyle |
| 5. 200 yd Backstroke     | 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 208-S002

Sun Prairie High School Pool, 888 Grove St., Sun Prairie, WI. Sunday, February 11, 2018, pool opens at 10:30 AM, warm-up 10:45 AM, meet starts at 12:00 PM.

8 lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. Lanes 2 to 8 will be used for competition. 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 buttons and watches for each lane.

Primary Automatic timing system: (Colorado).

Secondary: Semi-automatic with 1 button

Tertiary: One watch

Note: The timing system precisions qualifies as appropriate for setting USMS Records (per USMS Rules effective 1/1/2018).

The entry fee is \$4.00/individual event plus a \$15.00 facility fee. The entry limit is 6 individual events plus relays. The 500 freestyle will be limited to the first 28 entries received. There are no deck entries allowed.

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

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2381&smid=9616](https://www.clubassistant.com/club/meet_information.cfm?c=2381&smid=9616)

The deadline for On-Line entries is Friday Feb 9, 2018.

Paper entries must be in the meet director's hands no later than 6:00pm, Saturday, Feb 3, 2018.

Meet Director: Steve Justinger, 6047 Hagen Hill Circle, Madison, WI 53718-6219, (608) 695-2645,

[sjustinger@hotmail.com](mailto:sjustinger@hotmail.com).

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

### SCHEDULE OF EVENTS:

- |                          |                         |                      |
|--------------------------|-------------------------|----------------------|
| 1. 400 yd IM             | 8. 200 yd Breaststroke  | 15. 100 yd Freestyle |
| 2. 200 yd Freestyle      | 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 2017-2018 Meet Schedule

Date	Meet
Nov/Dec	Water Warriors
Jan 7	YMCA Pabst Farms
Jan 28	Oshkosh YMCA
Feb 11	Sun Prairie
Mar 4	Whitefish Bay HS
Mar 10	McFarland HS (SCM)
Mar 24-25	State SCY at Schroeder
Apr 7(tentative)	Baraboo
Apr 19-22	YMCA Masters Nationals, FL
May 10-13	USMS SCY Nationals, Indianapolis, IN
Jun 11(tentative)	Badger State Games with Masters heats, Wausau
Jun 16	State LCM at Schroeder
Jul 28-Aug 3	UANA Pan American Championship, Orlando, FL
Aug 18	MOWS Open Water
Sep TBD	WI Senior Olympics, Shorewood HS

**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   2 6**

Wisconsin Masters Swimming  
236 N 110 Pl  
Wauwatosa, WI 53226