

Wisconsin Masters Swimming

December 2018 / January 2019

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From the Chair

Greetings Fellow Masters Swimmers!

The first swim meet of the season is under our belt. The Baraboo meet was held November 4. It was a well-run meet, and featured delicious homemade baked goods, as well as a fun post-meet gathering at the Baraboo Grill. Please think about supporting this meet next year. The next meet will be a SCM meet in West Bend, December 1. Please keep checking the meet schedule on the Wisconsin Masters website, <https://www.swim-wimasters.org/>, for meet dates and locations.



Remember to renew your USMS membership for 2019. You will not be allowed to enter any meets in 2019 until you do so. Don't be caught trying to enter the January meets before having your 2019 registration. **When renewing your Wisconsin registration, please also register for the club WMAC, followed by your workout group, if you practice with a team.** Please contact the Wisconsin Registrar listed in the list of Officers to the left of this column if you have any questions or issues during the registration process. The total registration fee is \$54, which is the same total as last year. However, USMS increased their portion of the fee to \$45, an increase of \$2, but at the WMSC Annual Meeting, it was voted to decrease the WMSC portion of the fee to \$9, a reduction of \$2, thereby keeping the total the same.

The Wisconsin Water Warriors Challenge is still in progress. You have until December 31 to complete your yards. All entry forms must be sent to Melodee Nugent by January 15, 2019. You can choose any 14 consecutive days between now and December 31 to accumulate your yardage. I challenged myself to see if I could out-do last year's total, and I did, but it was a real push to do so. Create your own challenge and see if you can accomplish your goal.

The USMS Spring Nationals will be April 25-28, in Mesa, Arizona (think warm and sunny). The Wisconsin Club, WMAC, will be sending out information about team logistics in the near future. Could we possibly repeat our performance from 2018, and win the Regional Team competition again?

(Continued on page 2)

USMS membership renewal



Membership must be renewed before participating in any masters swim meets in 2019. Registration may be completed on-line at <http://www.USMS.org/reg/>. You may also receive 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](#), or request a form from the Wisconsin Registrar, whose name, address, and phone number are listed on the first page under WI LMSC Officers.

(From the Chair — continued from page 1)

The annual meeting of WMSC was held October 13, 2018. Here is a link to the minutes of the meeting, <https://www.clubassistant.com/c/A0F3601/file/Docs/WMSCAnnualMtg2018MeetingMinutesDraft.pdf>. The most important order of business was the presentation of new by-laws, which were approved at the meeting. Here is the link to the approved by-laws, [https://www.clubassistant.com/c/A0F3601/file/Docs/WMSCByLawsProposed20180803\(1\).pdf](https://www.clubassistant.com/c/A0F3601/file/Docs/WMSCByLawsProposed20180803(1).pdf). The 2019 Annual Meeting is scheduled for Saturday, September 28, 2019. Please save the date and consider attending the meeting next year.

I hope everyone has a wonderful and safe holiday season. Keep swimming, and be sure to sign up for meets on time.

— Mary Schneider
WMSC Chair

All about

Swim Committee, Aquatic Club and Workout Groups

When you join or renew your membership in U.S. Masters Swimming, you need to select a LMSC, Club and (optional) Workout Group. You may be curious about the relationship and function of each entity. I know was.

Wisconsin Masters Swim Committee (WMSC) administers the competitive swimming program in most of Wisconsin through the its elected Board of Directors, Standing Committees, and a representative from each club or workout group registered with the committee (listed in this newsletter). **WMSC** covers the geographical area of the state of Wisconsin except for the counties of St. Croix, Dunn and Pierce. The **WMSC** approves USMS competition within its jurisdiction.

Wisconsin Masters Aquatic Club (WMAC) is the umbrella competitive club for Wisconsin Masters. Essentially, it is the only Club option available when you register or renew membership. (If you choose "Unattached" you will be registered with USMS, but cannot compete individually or in relays with Wisconsin Masters at a regional or national swim meet.) **WMAC** is a regional club, which allows swimmers to compete (and WIN!) against the 20-some other regional clubs in the U.S. Other states include local clubs, and they will compete against other local clubs at Nationals. **WMAC** has its own officers and annual meeting open to any member of the swim club.

Workout Groups are what the name implies, a group of U.S. Masters Swimmers operating under a parent club (i.e., WMAC) as a group, typically in one pool or region.

Baraboo Swim Meet — November 4

Correspondent — Mary Schneider

It was a cool day in Baraboo on November 4, but the swimming was fast. There were only 29 swimmers who participated in the meet, 12 women, and 17 men, but the meet was well run, and the swimmers kept churning up the water.

The blocks have new fins on the back, and swimmers took advantage of the extra push they got on the start. This is one of the few meets that offers the 1,000 free, and eight brave souls took advantage of the event. It must have been interesting to watch, because the fastest swimmer, Dave Reddington, finished the race in 11:58.77, while the last swimmer finished in 23:39.95.

Iron swimmer Fred Salzman, at age 86, swam 6 events, so there should be no complaints from anyone else about getting tired at meets. The entire meet was finished in about 2 hours, so this was a test of everyone's early season training. It also gives a base to start from, to know what you have to do to achieve your end-of-season goals.

Once the meet finished, it was on to the post-meet celebration! Swimmers gathered at the Baraboo Grill in downtown Baraboo. I don't think anyone felt guilty



Nothing works up an appetite better than a morning's Masters swim meet. Gathering at Baraboo Grill in downtown Baraboo. Cheers!

about what they ordered, seeing as we all churned up a lot of yards to earn our extra caloric intake.

Thanks to Tim Capps and his team for organizing and hosting this meet. I encourage you to put this event on your calendar for next year, as I can personally guarantee this is a fast pool!

2018 Long Course Meters Top Ten WMAC Relays

Congratulations to the following 2018 [Top Ten Relay Swimmers for Long Course Meters](#)

W120-159	200 Free	Wendy Blunt	Martha O'Brien	Jessica Westcott	Karen Hoffman
W120-159	200 Free	Meghan LaPoint	Esmeralda Perez	Amy L Walther	Molly Woodford
W120-159	200 Medley	Mindy Seidler	Kathleen Daley	Wendy Blunt	Meghan LaPoint
M200-239	200 Free	Bobby Wu	Thomas Grisa	Mark Pfaltzgraff	Charles E Lorenz
M200-239	400 Free	Mark W Larkin	Thomas Grisa	Charles Lorenz	Mark Pfaltzgraff
M200-239	800 Free	Thomas Grisa	Mark Pfaltzgraff	Scott Conley	Scott Richards
M320-359	200 Free	Donald Jackson	Fred Salzman	Alex MacGillis	James Arnold
M320-359	200 Medley	Fred Salzman	Alex MacGillis	Donald Jackson	James Arnold
X120-159	400 Free	Joseph LaBudde	Mindy Seidler	Kathleen Daley	James Daley
X240-279	800 Free	Donald B Jackson	Susan Bonis	Barbara Lemm	Richard Alderman

COACH'S CORNER

2018 is almost over with an incredible year for our Wisconsin Masters National Team at Indianapolis this past May! (I still am working on getting a little "national love" from are "national mag" and getting our team, National Championship shirts).

At Indy, I was amazed at how well our team of over 140 swimmers from different programs or no programs raced. However, I was concerned about the swimmers who were on their own and would like to offer the workouts I use for the Elmbrook Masters and Pabst Farm Masters. There are (3) workouts a week written to support "a season" that ends with our State Meet or Short Course Nationals. They are written for Sprinters, Middle Distance and Distance Swimmers with a weekly cycle of aerobic and quality work and every third week a "recovery/

adaptation" week. Just send me an email address, and I will include you in our mailing: ebscfredrussell@yahoo.com.

Work has begun on the [2019 Short Course National Championship](#) in Mesa Arizona, April 25-29. We recommend swimmers who plan to attend should start to book flights and reserve rooms soon. We plan to use the [Hyatt Place Phoenix Mesa](#) as a base hotel for the Wisconsin Team with the Delta Hotels Phoenix Mesa and Sheraton Mesa Hotel also recommended.

Stay wet and Happy Holidays!
Coach Fred



Split Times at Meets

Are you attempting to swim for a split time on a longer event? If so, and you want an official time for either a State Record, or a Top 10 Time, or a USMS national record, then you must complete a Split Notification Form and give it to the meet official.

The form will be available from the meet host, but you can also print your own copy from https://www.usms.org/admin/lmschb/gto_rectab_split_request.pdf and bring it to the meet with you. The meet director will take care of sending the information to the Wisconsin Top 10 Recorder, when the meet results are sent.

This is especially important if you are swimming a backstroke event, since the finish must be a legal finish on a split. If you fail to use this form or give it to the official, then your split will not count for anything other than your personal satisfaction. If you swim a State Record time using a split time, you must also inform the state record chair, Andrew Babcock, by emailing him at andrewbabcock@hotmail.com. Thanks for your cooperation in this.

Mary Schneider
Wisconsin Chair



THE WISCONSIN WATER WARRIORS 2018

Date: November 1, 2018 – December 31, 2018 (Its not too late!)

Place: Your local pool

It's that time of year again! Time to push the limits! The goal of this swim is to swim as many yards as you can. Challenge yourself for this annual event. 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. 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 _____
Information needed for results include:	Day 6 _____
Swimmers Name _____	Day 7 _____
E-mail address _____	Day 8 _____
Home address _____	Day 9 _____
_____	Day 10 _____
Your age on the last day of your 2-week swim _____yrs	Day 11 _____
Gender <input type="radio"/> Male <input type="radio"/> Female	Day 12 _____
Specify dates of 2-week swim _____	Day 13 _____
**Remember to submit your results in yards. If you swim in a meter pool, multiply your results by 1.0936.	Day 14 _____
	Total yards _____

****All swimmers will receive a confirmation that your entry was received. If you mail your results, please include a phone number to let you know your entry was received.**

Wisconsin Masters YMCA at Pabst Farms Short Course Yards Swim Meet

Sunday, January 6, 2019

YMCA at PABST FARMS 1750 Valley Road, Oconomowoc, WI 53066
Doors open at 8:00 AM – Warm-up 8:15 AM – Meet starts at 9:00 AM

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 209-S001

SPONSORED BY: Wisconsin Masters Aquatic Club

FACILITIES: 8-lane, 25-yard pool with anti-turbulent lane guides, starting blocks and backstroke flags. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

ELIGIBILITY: Open to all registered Masters 18 years old or older. Mail entry must be accompanied by a copy of the swimmers 2019 USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

TIMING: Electronic timing (primary: automatic) backed up by two buttons (secondary: semiautomatic) and one watch (tertiary). Timing system precision qualifies as appropriate for setting USMS records (per USMS Rules effective 1/1/2018).

ENTRY: Enter On-Line via Club Assistant (see www.swim-wimasters.org for link) OR via U.S. mail with the Wisconsin Masters Swimming Universal Entry Form, one athlete per form. On-line entry is preferred. Online entry for this meet is: https://www.clubassistant.com/club/meet_information.cfm?c=2424&smid=10934

ENTRY DEADLINE: Paper entries must be in the meet director's hands no later than 6:00PM, Wednesday, January 2, 2019. Fees must accompany the entry form. Please make checks payable to WMAC.

ENTRY FEE: \$5.00/individual event plus a \$15.00 facility fee. The entry limit is 6 individual events plus relays. The 500 Freestyle is limited to the first 28 entries received.

ENTRY FORM: The universal entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations. Remember to include a copy of your USMS registration card.

SEND TO: Larry Mueller, Meet Director 4272 S. Taylor Ave Milwaukee WI 53207. Email: WMAC.Swim.MeetDIR@gmail.com.

SCHEDULE OF EVENTS:

- | | | |
|-----------------------|----------------------------|-----------------------------|
| 1. 400 yd IM | 8. 100 yd IM | 15. 100 yd Backstroke |
| 2. 50 yd Backstroke | 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)

Post Meet Social: Following the meet, plan on stopping for lunch at the Delafield Brewhaus (262-646-7821).

Oshkosh Masters “Animal Award” SCY Swim Meet

Sunday, January 27, 2019

Oshkosh YMCA, 3303 West 20th Ave., Oshkosh, WI 54904

Pool opens 7:30 AM – Warm-up 8:00 AM – Meet starts at 9:00 AM

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 208-S002

SPONSORED BY: The Oshkosh YMCA Workout Group of the Wisconsin Masters Aquatic Club

FACILITIES: 8 Lane, 25 yard pool fixed wall pool. 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 106.2.1 (of the USMS Rule Book).

ELIGIBILITY: Open to all USMS-registered Masters Swimmers 18 years old or older. Mail entries must include a copy of the swimmer’s USMS 2019 USMS registration card.

RULES: Official Masters Rules will govern this meet. All events will be timed finals.

TIMING: Primary–Automatic timing system (Colorado); Secondary: Semi-automatic with 1 button; Tertiary: 1 watch. Note: Timing system precision qualifies as appropriate for setting USMS records (per USMS Rules effective 1/1/2018).

ENTRY: Enter On-Line via Club Assistant (see www.swim-wimasters.org for link) OR via U.S. mail with the Wisconsin Masters Swimming Universal Entry Form, one athlete per form. On-line entry is preferred. The link for online entry for this meet is: https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=11150

ENTRY FEE: \$5.00/individual event plus a \$15.00 facility fee. Checks made payable to **OSHY Masters Swimming**. Deck entries 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.

ENTRY LIMIT: The entry limit is 6 individual events plus relays. No limit to 1000 Freestyle entries. Each swimmer entered in the 1000 will be responsible for providing a lap counter.

ENTRY DEADLINE: Mail-in Entries must be in the Meet Directors hands no later than 6:00 PM, Saturday, January 19, 2019. Entries received after the deadline will be subject to the deck entry fee. On-Line entries close at 11:59pm on Thurs., Jan. 24, 2019.

MEET DIRECTOR: Melinda Mann, 2970 Waldwic Lane, Oshkosh, WI 54904. Email: melindajmann@yahoo.com

SCHEDULE OF EVENTS

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

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

***Special Animal Award:** Swimmers who enter and finish option #1 or #2 (5 of the longest events) **1000 freestyle**, plus the choice of 4 of the following: 400 IM, 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle

OR

400 IM, plus the choice of 4 of the following: 200 IM, 200 Fly, 200 BR, 200 Back or 200 Freestyle

Post Meet Social: Red Robin Restaurant in Oshkosh (Burgers, Tex-Mex, Salads, Good Cheer!)

2018 Long Course Meters Top Ten Individual Swimmers

Congratulations to the following 2018 Top Ten Swimmers for Long Course Meters:

Esmeralda Perez (W18-24)	Thomas Grisa (M55-59)
Jessica L Westcott (W18-24)	Scott Richards (M55-59)
Molly Woodford (W25-29)	Dean Fochios (M60-64)
Erin E Schneider (W35-39)	Barry Mandel (M65-69)
Sarah Perez (W40-44)	Geoff Mykleby (M65-69)
Laurie Alioto (W60-64)	Tom Meehan (M70-74)
Melinda Mann (W60-64)	Donald Jackson (75-79)
Jane Dillon Steward (W75-79)	Fred Salzman (M85-89)
Charles Lorenz (M40-44)	Alex MacGillis (M90-96)
Mark Larkin (M45-49)	

Charlie Lorenz of the Schroeder Masters achieved All-American status in the M40-44 100 Meter Freestyle by placing first in that event in the USMS Top 10!

Online Results: <https://www.usms.org/comp/tt/toptenlmsc.php?Year=2018&CourseID=2&ZoneID=3&LMSCID=20>

Next Newsletter Deadline is January 18

Wisconsin Masters Swimming
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