

Wisconsin Masters Swimming

February/March 2018

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From the Chair ...

Greetings fellow Masters Swimmers!

I would like to introduce you to your new newsletter editor, Carl Millholland. Carl answered my plea last month, and I am very happy to have him step forward. Carl has been involved with Wisconsin Masters swimming for a number of years, and can be seen swimming in meets around the state. He also holds a number of current state records, in SCY, SCM, and LCM. If you would like to submit articles to the newsletter that may be of interest to other swimmers, please submit them to Carl at WIEditor@usms.org.

The swim meet season is in full swing now, with meets being contested every few weeks. Please see the meet schedule on the Wisconsin Masters website. I hope you will consider attending at least one meet during this season. It's a good way to try out new events, and tune up for the state meet and the USMS national meet. Save the date for the Wisconsin Masters State Meet March 24-25. There is always lots of fast swimming, and many state records fall at that meet.

I would also like to encourage everyone to participate in one of the Fitness events sponsored by USMS. There is one coming up called the Winter Challenge. The challenge is a 30 minute swim that must be done between Feb 15 and Feb 28. For more information, click this link <http://www.usms.org/articles/articledisplay.php?aid=3443>. Proceeds from entries will go to support the Swimming Saves Lives Foundation.

Lastly, I would encourage anyone who is able to attend the USMS national meet in Indianapolis May 10-13, to do so. It's an opportunity to swim in a world class pool, and cheer on your state teammates. The hotels near the pool are filling quickly, but there are a number of other hotels in the city that you could stay at. Everyone is welcome to attend the team meeting at the end of the daily swimming, and then go to dinner with teammates. It's a wonderful way to befriend your fellow state swimmers. To indicate your interest in going to nationals, go to this website <https://sites.google.com/view/wmac2018>. The deadline to register for nationals is April 9 at midnight.

— Mary Schneider



Sun Prairie Meet Reminder

Sunday Swim in Sun Prairie.
What: Masters Swim Meet
When: February 11, 2017 • Pool Opens 10:30 a.m.
Where: Sun Prairie High School Pool

Pabst Farms SCY Meet January 7, 2018

Correspondent: Dave Watts

Just 123 days between this meet and Nationals, and already the excitement is building! Over 100 swimmers registered for the Pabst Farms meet, and 98 were WMAC swimmers! Eleven of the 14 WMAC workout groups were represented, with the largest contingent, 36 swimmers, from Elmbrook Masters (EBM). There is more to EBM than sheer numbers – there is also speed.

Elmbrook led the list of speed champions, followed by Geneva Y and Whitefish Bay. We will need this caliber of swimming at Nationals, but we will need something more. Fred Russell, Elmbrook's coach, swam the 100 IM, despite currently undergoing medical treatment for significant illness. With that kind of example and leadership, no wonder the motivation and spirit of EBM swimmers led to so many triumphs. Each Elmbrook swimmer seemed to have a built-in cheering squad in addition to expert coaching.

Did you ever see a race decided by one one-hundredth of a second? In the 50 breast, Bryan Bell edged Darryl Stich by that narrowest of margins. There were other great contests – John Sinitz bested EBM teammate Bobby Wu in the 200 breast by 0.21 seconds in a final heat entirely owned by EBM (I could have predicted an EBM win in that one). And here's another amazing phenomenon of the clock: Barry Mandel listed a seed time of 1:00.00 in the 100 free, and his final time was 1:00.00! Excellent clock management, Barry! I did not need a second hand to time that race – the minute hand was sufficient. And I think that works out to exactly five feet per second in the water.

Did I mention relays? There were outstanding demonstrations of teamwork and quickness, including the 55-plus squad of Greg Blommel, Peter Allen, Scott Richards, and Mark Steinhafel, which set a 200 free mark of 1:30.49. Speed, motivation, inspiration, and teamwork – all were represented at Pabst Farms. This was a well-organized, skillfully directed, and flawlessly officiated start on the SCY season – with the culmination barely four months away in Indianapolis!



Julie van Cleave bringing her super powers to Pabst Farms

Meet Warmup Safety Requirement

The Wisconsin Safety Chair, Jerry Lourigan, reiterated a safety issue related to warm-up procedures for all meets. There has been a problem at Masters meets that is becoming worse. There are a number of swimmers who have not been adhering to the USMS warm-up rules. This is becoming a safety issue for all swimmers.

USMS Rule 102.4.3 states: Procedure—Swimmers must enter the pool feet first in a cautious and controlled manner. Diving and backstroke starts shall be permitted only in the designated lanes. No hand paddles are allowed.

Swimmers entering the pool must watch out for those in the water. With increased numbers of swimmers, it is imperative to exercise good judgement for the safety of all. At the annual meeting of Wisconsin Masters Swimming, this was addressed as a major concern. There will be signs posted on the blocks reminding swimmers to use a feet first entry. The only exception is when using designated sprint lanes. If swimmers do not conform to the rule, it may be necessary to enforce this rule by disqualifying the offending swimmer from the meet.

Long Distance and Open Water – Mary Jo Driscoll

Congratulations to everyone who participated in the recent USMS National Championship 3000/6000 e-postal event. The event ended on November 15 and results are available at this link: <http://www.usms.org/longdist/ldnats17/>

Ongoing now is the one-hour e-postal event. This 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

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.

Open water season is fast approaching. Two local events that are now open for registration are the Big Swell Swims in Devils Lake (**July 7, 2018** - 1.2/2.4 mi) and Milwaukee (2.5/5k **Aug. 19, 2018**). Both events include a wetsuit and non-wetsuit. As far as other local open water events go: Registration for the Madison Open Water Swim has not begun but information can be found at the following link : <https://www.swimmows.org/>. Big Shoulders (2.5k/5k) in Chicago will be held on **September 8, 2018**. Registration opens March 1 at the following link: <https://www.bigshouldersswim.com/>

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>

New Short Course Meters Individual Records

Age Group	Event	Time	Name	Meet
W 25-29	400 Free	4:59.42	Molly Woodford	IL
W 35-39	400 Free	5:21.52	Shelley Nolden	WI
W 65-69	100 Free	1:40.34	Mary Schneider	WI
W 65-69	200 Free	3:35.77	Mary Schneider	WI
W 65-69	400 Free	7:24.83	Mary Schneider	WI
W 70-74	100 Free	1:36.39	Nancy Kranpitz	WI
W 70-75	50 Breast	:55.01	Candy Christenson	WI
W 70-76	100 Breast	2:06.57	Candy Christenson	WI
M 18-24	50 Breast	:30.54	Greg Grewal	WI
M 18-24	100 Breast	1:06.52	Greg Grewal	WI
M 40-44	200 Free	2:07.84	Andrew Babcock	WI
M 40-44	50 Fly	:27.85	Andrew Babcock	WI
M 40-44	100 Fly	1:03.23	Andrew Babcock	WI
M 55-59	400 Free	4:57.18	James Biles	WI
M 55-59	1500 Free	19:26.32	James Biles	WI
M 55-59	100 Breast	1:18.44	Gregory Blommel	WI
M 55-59	200 IM	2:38.89	Thomas Grisa	WI
M 55-59	400 IM	5:43.41	James Biles	WI

Age Group	Event	Time	Name	Meet
M 65-69	200 Free	2:45.31	David T Watts	WI
M 65-69	400 Free	5:47.09	Carl D Millholland	IL
M 65-69	800 Free	12:12.34	David T Watts	MN
M 65-69	1500 Free	23:08.84	Carl Millholland	WI
M 65-69	100 Back	1:29.57	Carl D Millholland	IL
M 65-69	200 IM	3:08.95	Carl D Millholland	WI
M 65-69	400 IM	7:06.33	Carl D Millholland	IL
M 70-74	50 Free	:31.31	Tom Meehan	WI
M 70-74	100 Free	1:11.76	Tom Meehan	WI
M 70-74	50 Fly	:37.54	Mike Ziniel	WI
M 70-74	100 Fly	1:36.34	Mike Ziniel	WI
M 70-74	200 Fly	3:42.24	Mike Ziniel	WI
M 80-84	50 Breast	:52.07	George May	WI
M 80-84	100 Breast	1:58.42	George May	WI
M 85-89	400 Free	9:37.12	Fred Salzmann	WI
M 85-89	100 Back	2:13.16	Fred Salzmann	WI
M 85-89	200 Back	4:42.53	Fred Salzmann	WI

New Short Course Meters Relay Records.

M 240-279	200M Free	2:10.34	Barry Mandel, Tom Meehan, Mike Murray, Geoff Mykleby	WI
Mixed 100-119	200M Free	2:00.20	Molly Woodford, Rachel Mensch, Jack Turek, Greg Grewal	WI
Mixed 100-119	200M Medley	2:08.95	Molly Woodford, Greg Grewal, Rachel Mensch, Jack Turek	WI
Mixed 100-119	400M Medley	4:57.11	Molly Woodford, Greg Grewal, Rachel Mensch, Jack Turek	WI

2017 Wisconsin Water Warrior Results

Melodee Nugent

This 2-week swim challenge (14 consecutive days) took place between November 1st and December 31st of 2017. The goal was to challenge yourself and swim as much as you can for the 2-week period. There were 37 participants in the Wisconsin Water Warriors event this year. There were 6 new USMS participants to join in on the fun this year: **Jerry Huhn, Jennifer Youngwerth, Kara McCarty, Sally Moore, Kim Johnston and Mary Hamburg**. It is always great to see new participants.

Combined, the participants swam a total distance of 1,593,819 yards (905 miles) in 2-weeks (an increase of 93 miles from last year), with an average of 43,076 total yards (24.5 miles). We again had more women (65%) participate than men (35%). The average age of the swimmers was 59 years of age, a little older group than in the past years. The youngest swimmer was 35 years old and the oldest was 86 years old. Once again, we had our two amazing swimmers from the 80+ age group, Fred Salzmann (85 years young) swam 33,400 yards and Lois Goddard (86 years young) swam 13,500 yards. You both are truly inspiring!

The Baraboo group had the most swimmers participate and will receive an award for their combined efforts. This group included: Kara McCarty, Mary Hamburg, Nora Bergeon-Capps, Katy Mering, Ann Berres-Olivotti and Tim Capps.

The largest age groups were the 55-59 year old swimmers with a total of 11 (30%) swimmers in this group. James Biles was the top male swimmer with 78,475 yards and I was the top female swimmer with 155,000 yards. I know I am obsessive with distance events and I am the "outlier" in the dataset. Here are the results:

Men				Women			
Age Group	Place	Name	Distance	Age Group	Place	Name	Distance
50-54	1st	Carl Whitney (4)	56,000	35-39	1st	Kimberly Von Doring (2)	65,700
	2nd	Dan DeWeerd (5)	46,000		2nd	Jennifer Youngwerth (1)	36,500
	3rd	Tim Capps (2)	43,050	40-44	1st	Kara McCarty (1)	18,000
	4th	Jeff Schmiedel (4)	12,000		1st	Katy Sommer (5)	30,250
55-59	1st	James Biles (5)	78,475	50-54	1st	Melodee Nugent (8)	155,000
	2nd	David Drury (4)	51,800		2nd	Sally Moore (1)	51,400
	3rd	Gus Robledo (8)	22,200		3rd	Nora Bergeon-Capps (2)	46,550
60-64	1st	Tim Potter (3)	30,320	4th	Margaret Keller (7)	19,900	
65-69	1st	Steve Justinger (8)	37,400	55-59	1st	Kim Johnston (1)	101,250
70-74	1st	Greg Hollub (6)	35,800		2nd	Katy Mering (6)	67,500
	2nd	Jerry Huhn (1)	15,800	3rd	Karen Kimple (3)	51,300	
75-59	1st	Donald Jackson (3)	31,950	4th	Ann Berres-Olivotti (8)	49,200	
80+	1st	Fred Salzmann - 85 years (8)	33,400	5th	Chery Drury (5)	37,175	
				6th	Darcy Kelly (2)	30,000	
				7th	Ann Jackson (2)	29,016	
				8th	Julie Van Cleave (5)	28,875	
				60-64	1st	Melinda Mann (7)	51,450
					2nd	Heidi Fischer (3)	43,390
				65-69	1st	Mary Schneider (6)	38,500
				70-74	1st	Jeanne Seidler (5)	42,618
			2nd		Candy Christenson (6)	32,350	
			3rd	Nancy Kranpitz (8)	31,250		
			4th	Mary Hamburg (1)	28,950		
			80+	1st	Lois Goddard - 86 years - (6)	13,500	

**Number in parantheses represent how many years the swimmer has participated in WWW since 2010*

Awards have yet to be determined, but will be awarded at the Wisconsin State Meet that will be held at Schroeder on March 24-25, 2018.

Thinking about swimming Nationals?



A USMS Nationals is not often offered at a site within easy driving distance of Wisconsin. The previous opportunity was at Indy in 2013, five years ago. With the USMS Nationals so close to Wisconsin, I encourage everyone who has never been to a USMS Nationals to take advantage of the opportunity of attending and competing. Experience seeing other adults from around the country involved in masters swimming. Usually there is an Olympian or two swimming at the meet. This is a swimming experience to be enjoyed at least once in your swimming career.

For more information, visit <http://www.usms.org/comp/scnats18/>

Water Warrior Results (continued)

Statistics Course 101

Figure 1. There were almost double the number of females than males. Looking at the data, you can see that the women swam more miles than the males (women 625 miles and men 281 miles). Figure 1 is a box plot of this data with the miles for 2017 by gender. The colored bar represents 50% of the population and the line in the box shows the median. The median is the value that divides the upper half from the lower half. For example: 1,2,3,4,5 - the median is 3 because 1,2 are the lower half and 4,5 are the upper half. The lines extending out from the bars include 95% of the population. The o and * are the outliers, those that fall out of this range.

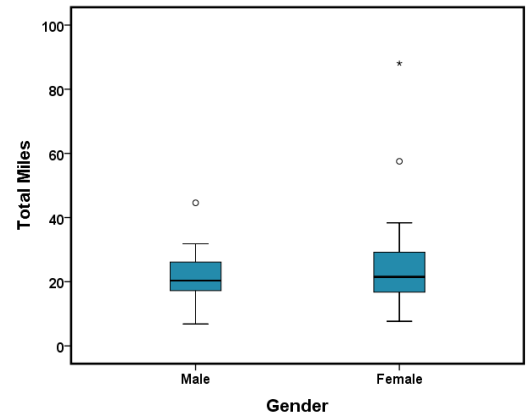


Figure 1

The median number of miles for males was 20.3 (range 6.8-44.6) and for females it was 21.5 (range 7.7-88.1). The medians are very similar, with a couple outliers for the women. However, there was no statistical difference. This means that if you tested this 100 times, 95% of the time there would not be a difference (the remaining 5% of the time would mean they were statically significant).

Figure 2. I have been collecting data for this event for the past 8 years. Below is a figure for the 6 participants that have done this event for the past 8 years. As you can see, it fluctuates each year; however, I find it a personal challenge to increase my distance by a bit each year.

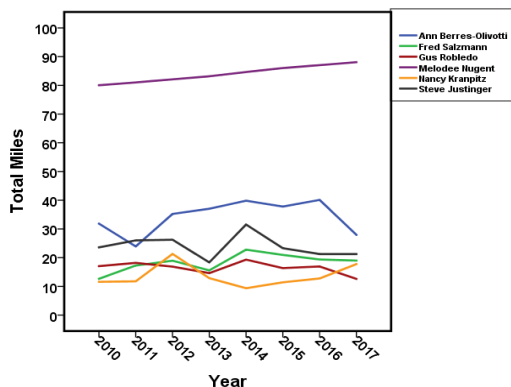


Figure 2

“Swimming is my salvation. Swimming stretches my body beyond earthly limits, helping to soothe every ache and caress every muscle. But it is also an inward journey, a time of quiet contemplation, when, encased in an element at once hostile and familiar, I find myself at peace, able — and eager — to flex my mind, imagine new possibilities, to work things out without the startling interruptions of human voice or modern life.
The silence is stunning.”
— Lynn Sheer, “Swim: Why We Love the Water.”

2018 Oshkosh Masters "ANIMAL AWARD" SCY at Oshkosh 20th St Y

Correspondent: Dave Watts



Animal Award Winners—Linda Bacelis-Bush (40), Candy Christenson (71), Cathy Diamond (48), Margaret Keller (54), Mara Kieser (59), Melinda Mann (61), Mary Schneider (65), Holly Steffes (49), Jenny Youngwerth (35), Greg Hollub (70), Jerry Lourigan (52), Carl Millholland (65), Lawrence Mueller (73), Timothy Potter (61), David Reddington (51) - Photographer: Bobby Wu

The Oshkosh SCY meet may seem a little out of the way. It's tucked in between other meets located more conveniently to Madison-Milwaukee. But I encourage my fellow WMAC swimmers to make the journey – it's well worth it. With a dazzling new set of LED lights, the venue is as bright as day. The pool is excellent, clear and fast, with 9-foot depth at the deep end, just under 4 feet at the far end.

Forty nine swimmers made it to Oshkosh this year, more than in any recent rendition of this meet. Among them there were 15 amazing individuals who earned the coveted designation of "Animal." How did they do this? They swam either the 1000 free or 400 IM, as well as four swims of 200 yards each. This made the 200-yard events unusually popular. This is the only meet I can think of where there were more swimmers in the 200 free (and the 1000 free) than in the 100 free or the 50 free. Anything less than 200 yards and you are not an "Animal."

These 15 WMAC swimmers represent true grit. The look on their faces as they were each awarded their purple monogrammed towel summed it up – a story of pride, determination, and a desire to be among the elite of Wisconsin swimming. Their faces also showed a certain level of craziness.

This meet was perfectly directed by Melinda Mann. She found time to swim the "Animal" events and run the meet with the support of her crew from the Oshkosh Y. The timing and officiating were first rate. If you're looking for a quality meet next year, especially if you have within you that special drive and outrageous streak that impels you to seek the "Animal Award," this is the meet for you.



Jenny Youngwerth – Super Animal Award Winner! Swimming with a cast on her leg!

2018 WISCONSIN MASTERS SCY STATE CHAMPS at Schroeder

9240 N Green Bay Rd, Brown Deer, WI. Saturday, March 24 and Sunday, March 25 2018.

Doors open at 10:00 AM. Warm-up starts at 11:00 AM and the meet starts at 12:00 PM (noon) both days.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 208-S004

SPONSORED BY: The Schroeder Masters

FACILITIES: Measured 50-meter pool with bulkheads, configured as two 8-lane, 25-yard pools, plus one 2-lane, 20-meter pool crosswise. Competition held in 8-lanes of one 25-yard pool. Competition pool water depth: 2 meters (6-1/2 feet) at both start & turn ends. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement. The bulkhead placement has always met USMS pool length.

ELIGIBILITY: Open to all USMS-Registered Masters Swimmers 18 years old or older. Mail entries must include a copy of the 2018 USMS registration card. Register with USMS before entering the meet.

TIMING: Electronic timing (primary: automatic) backed up by two buttons (secondary: semi-automatic) and one watch (tertiary). This level of timing meets requirements for setting USMS Records.

ENTRY DEADLINE: Mail entries must be received by Saturday, March 17th, 2018. On-line entries will be cut-off on Saturday, March 17th, 2018 at 11:59PM central time. NOTE THAT THE ENTRIES CUTOFF DATE OF MARCH 17, 2018 IS ONE WEEK BEFORE THE MEET.

Complete meet info can be found at <https://www.clubassistant.com/c/A0F3601/file/EventsAndResults/IN20180324SchroederSCYMar24v2.pdf>. On-Line entries made thru the link below:
https://www.clubassistant.com/club/meet_information.cfm?c=1176&smid=9520

SCHEDULE OF EVENTS

Saturday, March 24, 2018			Sunday, March 25, 2018		
Event #		Event Name	Event #		Event Name
Women or Mixed	Men		Women or Mixed	Men	
1	2	200 Free	25		400 IM Mixed
3	4	100 Back	27	28	50 Free **
5	6	50 Fly	29	30	100 Breast
7	8	200 Breast	31		800 Free Relay
9		400 Free Relay	33	34	100 Fly
11	12	200 Fly	35	36	200 Back
13	14	50 Free **	37		200 Free Relay
15		400 Medley Relay	39	40	200 IM
17	18	50 Breast	41	42	50 Back
19	20	100 IM	43	44	100 Free
21		200 Medley Relay	45		1650 Free Mixed (Max 32)
23	24	500 Free			

Wisconsin Masters Short Course Meters Swim Meet

MCFARLAND HIGH SCHOOL POOL, 5103 Farwell St. McFarland, WI, Sunday, March 10, 2018,
Pool opens 9:30 AM – Warm-up 9:30 AM – Meet starts at 11:00 AM.

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 208-S005

SPONSORED BY: Madison Area Masters

FACILITIES: 6-lane, 25 meter 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 106.2.1.

ELIGIBILITY: 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.

TIMING: Primary Automatic timing system: (Colorado), Secondary: Semi-automatic with 1 button, Tertiary: One watch
This level of timing meets requirements for setting USMS and FINA Records.

ENTRY DEADLINE: The deadline for On-Line entries is Thursday, March 8, 2018.

The entry fee is \$4.00/individual event plus a \$15.00 facility fee. The entry limit is 5 individual events plus relays. The 400m freestyle will be limited to the first 20 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=9796

Paper entries must be in the meet director's hands no later than 6:00pm, Saturday, Feb 24, 2018.

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

SCHEDULE OF EVENTS:

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

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

New Short Course Yards Records

Age Group	Event	Time	Name	Meet
Men 65-69	200 BACK	2:49.64	Carl Millholland	WI
Men 70-74	1000 FREE	13:57.78	Greg Hollub	WI
Men 85-89	100 BACK	2:00.46	Fred Salzman	WI
Men 85-89	200 BACK	4:15.64	Fred Salzman	WI
Women 25-29	100 BACK	1:00.47	Hannah Saiz	WI
Women 25-29	100 FLY	:54.19	Hannah Saiz	WI
Women 25-29	200 FLY	1:57.48	Hannah Saiz	WI
Women 50-54	200 FREE	2:14.20	Janeen Finke	WI
Women 60-64	1000 FREE	13:37.82	Melinda Mann	WI
Women 60-64	200 BACK	2:48.43	Melinda Mann	WI
Women 60-64	200 FREE	2:27.23	Melinda Mann	WI
Women 60-64	200 IM	2:42.71	Melinda Mann	WI

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 M a r c h 2 3

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