

WISCONSIN



MASTERS SWIMMING

NEWSLETTER

FEBRUARY 2020 | MARCH 2020

FROM THE CHAIR ...

Greetings Fellow Masters Swimmers!

I want to thank everyone who has participated in one of the swim meets held so far this season. The meets have been well attended, and well run, but there's always room for more swimmers!

This year a decision was made to allow [One Event Registrations](#) for pool meets. We have had a few swimmers who have taken advantage of the opportunity, and have joined us at meets. This is a good way to "dip your toe in the water" (no pun intended) without making a full commitment to membership. One Event Registrations are able to convert to full USMS membership within 30 days, if they enjoy their swim meet experience. Encourage your friends to give this a try.

We still have a few more pool meets on the schedule, namely Sun Prairie (Feb 9), Whitefish Bay (March 1), McFarland (SCM March 7), and the Short Course Yards State Meet at the Walter Schroeder Aquatic Center (March 28-29). The State Meet also has all relays offered, so

encourage your fellow swimmers to get together for a relay. It's always fun just to participate. It's OK to swim only one of the days, just come and compete.

Wisconsin will again field a team for USMS short course nationals, April 23-26 in San Antonio, TX. The facility is outstanding, with lots and lots of warmup-cooldown pool space.

If you are interested in attending the meet, check the Clubs page on the Wisconsin Masters website, <https://www.swim-wimasters.org/page.cfm?pagetitle=Clubs>. Remember, if you don't have any qualifying times, you can still swim 3 events plus potential relays. Join the fun and bond with your fellow Wisconsin swimmers!

Mary Schneider
Wisconsin Chair



Upcoming Events

Sunday, February 9

[Sun Prairie SCY](#)

Sunday, March 1

[Whitefish Bay SCY](#)

Saturday, March 7

[McFarland SCM](#)

Sat/Sun, March 28-29

[State SCY Championship](#)

Wisconsin Masters Swim Committee Officers

Chair: Mary Schneider
WChair@usms.org

Vice Chair: Jeanne Seidler
WIViceChair@usms.org

Registrar: Peter Allen
WRegistrar@usms.org
409 Park Dr.
Neenah WI 94956-2858
920-216-3229

Coaches: Fred Russell
WCoaches@usms.org

Editor: Carl Millholland
WEditor@usms.org

Fitness: Melodee Nugent
WIFitness@usms.org

Officials: Susan Wagner
WOfficials@usms.org

Long Distance/Open Water:
Mary Jo Driscoll
WLongDistance@usms.org

Safety: Jerry Lourigan
WISafety@usms.org

Sanctions: Jeanne Seidler
WISanctions@usms.org

Secretary: Jen May
WISecretary@usms.org

Top Ten: Jeanne Seidler
WITopTen@usms.org

Treasurer: Mike Murray
WITreasurer@usms.org

Auditor: Elyce Dilworth
InternalAudit@USMS.org

Webmaster:
Mindy Seidler
WIWebmaster@usms.org

Wisconsin Water Warriors

Melodee Nugent, Fitness Chair

[Click here to read the full results and statistics](#)

This is my 10th year of running the Wisconsin Water Warrior Event. This 2-week swim challenge (14 consecutive days) took place between November 1st and December 31st of 2019. The goal was to challenge yourself and swim as much as you can for the 2-week period (swimming every day is not required). There were 24 participants this year. New faces this year included **David Jirikowic** and **Leslie Hanshew**.

Combined, the participants swam a total distance of 906,999 (515 miles) in 2-weeks, with an average of 37,792 total yards (21.5 miles). We again had more women (58%) participate than men (42%). This event has always attracted an older population, with an average age of 63 years. Our youngest swimmer was 45 years and our oldest was 88 years. Kudos to **Fred Salzmann** (87 years young) who swam 41,050 yards and **Lois Goddard** (88 years young) who swam 13,500 yards.

Congratulations to the Baraboo group again who had the most swimmers participate. They will receive an award for their combined efforts. This group included: **Kara McCarty, Katy Mering, Ann Berres-Olivotti, Doug Mering** and **Gwyn Guenther**.

Also, congratulations to those that have participated in all 10 years: **Ann Berres-Olivotti, Steve Justinger, Nancy Kranpitz, Melodee Nugent** and **Fred Salzmann**. They too will receive an award for their continued participation.

Awards will be given out at the [State SCY Championship Meet](#) March 23-24.

Save the dates – Local Open Water Swims

It's never too soon to think about open water swims this summer. Here is a list of several open water swims. Registration has opened for Big Swell, Point to LaPointe, and USA Triathlon Swim Only. This will be the very last Madison Open Water Swim (and it's a fun one!) so if you ever wanted to do it now is the chance!

Big Swell Swim (Registration Open!)

June 6 - Madison (Lake Monona) | July 11 - Devils Lake

Cream City Classic**

August 1- Milwaukee (Milwaukee River)

Point to La Pointe (Registration Open!)

August 1 – Bayfield (Lake Superior)

USA Triathlon Open Water Swim - NEW! – Registration Open!

August 7 - Milwaukee (Lake Michigan)

Madison Open Water Swim (Last one ever!)**

August 22 – Madison (Lake Monona)

Big Shoulders**

September 12 – Chicago – Lake Michigan

Registration opens March 1 and closes March 5 – usually fills up on the first day!

**USMS Sanctioned Events

Records Fall at West Bend Short Course Meters Swim

Saturday, December 7, is a day that will live in Wisconsin Masters Swimming infamy. Twenty-two state records for individual swims, and 3 relay records fell that day. Formerly from the Southern Pacific region and Top Ten USMS Swimmer, **Julie Paque** has joined the Wisconsin Masters Aquatic Club this year to set three new records. Welcome, Julie!

Meet Director **Larry Mueller** fielded 82 swimmers (50 Men and 32 Women) for this year's meet, including several competitors from Illinois who presented some exciting swims. Swimmers also came from Minnesota and Iowa, and one swimmer from Fort Lauderdale who had to enjoy the unseasonably warm weather that day.

Special thanks to the West Bend High swimmers for timing!



New Short Course Meters Records

Andrew Babcock	Men 40-44 200M FREE 2:07.82
Andrew Babcock	Men 40-44 400M FREE 4:36.20
Dean Fochios	Men 65-69 100M FREE 1:08.27
Dean Fochios	Men 65-69 200M FREE 2:30.23
Dean Fochios	Men 65-69 50M FREE :29.56
Carl Millholland	Men 65-69 200M FLY 3:32.98
Carl Millholland	Men 65-69 400M IM 6:52.06
Clark Knuth	Men 70-74 100M BACK 1:37.30
Clark Knuth	Men 70-74 200M FREE 2:58.95
Clark Knuth	Men 70-74 400M FREE 6:21.65
Fred Salzman	Men 85-89 400M FREE 9:33.22
Laurie Alioto	Women 60-64 200M BACK 3:03.46
Laurie Alioto	Women 60-64 150M0 FRE 22:13.86
Laurie Alioto	Women 60-64 200M FLY 3:01.58
Melinda Mann	Women 60-64 50M BACK :40.17
Melinda Mann	Women 60-64 50M BREA :41.09
Melinda Mann	Women 60-64 50M FLY :34.85
Julie Paque	Women 60-64 100M FLY 1:42.57

Julie Paque	Women 60-64 100M FREE 1:20.57
Julie Paque	Women 60-64 50M FREE :35.72
Candy Christenson	Women 70-74 400M IM 9:42.63
Nancy Kranpitz	Women 70-74 100M FLY 2:13.43

Women 280-319 200M Medley Relay 3:40.90

- Janet Schultz 68
- Candy Christenson 72
- Nancy Kranpitz 74
- Mary Schneider 67

Men 200-239 400M Medley Relay 4:42.74

- Thomas Grisa 57
- James Fischer 56
- Scott Richards 59
- Andrew Babcock 42

Men 240-279 200M Medley Relay 2:15.18

- Thomas Grisa 57
- James Fischer 56
- Scott Richards 59
- Clark Knuth 71

USMS NATIONALS UPDATES

400 Mixed Free Relay at Nationals

For those of you arriving at nationals by mid to late afternoon on Thursday, April 23, you may be able to swim in the 400 Free Mixed Relay. It will be contested after all the 1650s are swum.

You will need to complete your registration and waiver before competing, and of course, you'll want some warmup time before swimming. If you are able to arrange your travel plans, please consider this. Otherwise, you'll have all the distance people attempting to sprint a 100 Free after swimming their distance event. We'll be grateful to have a few true sprinters mixed in. Let's pick up more points for the team!

USMS NATIONALS MEET REGISTRATION NOW OPEN

Lots of Wisconsin Swimmers at Pabst Farm YMCA Meet

On Sunday, January 5, the Pabst Farms meet was held at the YMCA in Oconomowoc, with eighty-one swimmers registered for the meet. New this year are one-event registrations, and a number of swimmers took advantage of this. Some of those swimmers work out with the Tri-Faster group, and were excited to participate in their first competitive swim meet. They had a good time, and we hope to see them again.

As our Illinois friends held a swim meet down in the flatlands on the same day, almost all swimmers were Wisconsinites, making our turnout at this meet good news for Wisconsin swimming!

The meet was a good way to gauge those of us who worked out during the holidays, and those that slid a bit in their practice habits. There were also those fearless swimmers who took on those daunting events, like the 200 Fly, with only 2 swimmers, and the 400 IM, with 3 swimmers. The 500 Free with 15 swimmers was apparently a much more popular event! A couple highlights were the very speedy 500 Free swum by **Craig Fredericksen** in 5:06.81, and the very smooth 200 Fly by **Andrew Babcock**.

Thanks to **Larry Mueller** and Andrew Babcock for running an efficient meet, as well thanks to the officials who kept the meet moving along. We also want to send a special thanks to those people who volunteered to time, as it was greatly appreciated by all of us swimming.



Nice turnout from the Tri-Faster group, include several first-time competitors

Animals on the Loose

Correspondent—Mary Schneider

On Sunday, January 26, the Oshkosh Masters group hosted the annual “Animal” event. Out of 42 registered swimmers, there were 24 that earned the right to be called Animals. There was even a family of 4 animals, namely the Perez-Schneider clan. To earn the award, a swimmer must either swim the 400 IM and four out of five 200 events of 200 Free, 200 Back, 200 Fly, 200 Breast, and 200 IM, or swim the 1000 Free, and pick four of the 200 events. Why would anyone be crazy enough to do this contest, you ask? Well, if you’ve ever seen a really nice, thick towel with the Oshkosh Masters logo on it, and Animal Award embroidered above it, that is the reason why. That’s not an ordinary towel, because every one of them had to be earned. This is also the only meet where there are only 1 or 2 heats of the 50s and 100s, but 4 to 5 heats of the 200 events.

Animals who swam the 400 IM option were: **Linda Bacelis-Bush, Candy Christenson, Leslie Hanshew, Skyler Lipscomb, Jerry Lourigan, Amelia Osterud, Esmeralda Perez, Sarah Perez, Erin Schneider, and Janet Schultz.** Those selecting the 1000 Free option were: **Peiter DeHart, Scott Dillon, Angela Hansen, Margaret Keller, Melinda Mann, Jennifer May, Karen Nixon, Jason Perry, Timothy Potter, Mary Schneider, Clark Searle, Julie Van Cleave, Nichole Webster, and Jenny Youngwerth.**

One of the non-animals who had a successful meet was Cindy Maltry. She broke 4 state records in the Women’s 65-69 age group. The new records are 50 yd Free, 31.07, 100 yd Free, 1:08.05, 50 yd Back, 36.25, and 100 yd IM, 1:17.98.

As a reward for all that hard work, swimmers gathered at Red Robin afterwards to refuel, which was a necessity after burning a gazillion calories. Thanks to the meet director, **Melinda Mann**, for organizing the meet, providing timers, and procuring the excellent towels. Next year, perhaps you will become an “Animal”.

400 IM Swimmers



1000 Free Swimmers



The Schneider/Perez Clan

MADISON AREA “CHICKEN LICKS” SCY SWIM MEET

SUNDAY FEBRUARY 9, 2020

Great pool! Great time!

TIME: Warm-up at 10:45 am to 11:50 am. Events start at 12:00 am.

SPONSORED BY: Madison Area Masters

SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-S001

LOCATION: Sun Prairie High School Pool 888 Grove St, Sun Prairie, WI 53590

POOL: 8-lane 25-yards

ELIGIBILITY: Open to all swimmers 18 years and older

MEET DIRECTOR

Steve Justinger
6047 Hagen Hill Circle
Madison, WI 53718-6219
608.695.2645

Email: sjustinger@hotmail.com

MEET INFORMATION

Two membership options are available:

1. Current USMS membership. 2. One Event membership.

One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$15.00 plus \$5.00 per individual event. One Event - \$30.00 plus \$5.00 per individual event.

ENTRY LIMIT: Six (6) individual events plus relays. 500 freestyle limited to the first 28 entries received. Email meet director to be wait listed.

No E-mail or deck late entries for individual events will be accepted.

ENTRY DEADLINE: The [on-line meet entry](#) deadline is Saturday, February 8, 2020 midnight CST time

[Paper entries](#) must be in the meet directors hands no later than 6:00pm, Saturday, February 1, 2020. Fees must accompany entries. Checks should be made payable to **Madison Area Masters**.

POST MEET SOCIAL: Chicken Licks 5508 County Road N, Sun Prairie Ph: 608.837.6721

SCHEDULE OF EVENTS

1	Mixed	400 Y	IM	10	Mixed	200 Y	Fly
2	Mixed	200 Y	Free	11	Mixed	100 Y	Back
3	Mixed	50 Y	Breast	12	Mixed	200 Y	Free Relay
4	Mixed	200 Y	Back	13	Mixed	100 Y	Breast
5	Mixed	100 Y	Fly	14	Mixed	50 Y	Fly
6	Mixed	200 Y	Medley Relay	15	Mixed	100 Y	Free
7	Mixed	50 Y	Free	16	Mixed	50 Y	Back
8	Mixed	200 Y	Breast	17	Mixed	200 Y	IM
9	Mixed	100 Y	IM	18	Mixed	500 Y	Free

WHITEFISH BAY HS DAVE CLARK CLASSIC SWIM MEET

SUNDAY MARCH 1, 2020

Got fins? Bring em!

TIME: Warm-up 8:15 am. Meet starts 9:00 am.
 SPONSORED BY: The WFB High School and the Wisconsin Masters Aquatic Club
 SANCTIONED BY: The Wisconsin LMSC for USMS, Inc. Sanction No. 200-S005
 LOCATION: Whitefish Bay HS, 1200 E Fairmount Ave, Whitefish Bay, WI

POOL: 8-lane 25-yards

ELIGIBILITY: Open to all swimmers 18 years and older

MEET INFORMATION

Two membership options are available:

1. Current USMS membership. 2. One Event membership.

One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$15.00 plus \$5.00 per individual event. One Event - \$30.00 plus \$5.00 per individual event.

ENTRY LIMIT: Six (6) individual events plus relays. 1650yd Freestyle limited to first 24 entrants.

No E-mail or deck late entries for individual events will be accepted.

ENTRY DEADLINE: The [on-line meet entry](#) deadline is Thursday, February 27.

[Paper entries](#) must be in the meet directors hands no later than 6:00pm, Saturday, February 1, 2020. Fees must accompany entries. Checks should be made payable to **Pam Dowling. Memo section – WFBM meet.**

POST MEET SOCIAL: Bavarian Bierhaus – 700 W Lexington Blvd. Glendale, WI

Foamation Fish headbands for sale! Proceeds go to support of swimming lessons for urban youth! The Fun Fin race is event #12. We will have home baked goodies, as well as items marked as gluten free and if they contains nuts (not to be confused with all of us!)

MEET DIRECTOR

Pam Dowling
 130 W Brown Deer Rd
 Bayside, WI 53217
 414-708-4253

Email: pam@1s2cz.com

SCHEDULE OF EVENTS

1	400 yard	IM	11	200 yard	Breaststroke
2	50 yard	Backstroke	12	50 yard	Fins
3	100 yard	Freestyle	13	200 yard	Butterfly
4	50 yard	Breaststroke	14	200 yard	Medley Relay*
5	200 yard	Backstroke	15	100 yard	Backstroke
6	100 yard	Butterfly	16	100 yard	Breaststroke
7	200 yard	Freestyle	17	50 yard	Freestyle
8	100 yard	IM	18	200 yard	IM
9	200 yard	Free Relay*	19	400 yard	Freestyle Relay*
10	50 yard	Butterfly	20	1650 yard	Freestyle Seeded fastest to slowest

MCFARLAND HS SHORT COURSE METERS SWIM MEET**SATURDAY MARCH 7, 2020****Beautiful new SCM Pool**

TIME: Warm-up 9:45 am. Meet starts 11:00 am.
 SPONSORED BY: Madison Area Masters
 SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-S006
 LOCATION: McFarland High School Pool, 5101 Farwell St. McFarland, WI
 POOL: 8-lane 25-meters
 ELIGIBILITY: Open to all swimmers 18 years and older

MEET DIRECTOR

Steve Justinger
 6047 Hagen Hill Circle
 Madison, WI 53718-6219
 608.695.2645

Email: sjustinger@hotmail.com

MEET INFORMATION

Two membership options are available:

1. Current USMS membership. 2. One Event membership.

One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$15.00 plus \$5.00 per individual event. One Event - \$30.00 plus \$5.00 per individual event.

ENTRY LIMIT: Six (6) individual events plus relays. 400 freestyle will be limited to the first 24 entries received.

No E-mail or deck late entries for individual events will be accepted.

ENTRY DEADLINE: The [on-line meet entry](#) deadline is Saturday, February 8, 2020 midnight CST time
[Paper entries](#) must be in the meet directors hands no later than 6:00pm, Saturday, February 29, 2020. Fees must accompany entries. Checks should be made payable to **Madison Area Masters**.

POST MEET SOCIAL: Green Lantern Restaurant 4412 Siggelkow Rd. McFarland 608.838.4730

SCHEDULE OF EVENTS

1	Mixed	400 M	IM	10	Mixed	200 M	Fly
2	Mixed	200 M	Free	11	Mixed	100 M	Backstroke
3	Mixed	50 M	Breaststroke	12	Mixed	200 M	Free Relay
4	Mixed	200 M	Backstroke	13	Mixed	100 M	Breaststroke
5	Mixed	100 M	Fly	14	Mixed	50 M	Fly
6	Mixed	200 M	Medley Relay	15	Mixed	100 M	Free
7	Mixed	50 M	Free	16	Mixed	50 M	Backstroke
8	Mixed	200 M	Breaststroke	17	Mixed	200 M	IM
9	Mixed	100 M	IM	18	Mixed	400 M	Free

2020 Wisconsin Masters Short Course Yards Championships

March 28–March 29, 2020

TIME: Doors open 9:30. Warm-up 10:00-10:55am. Meet starts at 11:00 am on both Sat. & Sun
 SPONSORED BY: The Schroeder Masters Workout Group of the Wisconsin Masters Aquatic Club
 SANCTIONED BY: Wisconsin LMSC for USMS, Inc. Sanction No. 200-S007
 LOCATION: Walter Schroeder Aquatic Center 9240 N Green Bay Road, Brown Deer, WI
 POOL: 8-lane 25-yards (separate 8 lanes for warm-ups/down)
 ELIGIBILITY: Open to all swimmers 18 years and older

MEET DIRECTOR

Jeanne Seidler
 N128W16779 Holy Hill Rd
 Germantown, WI 53022-1533
 (262) 894-0613
 Email: wvicechair@usms.org

MEET INFORMATION

Two membership options are available:

- 1. Current USMS membership. 2. One Event membership.**

One-event registration are not eligible for USMS Top 10 or records consideration.

ENTRY FEE: USMS - \$24 facility fee, \$5 per event fee and \$15 USMS one-event registration fee

ENTRY LIMIT: Twelve (12) individual events (six per day) plus relays. 1650 freestyle will be limited to the first 32 entries received. If the 1650 is filled, submit an e-mail request to the Meet Director to be added to a waiting list.

No E-mail or deck late entries for individual events will be accepted.

ENTRY DEADLINE: The [on-line meet entry](#) deadline is Saturday, March 21st, 2020 midnight CST time

[Paper entries](#) must be in the meet directors hands no later than 6:00pm, Saturday, March 21. Fees must accompany entries. Paper entry fee checks should be made payable to **WSAC** .

SCHEDULE OF EVENTS

Saturday, March 28			Sunday, March 29		
Event #		Event	Event #		Event
Women/Mixed	Men		Women/Mixed	Men	
1	2	200 Free	25	26	500 Free
3	4	100 Breast	27	28	50 Free **
5	6	200 Fly	29	30	200 IM
7	8	200 Back	31	32	100 Back
9		800 Free Relay		33	400 Free Relay
11	12	50 Fly	35	36	100 Fly
13	14	50 Free **	37	38	200 Breast
15		400 Medley Relay		39	200 Free Relay
17	18	50 Back	41	42	100 IM
19	20	100 Free	43	44	50 Breast
21		200 Medley Relay	45		1650 Free Mixed (Max 32)
23		400 IM Mixed	**50 freestyles, enter either one or both, your choice		

Calling for USMS Officials

USMS is looking for members interested in becoming USMS officials. The motto is to “Grow Our Own.” To become a Stroke and Turn official, you need to watch all the stroke videos on the USA Swimming website, and then take an online test, passing it with an 80%. You will also need to take the USMS supplemental test, since there are a few stroke differences between USA Swimming and USMS swimming. The results of both tests need to be sent to the USMS Officials Chair. Here is the link for detailed information, <https://www.usms.org/admin/lmschb/content/officialscert>.

If you are a past USA Swimming official, or a coach/past coach, you would make a good addition to the officials group, and may want to consider becoming a Starter Official, or a Referee. USMS needs you!

Did you know you can swim and also officiate? At nationals, there is a real need to help with officiating to aid in meet management. If you become certified, and have a block of time when you are not swimming, the officials corps would truly appreciate having on-deck relief. You may also be entitled to enter the hospitality room, depending on the length of your shift. (Food bribery for swimmers always seems to work.)

If you have questions, you may contact the officials chair at USMS, officials@usms.org, or myself, Mary Schneider, at WChair@usms.org, or the WMSC Officials Chair, Susan Wagner, at WIOfficials@usms.org.