



Greetings!

November is upon us, only two more months of 2020 to go! USMS is beginning to allow swim meet sanctions. The details will be forthcoming after the COMSA Board meeting on Monday, Nov 2nd. If you are hoping to host a swim meet in the next few months, please reach out to our [Sanction Chair Richard Hess](#).

A few deadlines are approaching:

- USMS 3000/6000 ePostals wrap up Nov 15, make sure you get your entires posted soon!
- COVID-19 Relief Grant applications are due Nov 15, please see below for more details.

If you are unable to gather with your team to swim and are looking for workouts to do on your own, USMS has a wide variety available for all USMS swimmers. Check it out [here](#).

Eleven state records were toppled during the short course yards season. Congratulations to Heather Wagner, Collette Sappey, Suzy Cotton, Chuck Ogilby and Terry Heggy. Learn more about these amazing swims below.

Heather Melrose
COMSA Secretary

State Meet

The COMSA Board has been working together to plan the State Meet planned for March 27-29, 2021 in Grand Junction, CO. Now that USMS is beginning to allow sanctions for swim meets, we are full steam ahead. Our Chair Chris Nolte has convened a Special Committee to run the State Meet and he has selected Andrew Le Vasseur to chair that committee. Welcome aboard, Andrew!

New Short Course Yards Records

Despite pools closing down mid-March, five of our amazing teammates managed to accomplish some mounumental swims:

W45-49	Heather Wagner	50 Free	24:36
W55-59	Collette Sappey	50 Back	32.38
W60-64	Suzy Cotton	50 Free	28.33
	Suzy Cotton	100 Free	1:01.74
	Suzy Cotton	200 Free	2:18.02
	Suzy Cotton	50 Back	33.67
	Suzy Cotton	100 Back	1:13.38
	Suzy Cotton	200 Back	2:36.19
	Suzy Cotton	100 IM	1:14.22
M65-69	Terry Heggy	1650 Free	21:22.91
M75-79	Chuck Ogilby	200 Free	2:35.43

Congratulations Swimmers!! It's great to see that even in 2020, the record books can be rewritten. Suzy, with SEVEN new women's 60-64 records - you go girl!

COVID-19 Relief Grant for Workout Groups/Local Clubs

USMS has developed a COVID-19 Relief Program to help struggling workout groups and local clubs financially impacted by the pandemic. COMSA is one of 22 LMSCs that has opted into this program. Only those local clubs and workout groups that are registered for 2020 in the USMS registration system will be considered for USMS matching grants. Clubs and workout groups must have a physical location that hosts masters programming to be eligible. For full details on eligibility please refer to the [USMS COVID-19 relief Program for Clubs Framework](#).

COMSA has created an application for local clubs and workout clubs available [here](#). Please share this information with your coaches and workout group leaders. Each local club or workout group will need to submit a completed application including a written description of the financial hardship, as well as a completed [W-9 form](#) to [COVID Relief Grant Special Committee](#) by **November 15, 2020**. This committee is eagerly awaiting grant applications. Help us, help you! Late submissions will not be considered.

USMS ePostals

What is an ePostal? It is a long distance swim in the pool that you do at your favorite swimming spot and then you submit the results to compete nationally. Here's a chance to try a longer distance swim that truly fits into your own schedule. Do it solo or get your whole workout group involved!

[USMS 3000/6000 ePostal](#) goes from September 15th through November 15th. This can be swum in any short course pool. There are age group awards with medals for 1st - 6th place in each gender and 5 year age bracket.

Whatever the distance you settle on, perhaps both swims, make sure that you have a timer recording your splits. Split sheets can be found [here](#). USMS no longer requires that the split sheets be send in; however, they reserve the right to ask for your split sheets at a later date.

It's Official!

Are you looking for a way to participate in a swim meet with your teammates, but don't want to get wet?* Become a USMS Official from the comfort of your own couch:

- Watch 6 online videos from USA Swimming
- Pass the "Certification Stroke & Turn" online test
- Pass the "USMS Officials Supplemental" online test

If you are already a USA/YMCA/NCAA/NFHS official, you just need to take the USMS Officials Supplemental exam.

Unlike USA Swimming, USMS Officials certification last four years and no background check or Athlete Protection training is needed.

For more information, see the [USMS Officials website](#), where you can find details on Stroke & Turn, plus Starter, Referee and Open Water opportunities.

*Disclaimer - as an USA Swimming Official, I should warn you that you may get a little wet :)

Swimming Links

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