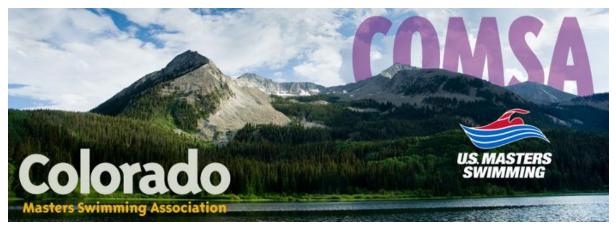
Mastersplash



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JUNE 2013

Greetings!,

Great job Colorado at the SCY Nationals in Indiana! Good Luck to those presently swimming in the Pan -American Masters Championships in Sarasota Fla.!!

There are so many pool and open water events this summer..get out, have fun and swim well!

Heide Crino

heidecrino@gmail.com

May/June photos

2013 Pan -American Masters Championship meet info

July 14, 2013

Postal National Championship Lowry Pool contact: Nicole Vanderpoel

August 7-11, 2013

2013 Marriott Summer National Championships Mission Viejo, Ca meet info

August 18, 2013

Horsetooth Openwater
Swim

10K, 2.4 mile or 1.2 mile
swims

Horsetooth Reservoir,
Ft Collins
online registration
event flyer

More Information

Ongoing Events

Go the
Distance 2013
more info

Check off Challenge 2013 more info and registration

Contact



2013 Pan -American Masters Championship June 5-12, 2013

USE THE LINKS BELOW TO FOLLOW THE MEET, CURRENTLY UNDERWAY, AND SEE HOW OUR COLORADO SWIMMERS ARE DOING!

real time results
Live video stream



"U.S. Masters Swimming is pleased to host the 2013 Pan American Masters Championship. The Championship, awarded by Union American de Natacion, will be hosted in partnership with the Sarasota Family YMCA, in Sarasota, Fla.

This will be the first time the USA has hosted the biennial event. The Championship is expected to attract up to 2,000 adult swimmers from the South America, Central America, the Caribbean, Mexico, Canada and the USA."

Meet info

Steamboat Springs Open Water Swim Series Mondays in July

COMSA members will receive a \$5 per race discount. All registration information can be found here:



5K & 10K Postal National Championship
* DATE CHANGE*
July 14 th 7am Lowry pool

Please note a change from the original July 7th date to July 14th at 7am. Lowry pool.

Please email Nicole Vanderpoel to let her know you'll be participating and she can reserve you a lane.

nicolevanderpoel@msn.com

2013 MARRIOTT SUMMER NATIONAL CHAMPIONSHIP August 7-11, 2013

2013 Marriott Summer National Championship Mission Viejo, Calif. August 7-11, 2013

U.S. Masters Swimming is pleased to return to Mission Viejo for its 2013 Summer National Championships. Mission Viejo last hosted a



USMS national championship in 2005. Swimmers had a great time and turned in great swimming times at the 2005 championships in Mission Vieio.

meet info Qual times

Chatfield Gravel Pond

Saturday 7:30 am to 10:00 am Monday and Wednesday 4:30 pm to 7:00 pm May 1 - September 30

Swimming at the Gravel Pond at Chatfield State Park, begins on the far westside of the pond, on the north end.

Water temps May - low to mid 50s June - low to mid 60s July - low to mid 70s August - mid 70s to high 60s September - high 60s to high 50s

Approximate length 900 meters from westside, north end to eastside south end cove.

Approximate length to gravel bar 250 meters from the westside, north end.

more info waiver

We will again be asking that everyone who swims at the pond volunteer a half session (1.25 hours) to help with the monitoring of the swimmers. Be watching for the emails from SignUp Genius asking for your help with this task.

In addition, COMSA is in need of an Open Water Chair (or co-chairs) who will, among other things, coordinate the scheduling of the monitors. We had over 900 members participate last season at Chatfield, and each year this number increases. However, to keep this a successful activity, volunteer help is needed. If you are willing to coordinate monitors for one month of the five that we are open, maybe four others would also be interested. If you are willing to help with this, contact the COMSA chairperson, Brian Hoyt, (bkhoyt@gmail.com), or Marcia Anziano, the registrar (Marcia.anziano@gmail.com) for more information and let them know that you are willing to help out. Please help COMSA make this another great summer at the pond.

Open Water

Open Water Swimming Grant Ranch, Littleton info

Local and National Swimming Links

http://usopenwaterswimming.org/

Breadbasket Zone

http://www.iowamasters.org/
http://www.minnesotamasters.com/

http://www.movymasters.org/

http://www.nebraskamastersswimming.com/

http://www.ozarklmsc.org/

Go The Distance 2013

"Go the Distance in 2013

Nike GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There's no time limit for the distance milestones, except that they must be achieved in the calendar year. Speed doesn't count-just the effort to attain whatever goal you set for yourself.

Nike GTD is on the honor system-you track the distance you swim.

Daily, weekly, or monthly, enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, you'll be recognized on the U.S. Masters Swimming website and receive special prizes from Nike Swim, our title sponsor for the event." USMS website

more info and registration

What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere <u>U. S. Masters Swimming</u>

