

# 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](#)



stormy skies and  
dedicated monitors  
at Chatfield



## 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:





**OLD TOWN HOT SPRINGS**

# BALD EAGLE LAKE

## Open Water Swim Series

### EVERY MONDAY IN JULY

Half-mile and One-mile Swims~Wetsuits Recommended~Ages 11+ Welcome  
On-site registration 5:30-5:45 p.m.  
Warm up 5:30-5:50 p.m.  
**Races Start at 6 p.m.**

Single Race \$30/\$40 on Race Day  
Four Races \$100 • Five Races \$110

**VOLUNTEERS NEEDED**  
Volunteer for one race & get the next race FREE!

**NATIVE EXCAVATING Inc.**  
(970) 879-6231  
STEAMBOAT SPRINGS, CO

**smartwool**  
**HONEY STINGER**  
pure natural energy

**OLD TOWN HOT SPRINGS**  
STEAMBOAT SPRINGS, CO  
2013 NON-PROFIT CORPORATION

Race Director reserves the right to delay start up to one hour due to inclement weather. Race will only be cancelled due to lightning.

### 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](mailto: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 Viejo.

[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](mailto:bkhoyt@gmail.com)) , or Marcia Anziano, the registrar ([Marcia.anziano@gmail.com](mailto: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. S. Masters Swimming](#)

