

2009 USMS 5K and 10K National Postal Championships are just around the corner!

COMSA will be providing 2 dates this year to complete the 2009 National 5K and 10K Postal Championships at Lowry Pool!

Sunday, June 7th at 7 a.m.

Sunday, July 5th at 7 a.m.

We will run as many heats as necessary for the swimmers to complete their Postal.

Please e-mail nicolevanderpoel@msn.com to reserve a lane for either or both dates.

Please specify:

- Date
- Distance

Bring:

- Stop watch
- Copy of your current USMS card
- Check for your entry fee
- Counter/verifier
- Last but not least, a good attitude!

Copies of the split sheets and entry form will be provided if you forget either form.

More information is available at <http://www.usms.org/longdist/1dnats09/>