

2017 USMS 5K and 10K National ePostal Championships
Sunday, July 2nd & Sunday, July 23rd

Finally, we can put the long, hard Colorado winter behind us and look forward to swimming outside all over our beautiful State! With that said, it's time to go POSTAL once again. Yes, long distance swimmer enthusiasts, let's show the rest of the country how to swim a 5K & 10K National Championship at 5280 feet above sea level! COMSA is once again sponsoring the opportunity for all USMS registered Masters swimmers to participate in a group in the 2017 USMS 5K & 10K National ePostal Championships hosted by Swim Fort Lauderdale.

Objective: Complete a 5K & 10K in a Long Course Pool between May 15th & September 15th Whether you swim for the competition and challenge or for fitness and fun, you will feel a huge sense of accomplishment upon completion! It's way more fun to swim the ePostals with other awesome swimmers! The best part is you will receive your very own Colorado Goes Postal Swim Cap!

When: Sunday, July 2nd & Sunday, July 23rd at 7:00 am sharp. Please arrive by 6:45 am.

Where: Lowry Pool, 775 Akron Way, Denver.

Registration: Please e-mail Nicolevanderpoel@msn.com to reserve your lane on which day and indicate which distance you will be swimming.

What to bring: Counter/verifier person to count your laps and write down your splits, 2 pairs of goggles, towel, nourishment and a great attitude! Stop Watches, split sheets, clip boards and pencils will be provided. There is no cost to COMSA for participation.

Enter: You will submit your Splits online to the Host Team and pay your \$14 entry fee. You will submit splits by 500 meters for the 5K and 1000 meters for the 10K Postal.

Come on Colorado Distance Swimmers and Masters Coaches, challenge yourselves, swimmers and teammates to GO POSTAL and participate in one or both of the COMSA sponsored 5K & 10K National Postal Championship opportunities! It is fantastic training for both Pool and Open Water Competitions!

Nicole Vanderpoel, Long Distance Pool Chair