

May—June 2007

Long Course Meters /
Open Water



DU Retakes State Championship Title

Marcia Anziano—Registrar

Thirty two (32) workout groups competed at the annual Short Course Yard Championships hosted by the University of Denver on April 13, 14, and 15. It was a fun-filled, fast paced meet, void of fire drills and snow storms that plagued it over that past two years. Spectators were treated to many fast races with close finishes, including a National Record in the 50 backstroke by Sheri Hart.

The DU Aquaholics regained the combined title, won last year by Inverness, who this year swam to second place. New on the scene was a workout group comprised of swimmers from Broomfield and Greeley, the BEE GEEs. They made quite a splash both with their team suits (yellow with large black dots) and a strong third place finish. Filling out the top six places were BAM in 4th, Durango Masters in 5th, and Thornton Masters finishing in 6th place.

This year's meet drew close to 350 competitors. Many of the participants were first time attendees, including some who swam this as the first meet of their lives. This is a fun meet and you do not have to be super star to participate. Those of you who missed it this year, should definitely think about it for next year. Although the meet is contested over a three day period, you do not have to commit to all three days; pick one and give it a try. You will be hooked for sure.

High Point Swim of Lakewood, along with Nike, provided sponsorship for the meet. They provided awards for those that scored the most points in their respective age groups. Individuals receiving these awards were:

- | | | |
|---------|--------------------------------|---------------------------|
| 18 – 24 | Felissa Jacobson, BEE GEE | Brett Lanners, Inverness |
| 25 – 29 | Courtney Mills, DAC | Ian Caswell, BEE GEE |
| 30 – 34 | Katie Luellen, DU | Matt Eisenhuth, DU |
| 35 – 39 | Sheri Hart, DU | Scott Hoftiezer, DAC |
| 40 – 44 | Nicole Vanderpoel, HR | Randy Cox, BAM |
| 45 – 49 | Kim Crouch, Rally Sport | Mark Johnston, Inverness |
| 50 – 54 | Catherine Metz, Durango | Richard Hess, BEE GEE |
| 55 – 59 | Winifred Prall, DU | Chuck Fischer, DU |
| 60 – 64 | Louise Wise, DAWGS | Morgan Edwards, Inverness |
| 65 – 69 | Jane Oberg, DAC | Mel Dyck, Snow Mountain |
| 70 – 74 | Peggy Buchannan, Snow Mountain | Alister Murray, CMS |
| 75 – 79 | Frances Holmes, JAM | Stephen Hadley, UNAT |
| 80 – 84 | | Jack Truby, DU |
| 85 – 89 | | John Wrenn, BAM |

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John Wrenn, winner of the 85-89 high point award smiles after his 1000 free-style. John, age 86, was the oldest swimmer at the meet.

Results for all age groups, both individual and relay teams, can be found on the web site, www.comsa.org.

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*Notes from the Chair***Heather Hagadorn—Chairperson**

Welcome to the Long Course and Open Water edition of Master Splash! Whether you love to compete or just love to swim, here are some events to try this Summer.

Just to Challenge Yourself

- Le Tour de Pool Check-Off Challenge (swim every event once, even the 200 fly, on your own time, in your own pool)
- Virtual Swim Series – Take your time and swim 21 miles of the Catalina Channel, or 28.5 miles around Manhattan! The real races must be completed in a day, but you can take ALL YEAR if you want. This is free to participate in, and the website includes logs that you can use to track your mileage.
- See details and more information at <http://www.usms.org/fitness/content/fitnessevents>

Real Competition, but FUN!

- Highlands Ranch Long Course Meet at Lowry, Saturday, June 2, 2007
- Pueblo Open Long Course Meet, June 14-16, 2007
- Prospect Lake Open Water Swims, Saturday, June 30, 2007
- Long Course Nationals in Texas, August 10-13, 2007
- Horsetooth Reservoir Open Water Swims, August 12, 2007

Low-Key Competition – No DQ, no judges, no lost goggles on the start!

- 5K and 10K postal events – How long does it take you to swim 5,000 or 10,000 meters in a pool? Start when you say GO, Swim a 5K, stop as many times as you want, and mail in your time. Or participate in one of the scheduled events to be held at the outdoor 50 meter Lowry pool (targeted for Sunday, June 17th and Sunday, July 8th).
- Swim these events as many times as you want, any time between May 15 and September 15 (turn in your best times)
- Go crazy and challenge yourself: swim the events at altitude and then again at sea level!
- For more information, see www.comsa.org or for all Postal Events, go to <http://www.usms.org/longdist/ldnats07/>

The most up-to-date information can be found on the COMSA website. Please sign up to receive email updates, news and notifications: www.comsa.org.

Gravel Pond Opens May 2nd, Volunteers Needed

The Chatfield Gravel Pond opens for the 2007 season on Saturday, May 2nd. Swimming will be available Monday and Wednesday evenings from 4:30-7:00pm, and Saturday mornings from 7:30-10:00am. Swimmers must show their COMSA card to the COMSA monitor before entering the water. Jeff Magouirk will be coordinating the monitors this year. Anyone planning to swim at Chatfield is asked to volunteer to monitor at least one session. Please contact Jeff about helping out so that we can continue to use this facility. Jeff can be reached via email at swimwithfishes@earthlink.net or by phone at 303-469-5996 or 303-596-6933.



Open Water Swimming...Give it a Shot!

Laura Smith—Fitness Chairperson

Let's be realistic. There has never been a shark attack in Colorado. In case you're new to the state or skipped every geography class in elementary school, I'll let you know that we don't have an ocean. Barring the zoo, there are no alligators or crocodiles roaming loose through our bodies of water either. And, to the best of my knowledge, Colorado has no Barracudas, Sting Rays, or Eels. So, why are so many swimmers afraid of open water swimming?

Here are some points for the sport:

- Even if you're the slowest swimmer in your pack of aquatic friends, it's tough to get lapped in a lake.
- You don't have to get out of the water to pee.
- You'll get tan.
- No one will make you swim fly.
- I've seen some things in pools that are worse than anything I've seen floating around in reservoirs and lakes!

Seriously, there are some great benefits to swimming long course and open water as opposed to always training in a 25 yard pool. When you are swimming continually without breaking stride for turns, you can settle into an uninterrupted rhythm. Although the water can be turbulent (obviously you lose the benefit of lane lines!) and can change your normal stroke, you can use the open water to really focus on technique.

In a short course pool, details become important. You really need to work the turns, be aggressive coming off the walls, etc. However, in open water and long course swimming, efficiency becomes key. It's just you, technique, and a whole lot of water! Because I'm not nearly good enough to come up with this myself, I looked into Terry Laughlin's site about the Total Immersion philosophy....and much of it directly applies to open water success. Here are the key points:

Swim slowly: you need to practice the correct way to swim, before you start picking up the pace and wasting energy in a long event. Practice doesn't make perfect. Perfect practice makes perfect. Seek a coach's advice, learn some drills, and make every stroke you take count.

Leave no trace: excessive splashing is a sure sign of wasted energy. Try to be stealth and smooth in the water.

Swim small: big scissor kicks, swimming 'flat' in the water---these are red flags that you are not getting the most out of the energy you're putting in to the swim. Try to visualize swimming through a hole. You only have so much room to move, so you need to keep all your movements in a limited area. The more side to side movements you make, the less forward propulsion. Yes, you do need to lift your head to site in open water, but don't keep a high head position while stroking. Not only will this drop your hips and create drag, but in a long swim you will start to tighten up through the neck....which transfers to your shoulders.....which becomes a domino effect that can make a long race, seem much longer! Stay relaxed, long, and keep your head in the same neutral position that you would if you were walking down the street.

Proper technique is hard to argue with. However, there are two different philosophies on the mental aspect of long distance training. One camp prefers to be completely mindful while in the midst of long workout. Each stroke is thought out, analyzed, and the swimmer is very cognizant of each and every move they make. The opposing camp, finds it more relaxing to be somewhat disassociated with the workout (i.e. singing songs in your head, thinking of motivational stories, etc.). Personally, I don't believe that there's a right or wrong on this subject. Different things work for different people—but you can have fun trying both methods, or a little of each.

On beautiful summer days when I was growing up, my mom would look sternly at me and my siblings, and tell us to go outside. Using her as my role model, I look very sternly at you all, and strongly encourage you to do the same! Challenge yourself to do a few open water swims. The worst thing that can happen is it will heighten your appreciation of a pool. The best thing that can happen is that you'll fall in love with a new twist on your old swimming routine.

Colorado Goes Postal



Nicole Vanderpoel—Long Distance Chairperson

You came, you swam, you conquered! With the largest participation in Colorado's history, we placed 1st in the Medium sized teams in the 2007 USMS One Hour Postal Championship, hosted by the Florida Mavericks Masters Team. At 5,280 feet above sea level with no altitude adjustment, that's pretty darn impressive!

Yes, you heard it, Colorado Masters Swimmers won the Medium sized team award with 23 swimmers participating and 90,950 yards swum. COMSA would like to thank all swimmers who participated and submitted their entries to this year's One Hour Postal in January.

For those who are unfamiliar with USMS Postal Championships, the One Hour Postal Swim originated 30 years ago in January, by a Stanford Masters Swimmer, Barry Fassenber, now age 69. Barry has swam for one hour straight every year since then. A very small group of individuals carried on the tradition by swimming for one hour straight during January for several years. Now, the One Hour Postal has grown to over 2,000 participants not only in the US, but also throughout the World! The challenge of swimming for an hour straight appeals to those individuals who are crazy or perhaps willing to take risks. You decide which is the case. Nevertheless, Colorado is successful in putting our name on the map of Postal Swimming.

COMSA would first like to thank Rich Le Duc for his efforts in making this year's One Hour Postal such a success! He graciously hosted the Postal in January at the DAC. In addition, there was a large group of participants organized by Pete Alfino and Matt Beck at the Highlands Ranch Northridge Rec Center, who made a huge impact on the results as well! There were a brave few swimmers who swam the One Hour Postal on their own and we thank their coach and pool for their support as well.

Last, but certainly not least, COMSA would like to thank all swimmers who participated and submitted your results to the Florida Mavericks. **In simple terms, without you, the pool would be empty!**

The Female swimmers in order of age group include: Courtney Mills, Lisa Kriz, Toni Hecksel, Kathleen Steffe, Nicole Vanderpoel, Kae McDonald, Robyn Popish, Judy Nelsen, Kathy Alfino, Debbie Wilson and Marcia Anziano.

The Male Swimmers in order of age group include: Tom Evans, Pete Alfino, Dag Seymour, Jerry McHugh, Chris Nolte, John Hughes, Robert Tveitmoe, Hugh Duffy, Carl Selles, Morgan Edwards, Steven McDanal, Alister Murray. These participants entered as CMS, Colorado Masters Swimming. However, there were a few other swimmers from Colorado who participated, but were entered as unattached. We are most thankful for their participation too! Those swimmers include Michael DeSequin, Mike Nims and Charles Perez. Please forgive me if I left out any swimmers and if so, then please contact me so that I may correct it with the Florida Mavericks.

Your reward for taking the risk and swimming a Postal is the personal sense of accomplishment and achievement as well as knowing that you contributed to Colorado's success. In addition, all Postal participants should have received their very cool "Colorado Goes Postal" cap. If you would like to receive one of these awesome caps, please read the article on the next Postal Championship!

Those swimmers who did participate in the One Hour Postal are now eligible to participate in the USMS Postal Series Challenge! If you successfully complete and enter the all of the existing 2007 USMS Postal Championships, you will receive the USMS Postal Series Patch! Last year only 26 swimmers successfully completed this Challenge in the entire Country. Make it a goal and go for the remaining Postals. You can find additional information on the USMS.org website under Long Distance Postal Series (on the left hand column).

5K & 10K Postal National Championships

Nicole Vanderpoel—Long Distance Chairperson

So you missed the One Hour Postal and really want one of those cool, blue Colorado Goes Postal caps. No worries, you have 2 more chances coming up this Spring and Summer. You think that swimming for One Hour straight is a challenge, try swimming 5,000 or 10,000 Meters straight in a Long Course Pool! Ok, so you can take a break or two if you need to. What could be a better way of celebrating warm weather and swimming outside, than successfully completing the 2007 5K or 10K Postal National Championship?! This year's 5K and 10K Postal Championship is sponsored by the Masters of South Texas and you can find the entry form on the www.usms.org website under Long Distance Championships, 5K & 10K entry form.

We had a very small group of brave souls last year accomplish the 5K and 10K Postals. But with the success of the One Hour Postal swim under our suits, let's try to match or exceed the number of participants (23) in these Postals. The details are as follows. The 5K and 10K Postal Championships must be swum between May 15th, 2007 and September 15th, 2007. They need to be swum in a 50 meter Pool. In honor of this great challenge, COMSA is sponsoring 2 dates this summer for you to participate in the 5K or the 10K swim outside at Lowry Pool. The 5000 and 10,000 Meter Swims must be completed in a separate swim and you may participate on both dates. The dates are Sunday, June 17th at 7 a.m. and Sunday, July 8th at 7 a.m. It's so much nicer to swim these distances outside and it's a great feeling once you have completed them. You may choose the distance you wish to swim on either day.

In order to reserve a lane, please e-mail nicolevanderpoel@msn.com. Reservations will be taken on a first come, first serve basis. Because COMSA is renting the Lowry Pool for these Postals, please show up if you reserve a lane! You are allowed to share a lane with one other swimmer and no circle swimming allowed. Once we receive your e-mail, we'll keep your name on a list and contact you a week before the swim with any additional details. You will need to bring your own counter/verifier. You will also need to bring a copy of your COMSA card and a check for the entry fees. Entry forms will be provided or you can print off your own! All entries from the Lowry swims will be entered together and as Colorado Masters Swimming (or CMS). If you are unable to attend either dates, but are able to complete the 5K or 10K on your own, please submit as a CMS swimmer. You will all receive a "Colorado Goes Postal" cap after your entries are submitted and will receive 2 caps if you swim both Postals!

Having the 5K and 10K is a great goal and if you are willing to set this goal, tell your coach about it so that he or she can help you train for success. Remember, winning isn't always about swimming the fastest or the farthest, but your own definition of success!

Gravel Pond Swimming, Safety First

With a large number of swimmers expected to use the Gravel Pond this season, please remember to always keep safety first and abide by the following rules.

1. Never swim alone. All swimmers must be USMS registered and swim with a USMS registered swimmer or coach.
2. All swimmers must present their 2007 USMS or COMSA card to the monitor before entering the water.
3. No swimming is allowed before the scheduled start time or after the scheduled finish time.
4. Parking must be in the Kingfisher Lot or the overflow lot at the south end of the pond. No parking is allowed along the road or in the lot adjacent to the pond at anytime.

All swimmers will be asked to sign a waiver stating that they know and will follow the above rules. Swimmers who do not follow the rules will be asked not to return and may be sited by the ranger.

Opening Day 2006, saw 5-7 brave souls strip down to their swim suits and take the plunge into the 50 degree water. This season the pond opens Saturday, May 2nd, with an anticipated water temperature of 55-57 degrees. Perfect for Alcatraz training!

Thoughts of an Ironman's First Masters Swim Meet

Andrew Johnson—Highlands Ranch Masters

I started swimming when I was 20 and have worked hard ever since to get faster. It's been a slow process and I have made small gains here and there. I am an Ironman triathlete, so while I swim 5 to 6 days a week, I still have a hard time thinking of myself as a swimmer. This season I decided that I needed to break out my comfort zone and do some events I have not done in the past. My swimming was reaching a bit of a plateau so when the chance to swim in a competitive setting came up, I figured it would be a good chance to bring up my swimming and I signed up for the 500. Having never swum competitively in any event before, the race would certainly be new to me. In an Ironman race, you start with a 2.4 mile swim, or roughly 4200 yards. There are no lane lines, in open water with up to 2,000 other athletes while getting punched and kicked. The idea of my own lane, starting off blocks and not having to navigate buoys was quite inviting.

The majority of my swim training consists of longer sets, pulling and drills. I do some speed work and recently have added more fast swimming to the regiment. By racing something shorter I was hoping to build up my speed and ability to deal with lactic acid build up that comes with a faster pace. In an Ironman race, the first 500 yards is just the beginning and I try not to get too beat up. For me, racing a 500 would be a sprint race, but I knew it would hurt, just a bit different type of hurt.

I was a bit nervous on race morning. Sure I had swum some hard 500's for time, but it's always different in competition. Plus, I have no experience at racing the 500 and I didn't really have a plan of attack. I couldn't decide if I wanted to go out hard, finish strong or just stay steady. I decided I would let the swim unfold on its own and go with what I was feeling in the water. Typically I like to go out steady and finish strong, but I was going into the unknown. Since the 500 was the first event of the day, it made it easy for me to wake up, get to the pool and start my warm up. I hit the pool a bit early as I am one of those swimmers that takes awhile to warm up. After a 2k warm up with drills and some race pace swimming, I finally felt ready. I pulled on my speed suit, which I had purchased from a fellow triathlete for \$5, did some last minute stretches and got ready to race.

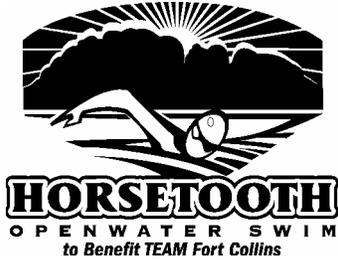
Andrew Johnson was one of the top 10 finishers in the 25-29 year old age group in the 2006 Hawaii Ironman Championship.

Climbing onto the blocks I focused on the task at hand. I don't use the block often so I was a bit worried about my goggles coming off on entry. I put my toes on the edge waiting for the start. The signal went off and I hit the water clean. My goggles stayed on and my first strokes felt smooth and strong. Feeling strong and confident I decided to go as hard as I could for 400, then hope for the best in the last 100. Going hard and holding on is the opposite of my normal strategy, so I was taking a risk.

My strategy started to come undone around the 250 mark when I started to feel the effects of my early pace. Coming into each wall I was trying to get as much as possible before starting my flip turn. Pushing off the wall I couldn't stay under very long and I found myself coming up very early. There was no way I was going to do an open turn, but I was on the verge of panic. I tried to focus on my form to ensure that I was being as efficient as possible. I didn't dare try to count my strokes. I couldn't count to 3, and I really didn't want to know how many strokes I needed to go 25 yards. The last 150 yards seemed longer than any Ironman swim I have ever done. My shoulders, lungs and arms ached from the effort. Coming into the last 50 I knew I would make it and that it would be over soon.

Hitting the wall in 6:02 and change, I was happy to climb out of the pool to catch my breath. On the sign up form I had ambitiously written 6:00 as my anticipated time, so I was right on. After a short cool down, some stretching and getting into some dry clothes I spoke with Matt Beck, the coach of the Highlands Ranch Masters, and organizer of the meet. Matt has been a great help to me and been instrumental in my progress as a swimmer. He told me that he started to worry about me when he saw that my first 50 was done in 32 seconds, much faster than what I normally swim. I was shocked to hear that I went out that fast and agreed that maybe my strategy and pacing were a bit off.

Overall I was really happy with how I performed. I took a risk and got out of my comfort zone. That was the whole goal of the meet. I knew I wasn't going to win, not even my heat. The purpose was to boost my high-end speed and there is no better way to do that than by racing. My experience was made better by all the other swimmers at the meet. Everyone was friendly, helpful and encouraging. I felt comfortable and the meet was well organized. It seems to me that swimmers are an encouraging group and will do what they can to help out those with less experience. As a triathlete, I can attest that not all sports have that type of welcoming environment. So, if you are an elite swimmer, you already know how fun a swim meet can be. If you have never swum competitively, or don't consider yourself competitive, you should sign up for the next meet in your area. It's not about who wins, it's about having fun, challenging yourself and becoming a better swimmer.



SWIMMERS -- MARK YOUR CALENDARS!!
HORSETOOTH OPENWATER SWIM
Fort Collins, CO, AUGUST 12, 2007

10K SWIM

Point-to-Point Swim - No Wet Suit!

Each swimmer must be accompanied by a support craft and paddler.

Support craft & paddler will be arranged for a fee
for the first 25 registrants paying for them.

All other swimmers must provide their own support craft and paddler.

Limit: total of 100 swimmers

Swimmers must (1) have swum this event previously OR
(2) be approved by the race committee prior to registration.

Contact: 10kinfo@horsetoothswim.com

2.4 MILE SWIM

Wetsuit and No-Wetsuit Divisions

Out and back course

Unlimited number of Masters Swimmers

Contact: 2.4info@horsetoothswim.com

Swimmers 13 to 18 must be approved
by Team Vortex Swim Club race committee prior to registration

Contact: agegroupinfo@horsetoothswim.com

1 Mile (13 & over), 1000 yds (10 – 18), 250 yds (10 & under)

Contact: agegroupinfo@horsetoothswim.com

*For more information www.horsetoothswim.com
Registration at www.active.com 12:01 a.m., April 1, 2007*

Looking for Volunteers

Heather Hagadorn—COMSA Chairperson

Have you ever thought you'd like to get further involved in our organization. We need volunteers for the following positions. If you or someone you know would like to take one of these positions, please contact Heather at heatherlh@msn.com, or (303) 744-6381.

Coaches Chair

The Coaches Chair is responsible for communicating with all COMSA Coaches, to disseminate updates and information related to COMSA activities. Such activities might include Meets, Clinics, Postal Events, Special Activities and other Events that did not make it into our newsletters.

Generally, this communication can be made via email.

Convention Delegates

This year we can send up to eight COMSA volunteers as Delegates to the National USAS (United States Aquatic Sports) Convention in Anaheim, CA. The 2007 Convention, covering Masters, USA Swimming, Water Polo, Synchronized Swimming and Diving, will be a forum for establishing the Rules governing our swimming. It is an opportunity to meet other Masters Swimmers from around the country, and it provides COMSA a chance to contribute to the future and growth of our sport.

The Convention will be held September 26-30. For more information, please visit <http://www.usms.org/admin/conv/>. If you would like to be a Delegate, please contact Heather. Delegates must be current COMSA members, who are willing to contribute time, implement ideas, and share the information with the rest of our membership. COMSA pays for airfare, ½ hotel (pairing up covers the whole cost) and airport transportation.

I'd like to thank all of our volunteers for all they do for COMSA and welcome new volunteers to the following positions:

Kim Crouch is the new COMSA Webmaster.
Kevin Nash is the new Sanctions Chair.
Heide Crino is the new CMS team coordinator.

Thank you to all of our volunteers!



COMSA 2006 All-Americans

COMSA would like to congratulate the following COLORADO MASTERS SWIMMERS who received All-American honors in individual and / or relay events in 2006.

Richard Abrahams	Ellen Campbell	Brendan Coyne	Kim Crouch
Kathy Garnier	Jack Groselle	Sheri Hart	Trip Hedrick
Richard Hess	Mark Johnston	Steve Kahl	Corinna Maleike
Michael Mann	Barbara Miller	John Myers	Dennis O'Brien
Bob Patten	John C. Smith	Paul Smith	Brooke Taflinger
Susan Von der Lippe	Charles Wolff	Steve Wood	James Zurcher

4th Annual Highlands Ranch Long Course Masters Invitational

Saturday, June 2nd, 2007

Meet Information

Sanctioned by USMS - #32-07-11-S

FACILITY Lowry Swimming Pool – 6 Lane, 50 Meter Pool. 5 Lanes may be used for competition and 1 lane for continuous warm-up/warm-down.

LOWRY POOL: 775 Alton Way
Building # 695
Denver, CO 80230

TIMES Saturday, June 2nd 2007 7:30AM Warm-Up - 8:30AM Start

AGE GROUPS 19-24, 25-29, 30-34, 35-39, 40-44,.....100+ No awards at this meet.

ELIGIBILITY Only current USMS registered members with a USMS 2007 Registration Card.

ENTRIES Entry forms accompanied by entry fees and a copy of your USMS card, are DUE (Not just postmarked) in the hands of the Entry Coordinator by Saturday, May 26th, 2007 at 5:00PM.

Send entries to:
Matt Beck / HRA
8801 S. Broadway
Highlands Ranch, CO 80126

Contact Information:
Phone – (303) 471-8942 E-mail (**Preferred**) – texbeck25@aol.com

Entry Fees:

Flat Fee of \$20.00 for up to **5 events**

Make Checks payable to Highlands Ranch Masters

TEAM WEBSITE: <http://highlandsranch.usswim.net/HRCA%20MASTERS.htm>

RULES Rules to be enforced per the 2007 USMS Rule Book

Events and Event Numbers

<u>Women</u>	<u>Men</u>	<u>Event</u>	
1	2	400 Free	(10-15 Min. break after last heat of event 2)
3	4	50 Butterfly	
5	6	100 Backstroke	
7	8	200 Breaststroke	
9	10	50 Freestyle	
11	12	100 Butterfly	
13	14	200 Backstroke	
15	16	200 Ind. Medley	
17	18	50 Breaststroke	
19	20	100 Freestyle	
21	22	200 Butterfly	
23	24	50 Backstroke	
25	26	100 Breaststroke	
27	28	200 Freestyle	
20 MINUTE WARM UP			
29	30	1500 Freestyle	(Estimated start time will be posted on HRCA Masters website Friday, June 1)

Note: In the interest of time, men and women may be combined and swim in the same heat in any event.

4th Annual Highlands Ranch Long Course Masters Invitational

Saturday, June 2nd, 2007

Entry Form

Sanctioned by USMS - #32-07-11-S

Last Name _____ First Name _____

MALE or FEMALE (Circle one) USMS Number _____

Birthday _____ Age _____

Team _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Phone _____

Event #	Distance	Stroke	Time
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	50 100 200 400	Free Back Breast Fly IM	_____
_____	1500	Free	_____

Example...

2 50 100 200 400 Free Back Breast Fly IM 5:00.00

Amt. Due (Check made to Highlands Ranch Masters) = \$20.00 TOTAL for all entries up to 5 events

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature: _____ Date: _____

Send form to : Matt Beck / HRA, 8801 S. Broadway, Highlands Ranch, CO 80126

**DUE IN ENTRY COORDINATOR'S HANDS BY Saturday, May 26th, 5:00PM – NO EXCEPTIONS!!
PAYMENT AND COPY OF USMS CARD MUST ACCOMPANY ENTRIES!!**

4 Loops 4 Fun

6K Masters Open Water Swim

Solo and Relays

When: Saturday June 30th, 2007. Race Start Time: 9:10. Race Day check-in will begin at 8:00 AM and check-in will also be available at Prospect Lake on Friday evening from 6:00 PM – 7:00 PM.

Where: Prospect Lake in Memorial Park, Colorado Springs. Starting area will be at the west side of the lake at the bathhouse, inside the swimming area.

Directions: Take I-25 to Uintah exit. Turn east on Uintah St. Turn south (right) on Hancock. Turn left on Costilla. Turn right on Prospect Lake Dr. (other exits are closed for construction)

About This Event: This is a 1500 Kilometer loop course. One person can swim all 4 loops for 6K, or relay teams of 2, 3 and 4 persons can split the 4 loops among the relay members in any manner. Obviously in the 4 person relay, each person must complete one loop. With the 2 and 3 person relays, any number of loops can be swim by the relay members as long as a minimum of one loop is completed by each swimmer. Relay members do NOT have to be affiliated with the same Masters club or team.

Race Entry Fee: Pre-race entry deadline, postmarked by June 23rd
Before June 23rd: Solo entry \$20,
2 person relay: \$15 each person/ \$30 total
3 person relay: \$12 each/ \$36 total
4 person relay: \$10 each/ \$40 total
After June 23rd: A late fee of \$10 is assessed for each solo/relay entry

Entry Chairman: Terri Walters
5624 Altitude Drive
Colorado Springs, CO 80918

Please Make Checks Payable to:
"Air Force Aquatics Masters"

(719) 282-0626

Sanctioned by COMSA for USMS Inc. (sanction 32-07-10-OW). All swimmers must have a valid USMS registration. One day registration will be available on race day for swimmers ages 19 and above. Wet suits are not allowed. Wearing a thick silicon cap and silicon earplugs will help keep swimmers warmer if needed. Please come prepared. Prospect Lake will be available for open water practice in the summer. Last year's schedule was every Saturday evening at 6:00 PM. Please check the Colorado Springs government website for schedule and prices after Memorial Day at <http://www.springsgov.com/> and go to recreation services, aquatics and Prospect Lake.

Meet Official: Larry Green

Safety Officer: Jack Barry

4 Loops 4 Fun

6K Masters Open Water Swim

Solo and Relays

Check one: Solo 6K _____ Relay 6K _____ (indicate 2 or 3 or 4 person relay and make up a fun name for your Team) _____

- **Each person on the relay must complete the form and sign the waiver. ***

Entry Fees: Solo \$20: _____
 2 person relay \$30 _____
 3 person relay \$36 _____
 4 person relay \$40 _____
 T-shirts, \$10 for each shirt _____
 Total: _____

Name _____ USMS Number: _____

Address _____

City _____ State _____ Zip Code _____ Ph# _____

Email: _____

(please include a legible e-mail address for contact in case of incomplete entry)

Age _____ Male _____ Female _____ Team/Club _____

T-shirt Size small _____ medium _____ large _____ X-Large _____

Liability release. I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming, and agree to assume those risks.

Signature _____

Date _____

Tips from the Registrar

Marcia Anziano—Registrar

As of April 1, 2007, our membership stands just below 1400 registered members.

Every spring, the opening of the Gravel Pond brings a rush of COMSA registrations. If you have friends that have not yet registered for 2007, please let them know to get their registration mailed in. As they have let their membership expire, they are not receiving this newsletter, so please pass along the word. Mail the forms in early! A current COMSA membership is required to swim at the gravel pond, and the process to get a card takes about two weeks.

Registration fees are \$35. Please include the proper fees as stated on the form when submitting your registration. Forms sent with insufficient fees will be returned for additional payment.

When entering a USMS sanctioned event, remember that the name on your registration is the name by which you are known to USMS. **Please use this exact name when filling out meet entries**, use of nicknames can make it difficult to match up meet results with the proper person.

As all sanctioned USMS/COMSA events require a copy of your card, make some copies when you receive it. Then you have them available when you need to include a copy with any of these entry forms. When swimmers do not include copies of their current membership card, it requires additional tasks to be completed in order to verify the membership.

Winter Clinic Was a Success

Marcia Anziano—Registrar

Meeting the goal set forth by USMS of providing services to our members, COMSA sponsored another great clinic this past Winter. The clinic was presented by Karlyn Pipes-Neilsen and Eric Neilsen from Aquatic Edge in Kona Hawaii. Three sessions, one multi-stroke and two freestyle, were presented and attendance was at the maximum. The clinics were held at the Fitzsimmons Pool, a great 33 yard pool, perfect for this type of event. Having attended all of the clinics that COMSA has sponsored to date, I feel that the organization is working to bring it's members the best possible clinics that it can for a good price.

As with each clinic that COMSA sponsors, we saw many new faces at this series along with the veterans that have attended clinics in the past. Input from attendees helps us in choosing the next series of clinics to present. Watch the newsletter and web site for information on a clinic in the Fall. It is our goal to provide at least two clinics per year. All attendees must be COMSA members to attend our clinics. The reason for this is that the COMSA LMSC underwrites a portion of the clinic cost by contributing both actual dollars and hosting the coaches at a members house, thus adding value to your USMS/COMSA membership. We hope to see more of you at our clinics in the future.

Have you visited www.Comsa.org? Our website is the place to find sanctioned event information and registration forms, meet results, state records, the USMS national database of swim times, a listing of all the local workout groups with their practice times and contact person, minutes from the board meetings, a list of the executive officers, pictures from recent events, as well as links to other swimming websites and the USMS site. You can find helpful information on technique, training and gear. You can also find a copy of this newsletter! Kim Crouch, webmaster, welcomes your feedback and contributions. Contact her at webmaster@comsa.org. Visit www.comsa.org to sign up for updates and alerts via e-mail. The instructions are on the bottom of the page. Check it out!

www.comsa.org
Visit us on the web!

Friends, Fitness,
Competition!



COMSA
P.O. Box 260523
Highlands Ranch, CO
80163-0523
Phone: 303.367.1323
E-mail: martyer@att.net

Colorado Masters Swimming
Association

Pueblo Open Long Course

June 15-17, 2007

Mark your calendars for the 1st Annual Pueblo Open! Sponsored by Pueblo Swim Club, Pueblo Parks and Recreation, and Pueblo Masters Swim Club. The meet will take place at the Mineral Palace Pool, Mineral Palace Park ; Pueblo, CO. Take I-25 to the 13th St Exit, go west on 13th, turn right at Santa Fe Ave which leads into Mineral Palace Park.

The pool is an outdoor, 6 lane, 50 meter pool with non-turbulent lane lines. There is a diving well available for continuous warm-up/cool-down. Colorado Electronic Timing System and back-up timers will be used. Exact warm up times are tentative, but all sessions will be PM sessions. Friday warm-up 2:30 pm, with session beginning 3:30. Saturday and Sunday warm-up 11:45 am, with session beginning at 1:00 pm.

Event program has not yet been finalized, but most LC events will be included. All or most of the longer events will be held Friday. Watch for further information on the COMSA web site.