



Hello Katie,

This is no April Fool's joke...don't be late! Book your hotel ASAP for the COMSA State Meet in Grand Junction April 26-28! Colorado Mesa University is hosting the Rocky Mountain Athletic Conference track & field championships the same weekend - hotels will likely be in high demand so don't delay! Entries are open for the State Meet - [meet information link](#), including [hotel information](#).

Open water swimming season is almost here! Read more about lots of opportunities for training and racing below!

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events **SAVE THE DATE**

April 7, 2024 - [Foothills Masters 2nd Annual Spring Splash](#) Meet, Littleton
April 26-28, 2024 - [COMSA State Meet](#), Grand Junction
June 20-24, 2024 - [Masters Nationals](#), Indianapolis, IN
June 23, 2024 - [Solstice Sunset Swim](#), Union Reservoir 1.2M, 2.4M
July 14, 2024 - [Pure Pactola](#) Open Water Swim, Black Hills, SD
July 18-24, 2024 - [PANAM Masters Championships](#), Trinidad & Tobago
July 20, 2024 - [Carter Lake Crossing](#), Carter Lake ~3M
August 17, 2024 - [Swim Across America Denver](#), Chatfield Reservoir
August 24, 2024 - [The Castle](#), Wellington Lake 2.5K, 5K, 10K
August 21-25, 2024 - [USMS Long Course Nationals](#), Mission Viejo, CA
September 8, 2024 - [Horsetooth Open Water Swims](#), Horsetooth Reservoir

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#).

Congratulations to COMSA's James Zurcher - Setting 4 Masters World Records

Congratulations to COMSA's James Zurcher (90) from Colorado Masters Swimming who set four World and National records at the Oregon City Spring Ahead SCM Meet March 9-10, 2024.

James set new Masters World Records in the 200 Freestyle, 400 Freestyle, 100 Individual Medley, and the 50 Backstroke.



Incredible swims! Congratulations James!

Oregon City Spring Ahead SCM Masters 2024 - 3/9/2024 to 3/10/2024

Individual Meet Summary

James Zurcher - 90
Colorado Masters Swimming-32

Seed Time: 3:45.99	<< #5 Mixed 90-94 200 Free >> Finals Time: 3:19.50 (1) * NATL: 3:46.175 WORLD: 3:27.145	
Seed Time: 7:43.01	<< #11 Mixed 90-94 400 Free >> Finals Time: 7:27.44 (1) * NATL: 7:44.835 WORLD: 7:42.615	
Seed Time: 1:54.01	<< #24 Mixed 90-94 100 IM >> Finals Time: 1:47.47 (1) * NATL: 2:08.355 WORLD: 1:53.755	
Seed Time: 53.00	<< #27 Mixed 90-94 50 Back >> Finals Time: 50.16 (1) * NATL: 55.255 WORLD: 52.405	

COMSA State Meet - April 26-28, 2024



Meet Registration - [Link to Registration](#)

Entry deadline - Sunday, April 21, 2024, at 11:59 pm

- Entries with a t-shirt order must be received by Wednesday April 10, 2024 at 11:59 pm
- All entries will receive an email confirmation from Club Assistant.

Pool Features

- The pool is 25 yards by 60 meters and will be set-up with bulkheads creating 10 short course yard, competition lanes.
- Separate warm-up/cool down areas will be available throughout the meet.
- Bleacher seating is available, with some on-deck seating available. We recommend sitting in the bleachers. There are approximately 750 permanent balcony seats.
- Colorado Timing Systems, 21-foot by 10-foot digital video display audio/video display system. Twenty-two loudspeakers surround the pool.
- Paragon sand top starting platforms with quickset anchor.

Hotels - [Link to Hotels in Grand Junction](#)

CMU also has a boutique hotel on campus, less than ½ mile from the pool. [The Maverick Hotel](#) has a restaurant and bar on the fourth floor with outdoor access that looks south.

Open Water Swim Season Is Almost Here!

Open water season is rapidly approaching. Water temps will probably be a bit chilly until mid to late May for most except the tough cold water swimmers but this does not mean that you can't start adding these events to your calendar. On the big news front, we are testing out the concept of a COMSA Open Water State Championship this year. For the first year, we have chosen the 2.5km distance at The Castle swim in Wellington Lake. For those open water swimmers out there, here is your chance to be a state champion in your age group!

USMS members also receive a 10% discount at the Mountain Swim Series events (Solstice Sunset, Carter Lake, The Castle) and the Horsetooth Open Water swims using promo code "COMSA102024".



Open Water Workouts

Boulder Aquatics Masters is running open water swim workouts this summer. Workouts will be Tuesday and Thursday mornings from 6am to 8am starting June 1, 2023 (weather permitting). [Link to our open water page](#). Swimmers will be required to pay the reservoir entry fee in

- June 23, 2024 - [Solstice Sunset Swim](#), Union Reservoir 1.2M, 2.4M
- July 14, 2024 - [Pure Pactola](#), Pactola Reservoir, South Dakota 0.5M, 1.2M, 2.4M, 5K
- July 20, 2024 - [Carter Lake Crossing](#), Carter Lake ~3M
- August 17, 2024 - [Swim Across America - Denver](#), Chatfield Reservoir .5mi, 1mi, 2mi
- August 24, 2024 - [The Castle](#), Wellington Lake 2.5K, 5K, 10K
- September 8, 2024 - [Horsetooth Open Water Swims](#), Horsetooth Reservoir, 1.2M, 2.4M, 10K. Come celebrate the 25th Anniversary of the first Horsetooth 10K swim!

These events are not sanctioned by the Colorado LMSC.

addition to their BAM membership.

Green Events is running a Tri-Training workout in Horsetooth Reservoir most Wed nights June-August. A 500m course is set up and you can swim as many laps as you want during an hour and if you want, get out and run their 5km course to complete your Tri-Training. Information for the [Horsetooth Tri Training is here.](#)

2024 USMS Fitness Series Features Monthly Challenges

Want to join the Sprint Squad at the COMSA State Championships but not sure about your 50 fly? Or are you looking for a fun way to stay accountable and benchmark your performance throughout the year? The [2024 USMS Fitness Series](#) may be just the thing you are looking for!

The [2024 USMS Fitness Series](#) is based on a series of progressive monthly challenges, designed to push your limits and expand your comfort zone. Monthly challenges include a 500-yard pull held in January, a 50-yard Time Trial of each stroke held in June in honor of the US Olympic Team Trials, a Turkey Trot 2k swim held in November, and periodic 200-yard benchmark swims to track your progress throughout the year. The best part – the monthly events are completely free to enter, except for August’s Summer Fitness Challenge, which raises funds for USMS Adult Learn to Swim Grants through the USA Swimming Foundation.



Participants can log results on the swim.com app to track progress and view rankings relative to USMS 2024 Fitness Series participants. Because the Fitness Series is all about having fun, building skills, and getting motivated to hit the water, the only rule is that there are no rules – swimmers can swim their stroke of choice, use any or all gear in their gear bag, or even complete events as a relay!

Whether you participate in a single month or the entire year, the USMS Fitness Series challenges offers a fun way to help you meet your swimming goals.

See you at the pool!
Barb Martin
Fitness Chair orpiment@comcast.net

Register yourself and even start your own Team and recruit friends and family to swim a ½ mile, 1 Mile or 2 Mile Swim at



Colorado Master's Swimmers, did you know 15,000 children & adolescents younger than 20 years are diagnosed with cancer each year in the United States?

You can help us find a cure! Join us as we Make Waves in the Fight against Pediatric Cancer in Colorado at our **7th Annual Swim Across America – Denver** (SAA-Denver) Open Water swim at Chatfield Reservoir on Saturday, August 17, 2024. SAA-Denver is thrilled to have raised \$1.25 Million since our Inaugural Event in 2018 to fund Critical Cancer Research at Children's Hospital Colorado!

DENVER OPEN WATER SWIM
SATURDAY, AUGUST 17, 2024
CHATFIELD RESERVOIR
1/2-MILE, 1-MILE, & 2-MILE SWIMS
MAKE WAVES WITH OLYMPIANS TO FIGHT PEDIATRIC CANCER

ANYONE CAN JOIN! You can participate virtually with our SAA My Way program and choose your own challenge to help fight cancer in Denver.

REGISTER TODAY AND LEARN MORE AT
SWIMACROSSAMERICA.ORG/DENVER

ALL PROCEEDS BENEFIT
Children's Hospital Colorado

www.swimacrossamerica.org/denver. Your Registration Fee counts towards your fundraising goal of \$500 for 18 & older and \$250 for under 18. You will receive a colorful SAA Cap, SAA-Denver 2024 T-shirt and luxurious SAA-Denver towel. If you go above and beyond to raise over \$1,000, you receive a Special Wavemaker Gift! Please Share your special Cancer story on your Participant page once you Register and link to your social media!

If you cannot attend on August 17th but want to Make Waves with us, Register for SAA My Way and dedicate your own swim or other event such as a run, bike, hike, walk to raise funds for SAA-Denver. Don't forget to share your special cancer story. Why is pediatric cancer research important to you? You can set up a fun Pool Swim at your local pool with your Master's Team or Children's Swim Team. SAA-Denver will provide a Webpage, Swag and SAA Prizes for your top fundraisers! Lastly, you can become a Partner with SAA-Denver and be featured on our SAA-Denver 2024 T-shirt, website and signage at our Event. Details on all of the above can be found on **our website!**

Together we can make an Impact in the Fight against Pediatric Cancer in Colorado and Beyond! Thank you to all of the Masters Swimmers & Families who have been supporting SAA-Denver and Participating in our Open Water Swim Event since 2018! If you have a Special Story of Cancer, we would love to hear it. For more information on all of the above, **please contact Nicole!**



USMS Relay 2024 Houston, Texas - October 18-20, 2024

U.S. Masters Swimming plans to hold the 2024 USMS Volunteer Relay, in Houston, TX, Oct. 18–20 to help local volunteers network, share ideas, collaborate, and motivate each other. This gathering is designed to enrich the local Masters Swimming experience and will feature a series of workshops and discussion topics with the main theme of community development.

If you are interested in attending the US Masters Swimming Relay 2024, please contact COMSA Chair Doug Garcia.

USMS National Coaches Clinic

Houston, Texas - October 18-20, 2024

The Coaches Committee and the National Office are excited to offer the 2024 USMS National Coaches Clinic. An event designed specifically to meet the needs of today's USMS coach. The 2024 National Coaches Clinic webpage will be updated as information becomes final. Should you have immediate questions regarding the NCC, please contact [Club and Coach Services](#). There is still a lot to plan and work through for this event so stand by for more details as they are developed.

If you are interested in attending the US Masters Swimming Coaches Clinic 2024, please contact COMSA Chair [Doug Garcia](#).

COMSA To Reimburse Club/Workout Group Registration Fees for Clubs/Workout Groups of 10+ Swimmers

COMSA's Executive Board voted and approved that COMSA pay the 2024 club/workout group registration fees for all clubs/workout groups with a 2023 membership of 10 or more swimmers.

Club/workout groups with less than 10 members, should contact the COMSA Chair for reimbursement requests.

[Visit our Website](#)



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