



Hello Katie,

With the end of Summer, COMSA swimmers competed at the USMS Summer Nationals and at the Mountain Swim Series The Castle 2.5K inaugural COMSA Open Water Championship! Congratulations to all swimmers who participated in racing this summer. As we move into Fall, the COMSA schedule of swim meets is being updated so please check the [COMSA website](#) and newsletter for updated details.

Happy Swimming!
Katie Glenn
COMSA Secretary

Upcoming Events **SAVE THE DATE**

Sept 15- Nov 15, 2024 - [USMS 3000/6000 Virtual Championships](#), Virtual
Oct 1, 2024 - Mar 31, 2025 [COSA Virtual Swim - World's Largest Lakes](#), Virtual
Oct 10-12, 2024 - [GUS West Coast All Star Meet](#), Long Beach, CA
Nov 2, 2024 - Nash Splash (tbd), Broomfield
Dec 7-8, 2024 - Pikes Peak December Dash (tbd), Colorado Springs
January 18, 2025 - Colorado Swimming Hall of Fame Meet, Denver
January 25, 2025 - Polansky Sweetheart Meet, Loveland
April 4-6, 2025 - COMSA 2025 State Meet, VMAC, Thornton
April 24-27, 2025 - 2025 USMS Spring Nationals

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

Important 2025 USMS Registration Information

Starting November 1st, the 2025 USMS registration period will open. In previous years when you have gone to register, you may have selected the main club for COMSA as Colorado Masters (CMS). That club name has been retired, and the new club name will be Rocky Mountain Regional Masters (RMRM). All of the workout groups under the old CMS Club (see the list below) will now be under the RMRM Club. The main difference between a club and workout group is that only members of the same club may compete in relays at nationals.

The reason for this change is two-fold. First, under USMS rules clubs are to have leadership and funding that is separate from the Local Masters Swimming Committee (LMSC/COMSA). Second, the CMS name when seen next to the COMSA name was very confusing to many swimmers.

This past year members of the CMS Club elected officers (see below). The group of officers then developed bylaws (which included the name change), created a 501(c)3 non-profit organization, opened a bank account, and secured funding from COMSA.

COMSA funding came as a per swimmer amount, based on the portion of USMS dues COMSA receives that is targeted for clubs. Each year funding will continue to flow in based on the same model, however those funds may not be enough to provide all the dollars needed to operate the club. Club operations include coaches, socials, relay fees, and other funds related to nationals competition. The RMRM board will be looking at ways

to supplement the COMSA supported funding to ensure all the work of the club is fully funded.

Finally, as in the past two years, COMSA is paying for the club and workout group registrations for any club/workout group of 10 or more members, which you can see below with the asterisk.

CLUBS

Aspire Aquatics (AACM)
Breckenridge Masters Swimming (BMS)
Colorado Torpedoes Masters (CT-M)*
Lakewood Dawgs (DAWGS)*
Elevation Athletics (EACO)
Life Time (LT)
Off Piste Aquatics (OPA)
Parker Masters Swim Team (PRMST)
Peterson Space Force Base Guardians (PSFBG)
Rocky Mountain Regional Masters (RMRM)*
 Officers
 Chair Stephanie Bunevich
 Vice Chair Brad White
 Secretary Megan Varner
 Treasurer John Abrami
 Member at Large Dag Seymour

RMRM Workout Groups

Jeffco Aquatic Masters (AJAM)*
Aurora Masters (AM)*
Aspen Masters Group (ASP)
Boulder Aquatic Masters (BAMCO)*
Bee Gees (BG)*
COSA Swimming Masters (COSAM)*
Crazy 8 (CRZ8)
Durango Masters Swimming (DGO)
University of Denver Masters (DU)
FAST Masters (FAST1)*
Foothills Masters Swim Team (FMST)*
Club Greenwood (GREEN)*
Highlands Ranch Masters Swimming (HRMS)*
Lafayette Masters Swimming (LMS)*
Loveland Masters (LOV)*
Montrose Masters Group (MMG)*
Pikes Peak Masters Swimming (PPMS)*
Pueblo Masters Swimming (PUEB)*
SQUID Swim Team (SQD)*
South Suburban Finaddicts (SSUB)
Thornton Masters (THOR)*
Team Sopris (SOPR)*
Swimming Simply (SSIMP)
Wyoming Masters Swimming Club (WMSC)

USMS Long Course Meters Summer Nationals 2024 in Mission Viejo, CA - CMS Recap

Congratulations to CMS: 2nd Place Regional Team at USMS Summer Nationals!

28 CMS Swimmers (19 women and 9 men) attended USMS Summer Nationals in Mission Viejo, CA this past August 2024. CMS scored 873 points, behind 1st Place Oregon Masters who scored 937 points. Team relays scored 108 points.

Meet Highlights:

- Bob Garland scored the most points for the CMS Men with 54 points and 6

individual events.

- Bonnie Moss had the top female score for the CMS Women with 56 points and 6 individual events. She was closely followed by Karina Plocek who scored 55 points in 5 individual events (1st place finishes in all her individual events)!
- CMS Mixed 200 Free Relay (Michael Dibens, Laura Dravenstott, Jenna Campbell and Bob Garland) scored 1st place in the 160-199 Age Category 1:50.05

USMS Records:

- Jenna Campbell, Colorado Masters Swimming: women's 25-29 200 freestyle -- 2:02.06 (World Aquatics Masters world record and USMS record)
- Michael Mann, Colorado Masters: men's 70-74 100 freestyle -- 1:03.01 (World Aquatics Masters world record and USMS record)
- Jenna Campbell, Colorado Masters Swimming: women's 25-29 400 freestyle -- 4:16.61 (World Aquatics Masters world record)

CMS Individual COMSA Records:

- Jenna Campbell, CMS, women's 25-29 200 freestyle -- 2:02.06 ; 400 freestyle—4:16.61; 800 freestyle—8:56.83
- Kent Olsen-Stavrakas, CMS, men's 30-34 50 freestyle—23.58; 50 breaststroke—29.01; 50 butterfly—24.56; 100 butterfly—56.13
- Bonnie Moss, CMS, women's 50-54 100 butterfly—1:12.88; 200 butterfly—2:50.61; 200 IM—2:45.14; 400 IM—6:01.60
- Karina Plocek, CMS, women's 55-59 50 freestyle—29.68; 100 freestyle—1:06.26; 100 breaststroke—1:28.55; 50 butterfly—31.30
- Collette Sappey, CMS, women's 60-64 50 freestyle—29.88; 50 backstroke—36.42; 50 butterfly—33.16
- Kim Crouch, CMS, women's 60-64 100 breaststroke—1:32.15
- Ellie Najjar, CMS, women's 60-64 1500 freestyle—21:07.94; 200 backstroke—2:59.43
- Suzy Cotton, CMS, women's 65-69 50 freestyle—33.86; 100 freestyle—1:15.62; 200 freestyle—2:44.52; 50 backstroke—40.71; 200 backstroke—3:10.80; 100 backstroke—1:27.85
- Michael Mann, CMS, men's 70-74 100 freestyle—1:03.01; 400 freestyle—5:04.48; 100 backstroke—1:21.51
- Gordon Greve, CMS, men's 85-89 50 freestyle—52.30; 50 backstroke—1:07.34

CMS COMSA Relay Records:

- Women's 240-279 200 Medley Relay: Suzy Cotton, Kim Crouch, Karina Plocek and Collette Sappey—2:23.15
- Mixed 200-239 200 Medley Relay: Collette Sappey, Bob Garland, Tori Edwards, Michael Dibens—2:10.95
- Women's 240-279 200 Free Relay: Collette Sappey, Suzy Cotton, Kim Watson, and Tori Edwards—2:04.08

Open Water Championship Recap



As the leaves change color, the end of the Open Water season has come to an end in Colorado. It has been a banner year. We had three sold out events (Solstice Swim, Carter Lake and Horsetooth), a brand new Open Water swim in Willow Creek, another successful Swim Across America, a large COMSA crowd went to Pactola in North Dakota and the first ever Colorado Open Water Championship at the Castle 2.5K. Thank everyone that swam and all the volunteers that made it possible to hold the events! See you next year!

Joe Bakel - Open Water Chair

Grown Up Swimming All Star Meet



Schedule

Friday 10/11/24 - Evening Meetup (to be confirmed)

Saturday 10/12/24 - 3:00pm Warmup,
3:45pm Meet Start

Saturday 10/12/24 - Evening Dinner & Drinks
(to be confirmed)

Location

Long Beach Belmont Plaza Pool
4320 E Olympic Plaza
Long Beach, CA 90803

Registration

\$55 thru 8/30/2024 @ 11:59pm

\$75 starting 9/1/2024

\$5 discount available to USMS members

Wait. What's an All-Star meet? Great question. Can you swim at least a 25 freestyle? Do you want to go to the beach and swim in a fun pool? Then you're an All-Star.

That's right. We're a swimming company run by Millennials and Gen Z. Everyone's an All-Star.

There are no qualifications for the All-Star Meet. You don't have to go a certain time, nor do you need to participate in a league. Do you have a former Olympian that you want to recruit so the Atlanta All-Stars dominate and win big, fake trophies? Recruit away! Do you want to take the big fake trophy away from Atlanta? Recruit away for DMV! Just make sure your recruits NIL deal comes through*

*Grown-Up Swimming doesn't participate in NIL agreements...
...yet.

In Memoriam Colorado Masters Swimmers

At the 2024 USMS National Convention, USMS remembered the following members of the COMSA swimming community who passed away since the last USMS Convention:

- Michael O'Brien - Fort Collins
- David Bishop - Durango
- Harvey Golomb - Longmont
- Denis O'Brien - Durango
- Alexander (Bob) Muckle - Boulder

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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