



Greetings!

August brings to us a host of virtual options from the non-competitive, fundraising efforts of Swim Across America to the newly announced 400 Pull (paddles or none) to the USMS Virtual Championships. Check out these opportunities below.

Is your Masters team thinking of hosting a virtual event? Maybe a kick challenge or a one mile IM? Let me know! I'll get the word out to Colorado, Wyoming and beyond.

Heather Melrose  
Secretary and Communications Chair

## Swim Across America, Jun 15 - Aug 23

# SWIM ACROSS AMERICA

★ MAKING WAVES TO FIGHT CANCER ★

We are reaching out to you today to ask for your support of our Swim Across America Denver Coast to Coast Virtual Activity Challenge to benefit Children's Hospital Colorado Center for Cancer & Blood Disorders. It's hard to believe that it has been 3 years since our Inaugural SAA-Denver Open Water Swim in August 2018 at Chatfield Reservoir and we are looking forward to many SAA-Denver Open Water swims in the future. We are thrilled that over the past 2 years, we have granted \$335,000 for critical Pediatric Cancer Research. However, our mission to fight pediatric cancer does not stop!

We at [SAA-Denver](#) are heartbroken that we cannot host our 3rd Annual SAA-Denver Open Water Swim to Benefit Children's Hospital Colorado. In fact, all the 21 SAA Swims throughout the country have moved to this super fun Activity Challenge where every SAA Swim travels from Coast to Coast through each of the 21 SAA Cities. How can you participate, you ask? For a registration fee of \$25, you and your loved ones and friends can join us and log in all of your activities (swimming, biking, running, kayaking, SUP'ing, hiking, volunteering etc) daily or weekly which translates into miles to help us travel Coast to Coast. SAA-Denver promises to be one of the fastest cities to reach this goal. You can even start a Team or join one of the existing teams and motivate each other! The Challenge is super fun and you receive weekly updates on our progress, along with other fun facts. Our Virtual Activity Challenge goes through August 23rd, so you have plenty of time to make an impact! Fundraising is optional this year as well! If you choose to do extra fundraising to help us fight cancer, we have an ORCA wetsuit prize for top fundraiser and other fun incentives.

Thank you for Making Waves in the Fight Against Pediatric Cancer in Colorado by Registering for the 2020 SAA-Denver Coast to Coast Virtual Activity Challenge!

## 400 Pull for Sebastopol, Aug 1-31



Are you a monster puller? If so, not only am I jealous but I have the virtual event for you: Sebastopol Masters Aquatics in California is putting on a virtual 400 pull event. You can pull the 400 any time during the month of August, one entry per person please. For rules and details go to the [event page](#). My personal favorite is rule #13: In water start only, no diving. Anyone who can successfully dive with a pull buoy must spend more time using their ThighMaster than I do.

There will be awards in each age group as well as two categories: with paddles and without.

## USMS Virtual Swim Meet, Aug 12-23



It's time for the [2020 Toyota USMS Virtual Championships powered by Swim.com](#). Any USMS member with access to a 25 yard pool or open water venue can compete in a plethora of events. If you'd like to get in on the swag and sponsor giveaways, make sure that you sign up for Option 2, and get in soon, only for the first 1000 registrants qualify for the swag.

Please send pictures of your team or individual effort so that they can be included in a future newsletter.

## It's Official!

The [Virtual Championships](#) states that USMS rules apply, on the honor system of course.

A note on in-the-water starts for non-backstroke events: "A swimmer starting in the water must have one hand on the wall or starting platform and one foot on the wall and may face in any direction. The backstroke start may be used as the in-the-water start during freestyle events and for freestyle relays, but not for the freestyle leg of medley relay events. A backstroke starting ledge may be used in freestyle events," USA Swimming Rulebook 2020, USMS Section, p. 135.

## Swimming Links

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