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COMSA Newsletter - September 2017

Mastersplash



As summer comes to an end, we reflect on our ePostal swimming, and FINA World Masters Championships.

Before you know it, we will begin talking about the winter holidays...but let's enjoy the rest of summer and head into the fall.

Kelly Davis
COMSA Newsletter Coordinator

Colorado Goes Postal this summer at Lowry Pool!

The 2017 USMS 5K/10K ePostal National Championships hosted by Swim Fort Lauderdale took place at Lowry 50 Meter Pool on July 2nd and July 23rd. We had an awesome turnout for both dates while enjoying the beautiful Colorado Sunshine! To refresh your memory, the USMS 5K/10K ePostal must be swim in a 50 meter pool between May 15th and September 15th. Each swimmer had a counter/verifier who took splits per 100 and entered their splits and final times online to the host team. Results will be available on the USMS website under National Championships after the September 15th deadline has passed and you can see how our Colorado Swimmers compare Nationally! Special thank you to COMSA for sponsoring both dates so the participants only pay online entry fee. In addition, each swimmer received their super cool "Colorado Goes Postal" Cap. Congratulations to all who participants and thank you Counter/Verifiers for your hard



work and patience in taking splits. For those of you who did not get to swim the 5K/10K ePostal, you still have until midnight September 15th to complete your swim!

USMS Swimmers and Coaches, we have one more awesome opportunity to show the rest of the country how Colorado Goes Postal! The USMS 3000 yd/6000 yd ePostal National Championships are hosted this year by our very own Loveland Masters Team and must be completed between September 15th and November 15th. Both distances can be swum in a yard or meter pool and you must be registered through USMS. This will be the very first time a Colorado Team has hosted an ePostal National Championship! Challenge your swimmers, teammates and yourself to swim either or both the 3000 yd/6000 yd ePostal and support your Colorado Loveland Master Team in the process! Once again, COMSA will be sponsoring 2 Sunday

morning opportunities in October to participate with other swimmers and of course you will receive your "Colorado Goes Postal" Cap. Dates and pool will be available on the COMSA website as soon as confirmation is received, so stay tuned. You must have a Counter/Verifier to record splits for you. Stop watches, clipboards and split sheets will be provided. You can email nicolevanderpoel@msn.com with your interest or questions.

GO POSTAL COLORADO!!
Nicole Vanderpoel, Long Distance Pool Chair

[Photo Gallery of this event](#)

USMS Swimmers Break Eight World Records at FINA Worlds in Hungary

Tamalpais Aquatic Masters' Laura Val had four individual world records

By: [Daniel Paulling](#) | August 25, 2017

Very few swimmers at the 17th FINA World Masters Championships in Budapest showed the range of Manatee Aquatic Masters Inc.'s Ruth Shaps, who won three races.

Those races? The 3,000-meter open water swim and the 50- and 200-meter freestyle events in the women's 70-74 age group.

"After my first win, the open water 3K, the feeling was more of relief than excitement," Shaps, the only U.S. Masters Swimming representative to win an open water and a pool event, wrote in an email. "[It's] hard to get excited when you're tired. It was a great way to start the competition, taking the stress off, allowing me to enjoy more of Budapest and the meet.

"The [open water] was a completely different race from the other two. The 200 was exciting as the water was very clear, with a bright day outdoors so everyone could see everyone else. Pacing and strategy played key roles, something I'm not very used to.

"There was no strategy in the 50 other than getting to the wall first. This is my favorite race as it reminds me of childhood days where, as kids in the public pool, we're all hanging on the gutter and someone says, 'Race you?!?' Then someone takes off."

Shaps was a part of a group of USMS swimmers who recorded eight of the 35 world records set at the meet, a performance led by Tamalpais Aquatic Masters swimmer Laura Val, who broke four individual records and was part of a record-setting mixed 4x50 freestyle relay.

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SAVE THE DATE

CMS Apparel

Colorado Masters apparel is now available through the Swim Team Store website. Long and short sleeve tee shirts and hoodies are available in black or white. Shorts and swim suits are in black only. Colors are all shown in black, the white choice is available once item is clicked on. All items have the Colorado Masters Swimming logo from this year as seen above. Purchase your apparel now and have items shipped directly to you.



<http://www.thelifeguardstore.com/lgstteams/productcart/pc/viewCategories.asp?idCategory=2980&idAffiliate=677A>

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