



Hello Katie,

COMSA is excited to preview the upcoming COMSA State Meet in Grand Junction April 26-28, 2024! Please see more information below and also on the [COMSA website here](#).

Today is the last day to nominate your favorite coach for the [COMSA Coach of the Year Award](#) or someone you believe is deserving of the [Jack Buchanan Service Award](#)! Please send some love to your coach or a volunteer you believe is deserving of these prestigious awards!

If you are interested in taking a [USMS Level 2 or 3 Coaching Certification course](#), please contact [Eric Neilsen](#) for more information.

Last week I had the opportunity to listen to [Matthew Moseley](#), an adventure open water swimmer, discuss his various swims he has done to raise awareness of climate change and drought specifically relating to the [Colorado and Green Rivers](#). He was fascinating and fun to hear his various adventures. It reminded me that we can use swimming to raise awareness to various causes and interests we care deeply about. Please check out [his story Soul Is Waterproof](#) and be inspired too!

Happy Swimming!  
Katie Glenn  
COMSA Secretary

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## Upcoming Events

### SAVE THE DATE

February 11, 2024 - [CSU College Club & Masters Meet](#)  
March 2-3, 2024 - [Pikes Peak Master Swimming Meet](#), Colorado Springs  
March 9-10, 2024 - CU Buff College Club & Masters Meet at VMAC  
April 7, 2024 - Foothills Masters Swim Team 2nd Annual Spring Splash, Littleton  
**April 26-28, 2024 - COMSA State Meet, Grand Junction**  
June 20-24, 2024 - [Masters Nationals](#), Indianapolis, IN  
July 14, 2024 - [Pure Pactola](#) Open Water Swim, Black Hills, SD  
July 18-24, 2024 - [PANAM Masters Championships](#), Trinidad & Tobago  
August 21-25, 2024 - USMS Long Course Nationals, Mission Viejo, CA

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

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# COMSA State Meet - April 26-28, 2024



The 2024 COMSA State Meet returns to Grand Junction and the campus of Colorado Mesa University after several years. Since some time has passed since then, here's a brief re-introduction to the facility, community and what makes the Western Slope someplace more than just over the hill from the Front Range.

Colorado Mesa University is the host institution with the meet taking place at the Hamilton Recreation Center. Within "Hamilton Rec" is the [El Pomar Natatorium](#). It is the home of the CMU Mavericks men's and women's swimming and diving teams. It is also the training facility for the varsity women's triathlon team (one of two in the entire state of Colorado). The Mavs are the dominant swim program in the Rocky Mountain Athletic Conference as well as being a Top 5 NCAA Division II program nationally. You'll get to meet many of these college swimmers (with their numerous All-

American awards) as they will be timers, lap counters and other volunteers.

Meet configuration for the pool includes 10 competitions lanes and a minimum of six warm up lanes (more may be available if the diving section of the pool is incorporated). A balcony with a seating capacity of around 750 overlooks the pool. Colorado Timing Systems are used which includes a 21' x 10' video scoreboard for results. For those wondering if it is fast pool, you can review the women's and men's pool records and decide for yourself. 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. There is also a coffee shop on the ground floor. Additional lodging information is forthcoming as we are working with the Greater Grand Junction Sports Commission for meet assistance. In the meantime, you can click here for places to stay.

If you're looking for on campus entertainment during the meet weekend, the CMU baseball team is in action that Friday, Saturday, and Sunday. The Mavs are a perennial contender in the NCAA tournament every year, and their stadium is located next to the pool. If women's softball is more to your liking, the women are also at home that weekend, and their stadium is also next to the pool. Click here for the campus map. You'll be able to park in any of the lots on Saturday and Sunday. If you arrive on Friday before 5 p.m. be prepared to only park in Pay-to-Park areas. Grand Junction is a town of 60,000 with Palisades (to the east) and Fruita (to the west) as bedroom communities. The elevation is 4593' so altitude adjustments are still in effect. Palisades is where the vineyards and wineries are located while Fruita is a jumping off point for mountain biking. All three communities have multiple micro-breweries to visit. Grand Junction has a small, eclectic downtown area that is easily walkable. There are some hotels located in downtown which puts you only a couple of miles from campus. Be sure to check out the street corner sculptures when you are here. While you're outside, look at the Colorado Monument to the west and the Grand Mesa to the southeast. To refuel during the meet there are numerous choices and a wide variety of cuisine to choose from for food.

To get to Grand Junction from the Front Range, take I-70 and go west. If you're feeling more adventurous, Amtrack runs from Denver to Grand Junction. The train station is about five miles from campus.

As more information becomes available, it'll be disseminated both in the newsletter and the COMSA website. Because of Grand Junction's location, we may also see some Utah teams competing.



## LAST CALL!!! COACH OF THE YEAR AND VOLUNTEER SERVICE AWARD NOMINATIONS

### COMSA Volunteer Service Awards

Each year since 1983 COMSA has presented an award to one male and female who has made a significant contribution to Master's Swimming and COMSA. From 1983–2007 this award was named the Lt. Governor's Cup. In 2008, the award was re-named as the Jack Buchanan COMSA Service Award.

**Nominations Open: October 1st**  
**Nominations Close: February 1st**

[COMSA Service Award Nomination Form](#)

### COMSA Coach of the Year Award

Is your coach exceptional? Do they go above and beyond to help every swimmer?

Nominate them below for the [COMSA Coach of the Year Award!](#)

**Nominations Open: October 1st**  
**Nominations Close: February 1st**

Awards will be presented during the COMSA State Meet.

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We will also include the nomination questions for the [U.S. Masters Swimming Dot Donnelly Service Award](#). This section is optional. We would love to elevate the recognition of our volunteers if they meet the criteria. Please include as much information as possible.

We will also include the nomination questions for the [U.S. Masters Swimming Coach of the Year Award](#). This section is optional. We would love to elevate the recognition of our coaches if they meet the criteria. Please include as much information as possible.

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## 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.

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Visit our Website



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