



Greetings!

July is Try Masters Swimming Month. If you swim with a local club or workout group, this would be a great month to invite a friend or regular at your pool to join you for a practice. For those of you solo swimmers, you too can talk up Masters swimming by forwarding them this newsletter, sharing with others the COMSA or USMS websites, or have them follow us on our new [Facebook page](#).

Heather Melrose
COMSA Secretary

Upcoming Events

USMS 5K/10K ePostal

- May 15- Sept 15
- See below for more details or to sign up now use [this link](#)

USMS Short Course Nationals

- July 21-25
- Greensboro, NC
- Entries are closed.
- If you are headed to Greensboro with friends or family, have them volunteer to time or work as a counter because spectators will not be allowed in the pool area.
- For more details visit the [USMS Short Course Nationals page](#).

Swim Across America - Denver

- August 29, 2021
- 1/2 mi, 1 mi, or 2 mi open water swim
- Registration is [OPEN!](#)

USMS Long Course Nationals

- October 7-10
- Geneva, OH
- Entries are not open yet, but you can book your hotel room now [here](#).

For a listing of events around the country, you can always check out USMS's [Calendar of Events](#). Make that search area as small or big as you would like. Now that we are in Phase 3, traveling to other states to compete is possible again. See the "Ready to Host a Swim Meet" section for more details on Phase 3.

Swim Across America - Denver

There are still spots open for the 4th annual event being held at Chatfield Reservoir. Swimmers of all ages and abilities can choose between 1/2 mi, 1 mi, and 2 mi options while raising funds to benefit the Center for Cancer and Blood Disorders at Children's Hospital Colorado. For more information, please see the [Swim Across America - Denver website](#).

USMS 5K/10K ePostal National Championships

We are about half way through the 5K/10K postal season! To sign up, check out [ClubAssistant](#) or check out the [USMS website](#) for more details. You can complete your swim anytime between May 15 and Sept 15. Make sure that you have your entries submitted before the deadline on Sept 22 for individuals and Oct 1 for relays. The brilliant thing about these relays, you don't have to swim twice. You can use your individual swim time with 2 other same gender or 3 other swimmers for mixed relays. If your relay team is going for a record, those entries are due even sooner.

August/September LCM Meets?

With Long Course Nationals pushed back to October, let's work on getting some long course meets going in Colorado. It would be great to send a big group of swimmers to Nationals. If you need help setting up a meet, the COMSA Board is here for you! For help with sanctions, contact [Richard Hess](#). For help with ClubAssistant, contact [Andrew LeVasseur](#). For help with a grant to pay for costs, contact [Susan Nolte](#). Need help with officials, contact [Pete Schwenker](#).

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