



Greetings!

I hope you've been watching some of the Swimming World Championships in Budapest! The United States' Swim Team is swimming fast and racking up lots of medals and records at Worlds! Use their fast swimming to get yourself pumped for your own summer swimming! Be sure to register for the FAST Long Course Meet at EPIC July 9-10th! Registration closes July 5th. See more information below.

Happy Swimming!  
Katie Glenn  
COMSA Secretary

## Upcoming Events

### 2022 FAST Masters Long Course Meters Invitational Swimming Meet

- July 9, Warm-up 2:00 pm, Meet begins at 3:00 pm (400IM, 1500FR)
- July 10, Warm-up 8:00 am, Meet begins at 9:00 am (other events)
- Edora Pool and Ice Center (EPIC), Fort Collins, CO
- [Click here to register](#)
- **Registration closes July 5th**

### Boulder Aquatic Masters Boulder Reservoir Tuesday & Thursday Swims

- Join BAM for coached weekly summer open water workouts at the Boulder Reservoir.
  - June 1st - August 31st
  - Tuesday and Thursday mornings
  - 6:10 am to 7:40 am
- Technique and Critical Skill Work including: endurance, sighting, buoy turn drills, breathing strategies, starts, etc.
- Boulder Reservoir, 5565 51st St., Boulder, CO 80301
- Ample parking right by the course entry point
- [Click here for more information](#)

### Chatfield Gravel Pond Saturday Swims

- Chatfield Gravel Pond Swimmers is organizing group swimming at the gravel pond from Memorial Day through Labor Day
- Saturday mornings from 7:30 am to 10:00 am
- [Click here for more information](#)

### Pikes Peak Athletics Open Water Series

- Join PPA for the 2022 Open Water Series where you will hone your open water skills, mentally and physically, under the guidance of PPA's skilled and experienced coaches.
- The open water series will be geared toward swimmers training for open water races or who just wish to have a thorough introduction to open water.
- OPEN WATER CLINIC #3: Sunday, June 5 | 12:30pm-2:30pm at PPATC
- NUTRITIONAL CLINIC Sunday, June 5 | 11am-12pm at PPATC
- OPEN WATER TRAINING #1: Saturday, June 25 | 9am-11am, TBD
- OPEN WATER TRAINING #2: Saturday, July 9 | 9am-11am, TBD
- OPEN WATER TRAINING #3: Saturday, July 23 | 9am-11am, TBD
- [Click here for more information on pricing and availability](#)

### USMS 2022 Summer Nationals

- August 3-7
- Richmond, VA
- [Click here for more information](#)

### USMS 2022 Open Water National Championships

- [Click here for a listing of all open water national championships](#)



## 2022 USMS Summer Fitness Challenge 2K Swim

- June 1-30
- Open to any USMS member who wants to complete this fun challenge!
- February 1 - May 15: \$10
- May 16 - June 31: \$12
- [Click here for more information](#)

## COMSA Elected Officers & Open Positions

COMSA is looking for a few good people to volunteer with the COMSA Executive Committee:

Chair  
Vice Chair  
Representative-at-Large

This is a great time to give back to your sport of masters swimming!

[Link to description of positions](#)

Anyone who is interested in serving on the COMSA Board, please contact [Chris Nolte](#).

## Is Your Team Ready to Host a Meet or Open Water Event?

COMSA will pay for your sanction fees and help finance additional costs. 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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