

Mastersplash



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**October 5, 26,
November 30,
January 11**
Stroke Clinics
contact Andrew
LeVasseur

NOVEMBER 2013

Greetings!

There is still time to sign up for the events occurring this weekend and next, the 3000& 6000 yard Postal and the 7th annual Nash Splash. Links are on this newsletter and the COMSA website.

It is also USMS/COMSA registration time for 2014. See the article with links below.

Happy Swimming!
Heide Crino

2013 USMS Speedo 3000 & 6000 yard Postal National Championship ... Nov 3rd and 10th

The leaves are changing and the days getting shorter. Fall has officially arrived! It must be time to build your swimming base by participating in the **2013 USMS Speedo 3000 & 6000 yd. Postal National Championships** hosted by Central Illinois Masters Swim Team. COMSA is sponsoring 2 dates in which you can challenge yourself by swimming either or both 3000 & 6000 yd. Postals.

Where? Northridge Rec Center in Highlands Ranch.

When? 7 am on Sunday, November 3rd and November 10th at 7 am. **What to bring?** You will need a counter/verifier

to take your official splits Clip boards and split sheets will be provided and stop watch if needed although an I-phone works great too!

How to register? E-mail nicolevanderpoel@msn.com to reserve your lane space and indicate which distance you intend to swim on which date! After you have completed your Postal, enter your official splits on-line.

Your Team is CMS (Colorado Masters Swimming) Lets show the rest of the country what we can do at altitude! On-line entry information will be provided. The best part of completing your Postal is the really cool "Colorado Goes Postal" cap you receive upon completion!

Inspirational Colorado Swimmer: Sarah Thomas

From Clif Cusack:

November 9, 2013

7th annual Nash Splash
VMAC Pool
Thornton, CO
meet info and
registration

November 16, 2013

Buff Invitational event
VMAC Pool
Thornton, Co
meet info
entry form

December 14, 2013

2013 Denver Athletic
Club Masters SCM Meet
The Denver Athletic
Club
Meet info /registration

January 14, 2014

Colorado Swimming Hall
of Fame Pentathlon
George Washington HS,
Denver
meet info coming soon

[More Information](#)

Ongoing Events

400 yd Kick for Time

Dec 1-31, 2013
event info and
registration

Butterfly is Not a Crime Postal Swim

Oct 15, 2013-Aug 31
2014

event info/registration

[Contact](#)

I just saw an article today about a Conifer resident that is probably noteworthy for a COMSA newsletter:

See Sarah Thomas in this article:

<http://www.athleta.net/2013/10/22/notable/>

From the article:

Sarah Thomas

That very same lake and weekend also produced one of the most astounding feats of endurance the sport has ever seen when 31-year-old Conifer, Colorado, resident Sarah Thomas strode into the water at noon on Friday to begin an historic 50-mile double crossing of Lake Memphremagog. She faced a stiff headwind from Magog down to Newport, and what should have been a straightforward, 12-hour crossing dragged past the 15-hour mark. Undeterred, she paused for six minutes on that concrete boat ramp, reapplying sunblock (though it was about two in the morning, the sun would be back up and blazing in a handful of hours) and snacked on some baby carrots before she bravely waded back into the cool water and started the long slog back to Magog. This unflinching 30-hour adventure was one of the most jaw-droppingly awesome feats of perseverance I've ever seen, and not just on Sarah's part. Her fiancé Ryan had thrown out his back a couple days before the swim but still spent more than 30 hours half frozen in a 16-foot aluminum boat being tossed around unmercifully by a frisky Memphre. What's even more astonishing about Sarah and this swim is that the relative newcomer to marathon swimming completed this first-ever double crossing a mere six weeks after an historic, also first-ever, 44-mile double-crossing of Lake Tahoe. The lady is a daring double-crosser in the most remarkable sense of the term!



2014 USMS/COMSA Registration Open Now

Registration in United States Masters Swimming and the Colorado Masters Swimming Association is based upon a calendar year (not from the time you register). Registration fees are \$40 (January 1-December 31). The registration period for each calendar year starts on November 1, with memberships expiring on December 31 of the following year (14 months). Your membership in USMS/COMSA includes:

- SWIMMER magazine, the official publication of United States Masters Swimming. Content is directly related to all areas of swimming for adults.
- The Master Splash newsletter, the official publication of COMSA, announces local swimming related events.
- Secondary insurance coverage, which covers all workouts and events where all participants are USMS registered.
- Opportunity to participate in local, national and international competitions as well as open water swims, and clinics.

All swimmers must register with one of the three Colorado Masters Swimming Association registered clubs or as unattached. Selecting the correct club is critical if you plan to swim individual or relay events in USMS sanctioned meets. For a detailed explanation and link to register, <http://www.comsa.org/joining/join-online.html>

Did You Know...? USMS Rule Changes

Some USMS Rule changes that took effect September 25, 2013 :
Italics indicate the change.

Breastroke and Butterfly

FINA Interpretation of "...the touch shall be made with both hands separated and simultaneously at, above or below the water level...":
The hands may touch but cannot overlap or be on top of each other.
Effective September 25, 2013.

Backstroke:

FINA and USA Swimming have added clarifying language two areas:
1) the finish (delete "at the finish" from permission to be completely submerged to clarify that *a swimmer cannot be completely submerged prior to the touch*)

Swimwear:

No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy or endurance during a race (such as webbed gloves, fins, *power bands*, *adhesive substances*, snorkels, neoprene caps, etc.).

Planning Ahead:

COMSA State Meet/Breadbasket Zone Meet will be held in Grand Junction, Co.
March 28-30, 2013

Spring Nationals will be held in Santa Clara, CA May 1-4, 2014

Summer Nationals will be held in College Park, Maryland
August 13-17, 2014

Local and National Swimming Links

<http://usopenwaterswimming.org/>

Breadbasket Zone

<http://www.iowamasters.org/>

<http://www.minnesotamasters.com/>

<http://www.movymasters.org/>

<http://www.nebraskamastersswimming.com/>

<http://www.ozarklmsc.org/>

What's Happening at U.S.M.S.

As members of COMSA, you are also members of U. S. Masters Swimming. Check that website for information on Fitness Events, Coaching tips, Competitions nation wide, and many other areas of interest to swimmers everywhere [U. S. Masters Swimming](#)

