



Greetings!

Every September, USMS holds their Annual Meeting. In years past, this event was held in person, but for 2020 and 2021 it is being held via Zoom. Your 2021 delegates are Chris Nolte, Heather Melrose, Susan Nolte and Nicole Vanderpoel. To learn what happens at the Annual Meeting, a list of the National Candidates for Office, proposed rule changes and more, please see the [USMS 2021 Annual Meeting page](#). USMS plans to live stream the proceeding over YouTube again this year. Links for the House of Delegates sessions should be posted to that page September 24-26.

If you are interested in this type of activity, or becoming more active in our LMSC, COMSA officer elections will take place at our state meet this coming spring. Your current Board is already at work planning. Stay tuned for dates and more info.

We could really use some enthusiastic volunteers to join our team!

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 Long Course Nationals

- October 7-10
- Geneva, OH
- Check out the order of events, qualifying times and hotel information as well as registration [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.

USMS 5K/10K ePostal National Championships

Only two more weeks left to swim your 5K or 10K postal. To sign up, check out [ClubAssistant](#) or check out the [USMS website](#) for more details. 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.

Is Your Team Ready to Host a Meet?

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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