

Fitness Events/Programs Coordinator Report – 4/15/21

Submitted by David Johannsen

My primary goals are to: 1) Publicize Fitness events/programs through our monthly reports, newsletter, website, and Facebook page. 2) Recognize teams and individuals by publishing participation lists and establishing SPMS Records/Top 10 for appropriate events.

CALENDAR OF CURRENT AND NEAR-FUTURE EVENTS:

1. Go the Distance (GTD)

This has been a very popular USMS fitness program since 2007. The concept is simple. Log your mileage throughout the calendar year. Through April 11th, 88 SPMS swimmers have swam 8214 miles in 2021. SPMS is 150 miles ahead of Pacific for the U.S. LMSC lead.

2. 2021 TYR Last One Fast One

This nationwide virtual meet offers all 18 individual pool events and 6 open water events from 1 mile to the 25,000 meters. Swimmers swim at their individual facilities or open water venue from April 16 to May 2, 2021. Times are submitted through the Swim.com app. 503 USMS swimmers have currently registered. 96 SPMS swimmers have registered including over 30 swimmers from both ROSE and SPP.

3. ePostal 5K/10K 2021 National Championships

The 5,000 and 10,000 National Championships are swum between May 15 and September 15.

4. 2021 Swim.com USMS Fitness Challenge (2000 Meters)

The 2K fitness challenge is swum between June 1 and June 15. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 2K can be swum anyway you want. Fins, paddles, snorkels are fine along with swimming the 2000 meters in a relay format. Participation, not results, is emphasized.

SPMS RECOGNITION

The Go the Distance recognition lists have been updated through 12/31/20. The lists are on the SPMS website under the FITNESS TAB.

SPMS Records and Top 10 Yardage for the 1 Hour ePostal National Championships are on the SPMS website under the MEET TAB. The **preliminary** 2021 lists have four SPMS swimmers winning their age groups and the only National Record was broken by a SPMS swimmer. Lists can be corrected up to April 17, 2021.

Please contact myself with suggestions (advice), comments, and even fitness events that I might not be aware of. (805) 964-6959 or davidswim@johaninc.com