



Greetings!

Congratulations to all of **16** COMSA swimmers who just finished swimming at the 2021 Short course Nationals!

Fifteen of those swimmers competed for club CMS scoring a total of 500 points and taking 2nd place in the Regional teams category. Congratulations CMS!! The four teams finishing behind CMS had more than 15 swimmers each, making our swimmer's showing even more impressive. Congrats to the CMS swimmers who made the trip to Greensboro: Richard Abrahams, Rob Barringer, Brian Bergford, Suzy Cotton, Aden Dravenstott, Laura Dravenstott, Kathy Garnier, Jennifer Halford, Tom Halford, Ignacio Jimenez, Michelle Leonard, Karen Rosener, Collette Sappey, Emma Sappey, and Lydia Young.

A big congratulations also to Don Donahoo, unattached swimmer from COMSA, who competed in five events at Nationals,

Registration for Long Course Nationals in October has just opened; use [this link](#) to register. The Order of Events and Qualifying Times have been posted [here](#). You can swim up to three events without meeting the qualifying times. To swim a fourth, fifth, or possibly a sixth event, then you must meet those qual times. Let's turn up COMSA!

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](#)

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
- 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.

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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