



Greetings!

USMS hosted their annual meeting virtually this year. As a first time delegate, I had no idea what I was getting myself into. Four hours in to Sunday's House of Delegates meeting, I started questioning my own sanity for volunteering for this role. Yes, the Sunday session went over time by 3 hours; that's not a typo on the units there, it was an eight hour day discussing changes to the rules and bylaws of the organization. The big take away from this weekend is that there are a lot of people in USMS who are passionate about Masters swimming. For more details on those changes, please read the USMS Annual Meeting Recap below.

USMS is **giving money** to workout groups and local clubs. Even if you are not the coach or workout leader of your group, please read and share with them the information in the COVID-19 Relief Grant section below. Our chair has convened a special committee, comprised of myself, Katie Glenn and Marcia Anziano to help workout groups and local clubs gain access to these funds. Only 17 of the 52 LMSCs in the country have opted into this program as of the end of September. Please, let's take advantage of this while we can!

Heather Melrose  
COMSA Secretary

## COVID-19 Relief Grant for Workout Groups/Local Clubs

USMS has developed a COVID-19 Relief Program to help struggling workout groups and local clubs financially impacted by the pandemic. COMSA is one of 17 LMSCs that has opted into this program. Only those local clubs and workout groups that are registered for 2020 in the USMS registration system will be considered for USMS matching grants. Clubs and workout groups must have a physical location that hosts masters programming to be eligible. For full details on eligibility please refer to the [USMS COVID-19 relief Program for Clubs Framework](#).

COMSA has created an application for local clubs and workout clubs available [here](#). Please share this information with your coaches and workout group leaders. Each local club or workout group will need to submit a completed application including a written description of the financial hardship, as well as a completed [W-9 form](#) to [COVID Relief Grant Special Committee](#) by **November 15, 2020**. This committee is eagerly awaiting grant applications. Help us, help you! Late submissions will not be considered.

## USMS Annual Meeting Recap

Friday night's House of Delegates session was a wonderful tribute to coaches and volunteers around the country who received special recognition awards.

Saturday, we voted in Carrie Stolar as the Breadbasket zone (that's us) At-Large Director position. Congratulations Carrie! Other highlights: The proposed USMS Budget was covered in detail. There were 1210 participants in the Virtual National Championships, nice!

Sunday, oh my Sunday, not a ton of changes happened in those eight hours, but here are the highlights:

- The Dixie Zone has been renamed the Southeast Zone.
- The unified fee passed. All members, of any LMSC, will now pay the same membership fee each year.
- All past presidents of USMS were removed as voting members of the board.
- The USMS inclusivity statement has been updated to include "gender identity," this does not affect completion rules, we are simply more welcoming of all people.

## USMS ePostals

What is an ePostal? It is a long distance swim in the pool that you do at your favorite swimming spot and then you submit the results to compete nationally. Here's a chance to try a longer distance swim that truly fits into your own schedule. Do it solo or get your whole workout group involved!

[USMS 3000/6000 ePostal](#) goes from September 15th through November 15th. This can be swum in any short course pool. There are age group awards with medals for 1st - 6th place in each gender and 5 year age bracket.

Whatever the distance you settle on, perhaps both swims, make sure that you have a timer recording your splits. Split sheets can be found [here](#). USMS no longer requires that the split sheets be send in; however, they reserve the right to ask for your split sheets at a later date.

## It's Official!

From the 2020 US Masters Swimming Rule Book:

102.2.2 For short course meters and long course meters, the eligibility of a participant for a particular age group shall be determined by the age as of December 31 of the year of competition.

Traditionally, the 3000/6000 ePostals were swum in a short course meters pool. This year you can swim in either meters or yards and your time will be converted to meters. The 3000/6000 ePostals follow the same age determining guidelines as a short course meters pool event; age is determined by the age as of December 31.

## Swimming Links

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