



Greetings!

USMS released the short course yards Top 10 list in August. COMSA absolutely dominated with 55 members and 148 Top 10 swims. Below you'll see the full list of our members who made the cut.

September is historically the start of the 3000/6000 USMS postal. This year the 5K/10K is being extended into September as well. See below for details.

Heather Melrose  
COMSA Secretary

## USMS Postals

It's postal season across the country. What is a postal? 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. We have two, kind of three, happening in September:

**USMS 5K/10K Postal** has been extended through September 30th. Traditionally this is swum in a long course pool. If you want to compete in both distances, great! Those need to be swum separately, the 5K cannot not be a split taken from the 10K swim.

This year thanks to the pandemic, USMS has added an additional option of allowing the 5K/10K to be swum in a short course pool. The short course option will not qualify for records, All-American, or age group awards, but it will count towards the ePostal Series Challenge. USMS decided to add this option due to limited pool availability given current events. A certificate of completion will be available for all finishers.

**USMS 3000/6000 ePostal** goes from September 15th through November 15th. This can be swum in any short course pool. Work it into your schedule. 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 all four 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.

## 2020 SCY Top 10

**Congratulations** to all of the COMSA swimmers who qualified for what may be the most elusive Top 10 year to date:

Iva Majeticova	Ramunas Paknys
Casey Papp	Patrick Donovan
Sara Holman	Jeffrey Gullett
Brittany Biggs	Reuben Trinidad
Anna Heidinger	Brian Colvert
Lindsey Linke	Mitch Dalton
Chelsea Gibbons	Chris O'Sullivan*
Jodi Quinnell	Brian Fleischmann
Katie Glenn	Brett Saum
Alison Nicholas	Tom Halford
Allyson Friday	Joseph Zupancic
Jodi Lee	Larry Felix
Heather Wagner	Kevin Doherty
Laura Dravenstott	Mark Torres
Julie Dusliere	Jason Miller

Bonnie Moss  
Kathryn Vidlock-Granley  
Kathy Garnier  
Collette Sappey  
Kathleen Steffe  
Ellen Campbell  
Suzy Cotton  
Karen Rosener  
Judith Laney  
Dana Tully

Todd Radel  
Rob Nassar  
Robert Garland  
Rob Barringer  
Brent Matheson  
Ignacio Jimenez  
Yan Cardineau  
Craig Peterson  
Terry Heggy  
John Stanback  
Stuart Waterbury  
Rich Abrahams  
Kent Carney  
William Abbott  
Chuck Ogilby

\*Chris O'Sullivan aged up and managed to make Top 10 in two age groups!

Congratulations COMSA swimmers! Make sure that you order your [2020 Top 10 patch](#) surely a limited edition for this year.

## Missing Results Call for Help

The USMS History and Archives Committee is looking to fill in missing meet and open water swim information from 1974-1991. If you were an active swimmer in Masters AAU or USMS during that time, check out [this file](#) to see if you can help fill in some missing information.

## It's Official!

ePostal Rules -- 2020 USMS Rules govern these events, including [USMS Rule 102.12.1](#) regarding swimwear. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, snorkels, wet suits, etc.) are not permitted. No more than two swimmers should share a lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e. no circle swimming).

## Swimming Links

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