



Greetings!

Registration will open on the 18th of this month for the first EVER virtual event held by COMSA. In an effort to get everyone's swimming off on the right fin in 2021, we are holding our State Meet this year in a virtual format.\* The COMSA Board agreed that it was better for our membership to have a swimming goal to reach for rather than cancelling State again this year.

**TEAM AWARDS** - The top three workout groups will be eligible to win a team trophy. Whether you swim one event or all 18, you will count as a point for your team. Swimming just ONE event will help get your team in the rankings!

Additionally, the Board wanted to offer our membership an opportunity to fundraise for some wonderful aquatic causes around our region. In addition to the low, low cost of \$5/swimmer for the Virtual State Meet, we will be collecting donations for 4 different programs during the registration process. Please see below for more information about these wonderful non-profits!

Hooray it's 2021!

Heather Melrose  
COMSA Secretary

\*fins are for training purposes only:)

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## Upcoming Events

### One Hour Postal

- Jan 1 - Feb 28
- Swim in your own home pool
- See [here](#) for more details

### State Meet

- Virtual Meet March 14-28, 2021
- Swim in your home pool on your own schedule
- Participate in 1-18 individual events, your choice
- Team participation Awards will be handed out for local clubs or workout groups with the highest participation. With this meet on the USMS calendar, we would LOVE to see COMSA teams in the Top 3!!
- Sign up [here](#) starting Jan 18

## Host a Swim Meet

Are you interested in hosting a real live swim meet? Swim meet sanctions are being paid by COMSA in 2021. We have also set up a grant program to help teams pay for pool rental fees. Perhaps, your local facility would allow for a small meet so that your members can get official times. Please contact [Richard Hess](#), Sanctions Chair, for more details.

## Virtual State Meet Beneficiaries

**USMS Swimming Saves Lives Foundation:** Help adults who don't know how to swim. The USMS Swimming Saves Lives Foundation works hard to reduce these risks by serving as a financial and educational resource for programs nationwide that provide adult learn-to-swim lessons. Since 2012, SSL has awarded more than \$700,000 in grants to adult learn-to-swim providers and programs. You may make a donation to this worthy cause in the merchandise section of your on-line registration.

**Swim Across America-Denver:** Swim Across America is a National non-profit that hosts 21 Open Water Charity Swims, along with other pool events, to raise funds for critical cancer research & clinical trials that stay within the community in which the funds are raised!

Swim Across America-Denver's sole beneficiary is Children's Hospital Colorado Center for Cancer & Blood Disorders. Since our Inaugural Open Water Swim Event at Chatfield Reservoir in 2018, SAA-Denver has granted over \$335,000 to fund two groundbreaking cancer research projects at Children's Hospital Colorado! Our mission doesn't stop. We are looking forward to hosting many more Open Water Charity Swims & Pool Events in future years to help fund further research projects. Please join us in Making Waves in the Fight against Pediatric Cancer in Colorado. Your generous donation in the merchandise section of your on-line registration will help save Children's lives!

**Colorado Mesa University Division 2 College Swimming:** CMU was going to provide timers at the 2021 state meet as a fund raising effort for their team.

Colorado Mesa University is one of the fastest improving teams in the country. They are poised to make a run at a national title; however they need your help. In order to compete at the highest level they must fundraise up to 40% of their operating budget. These fundraised monies are used to support scholarships, travel expenses, and provide the gear necessary to compete and train. If you would like to make a donation to this program, you may do so in the merchandise section of your on-line registration.

**Aquatic Parks Rangers of Colorado:** Several of our COMSA swimmers have been using the Chatfield gravel pond, Boulder reservoir and Aurora reservoir as their open water swimming and training venues for several years, especially this past summer due to the Covid-19 pandemic. We are offering you an opportunity to donate to the Aquatic Parks Rangers that keep these open water venues open and safe for swimming in the merchandise section of your on-line registration.

Our State Park Rangers have been helping to provide safe and enjoyable recreation for visitors in Colorado since 1959. State Park rangers wear many diverse hats, and take pride in helping others discover the wonder of nature and outdoor recreation. It's not an easy job, between our varied geography, conditions, and recreational opportunities, but it's one that matters to the future of Colorado.

## Postals

Start 2021 off with a nice, long swim. The first of USMS's annual five postals can be swum anytime between Jan 1 and Feb 28 - a whole extra month this year to get those entries in.

During the One Hour Postal, you swim at your normal practice facility for one hour. You can take breaks, but those are included in your swim time, so get ready to go the full hour. There are awards for the top 10 swimmers per age group and gender, as well as relay awards for the top 6 teams. You don't need to swim a second hour for your relay, simply add together the times the 3 men's or 3 women's or mixed: 2 men/2 women individual times and voila you have completed a relay.

Please see the [USMS website](#) for more details.

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## It's Official

The first rule listed in the one hour postal announcement is "2021 USMS Rules 305-307 govern this event." What the heck does that mean?

- Rule 305 Conduct of Long Distance Pool Events
- Rule 306 Conduct of Postal Events
- Rule 307 Open Water and Long Distance National Championships

If this is your first time completing a postal, or if you're just really into rules, you might want to read up on [Rule 306](#) for more details. Happy swimming, folks!

Visit our Website