



The Chlorine Chronicles Gulf Masters Swimming

Spring 2022

IT'S TIME TO TRY OPEN WATER!! JOIN US AT LAKE LONGHORN IN LEAGUE CITY ON MAY 15TH

IN THIS ISSUE

South Central Zone Open Water Grand Prix Challenge

Thanks to the efforts of Zone Chair, Nicole Christensen, and the three open water event directors, 2022 will mark the debut of the South Central Zone Open Water Grand Prix Challenge.

The challenge will consist to three different event venues offering multiple distances at each event.

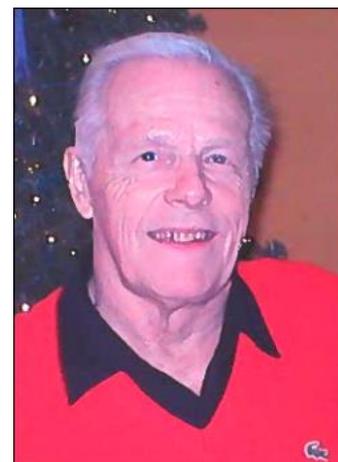
The series will kick off in League City Texas on May 15. The Gulf Lake Longhorn Open Water Roundup offers event distances of 1.25K, 2.5K, and 5K. Event information and registration is available at: https://www.clubassistant.com/club/meet_information.cfm?c=2065&smid=14586

On June 5, the series will move west on I-10 to Lake Bourne, just outside of San Antonio. The 2022 Gatormania features swim distances of 1,500 meters and 3,000 meters. Event information and registration can be found at: https://www.clubassistant.com/club/meet_information.cfm?c=2542&smid=14589

The series will conclude on September 25 in Eureka Springs Arkansas. The OZ Swims will be held at the Beaver Lake Dam Site and offer distances of one, two, and three miles. You can find full event information and registration at: <https://runsignup.com/Race/AR/EurekaSprings/WalmartOZMileSwim>

A special prize will be given to all participants who compete at all three venues, and a leader board will be displayed to let everyone know how they are stacking up in the Grand Prix Challenge.

We are hopeful that the series will grow in 2023 with other LMSCs within the South Central Zone adding additional open water events to the next year's Challenge.



In Memoriam - Bob Bailie

Remembering the life of USMS All Star swimmer Bob Bailie of The Woodlands Masters Swim Team.

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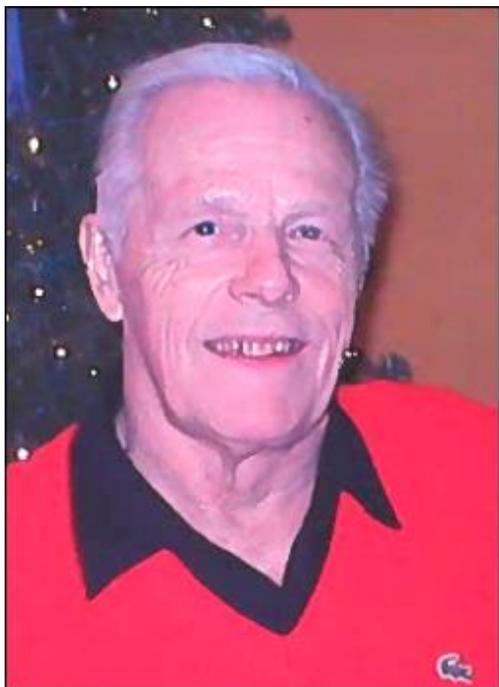
Photo Credit: Ron Gilfillan

Five Nutrition Mistakes People Make When Working Out

Nutritionist Catherine Kruppa covers five common nutrition mistakes and how to avoid them.

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Robert Edward “Bob” Bailie (September 3, 1935 - March 5, 2022)



Gulf Masters Swimming and The Woodlands Masters Swim Team were saddened to learn that Bob Bailie passed away peacefully from Parkinson's Disease on Saturday, March 5, 2022 at his home, surrounded by family.

Bob was born September 3, 1935 in Upper Manhattan, New York City, New York to Robert James Bailie and Olive Bailie.

Bob attended Massanutten Military Academy in Woodstock, Virginia. He graduated from Brooklyn Tech High School, and he received his B.S. Mechanical Degree from Rutgers University, New Brunswick, New Jersey. While at Rutgers Bob was a member of the swim team and was also a member of Lambda Chi Alpha fraternity. Bob served two years in the U.S. Army. He got his P.E. (Professional Engineering) license in 1969 from the State of Florida where he resided.

Upon his graduation from Rutgers, Bob's first job was with Maxim Evaporator in New London, Connecticut. He then went to work at Westinghouse in Philadelphia before being transferred to Key West, Florida. In Key West, he was the Plant Manager at the Key West Desalination Plant. Bob spent 25 years in seawater desalination. He had numerous other positions at Kuljian and Scheffers of America. He was awarded three U.S. Patents related to multi-stage flash (MSF) evaporated plant design. He authored and presented numerous technical papers. Bob was Founding Director and Officer of the National Water Supply Improvement Association (NWSIA) from 1973 to 1977 and was the recipient of NWSIA's Presidential Award in 1984. He authored the cover story for "American City & County" magazine, promoting solid waste energy recovery for water supply and improvement. When he left the sea water desalination world, he became a partner with Watervap Technologies, enhancing the Fluidized Bed Heat Transfer Systems.

Bob's love for swimming began at an early age, while spending summers at Grace Church Boys Camp in upstate New York. He was on the Brooklyn Tech swim team when they won the City Championship, and he swam for Rutgers swim team where he was nicknamed, "The Fish." His love for the water led him to different size boats from a sunfish in Key West to a Newport 27 ft. sail boat in Fort Lauderdale which he loved both for racing and for spending quality time with family and friends.

Bob's Masters Swimming career began in the mid-1980s, and he posted his first National Top Ten Time in 1986. Bob moved to Texas in 1990 and competed for various Texas teams. He joined The Woodlands Masters Swim Team in 2004. Specializing in the sprint events, especially freestyle and butterfly, Bob established an incredible swimming legacy. He recorded 397 individual and 91 relay National Top Ten times. Bob was a seven-time USMS relay All American and a 21-time individual All American, with an incredible total of 66 individual #1 swims during his career. Bob was awarded USMS's highest competitive honor, USMS All Star, in 1991 when he posted the most #1 swims in the men's 50-54 age group. In addition to his swimming prowess, Bob was a champion on the pool deck as well. Friendly and outgoing, he engaged with and encouraged his fellow swimmers. He will be dearly missed.

Bob is survived by his wife, Carol Bailie, his son, Charles Robert Bailie (Sallie), his daughter, Diane Michelle Shipley (Eric), his son, Robert (Bobby) David Bailie (Leighann), and his stepdaughter, Stephanie Kerr Sanders (Eric). Bob leaves behind seven grandchildren, Chelsea Bailie, Donald Bailie, Austin Sanders, Hunter Sanders, Eloise Bailie, Marguerite Bailie, and Samuel Bailie.

Bob's Celebration of Life will be held on Tuesday, May 24 at 10 am at The Woodlands Methodist Church, 2200 Lake Woodlands Drive, The Woodlands, TX.

In lieu of flowers, the family would appreciate contributions made to:

The Woodlands Master Swim Team

P.O. Box 7084

The Woodlands, Texas 77387-7084

Memo area of check: Adult Learn to Swim

Five Nutrition Mistakes People Make When Working Out

Catherine Kruppa, MS, RD, CSSD, LD

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Exercise is one of the best things you can do for your body. We always encourage our clients to incorporate some sort of movement into their daily routine. Exercise improves overall health, mental health, and longevity. It can also speed up weight loss when appropriately combined with a healthy nutrition plan. If weight loss is your primary goal, it is important to understand that exercise is not a free pass to eat whatever you want. Good nutrition can help you see the fruits of your labor in the gym.

If you are not seeing or feeling the results from your workouts you could be making one of these common nutrition mistakes.

1. Not eating before a workout.

We hear many people say they think they are saving calories by working out on an empty stomach. However, if you do not have enough fuel to get you through the workout you are going to burn fewer calories overall. Make sure to eat at least a little something to give you the energy to work out your best. We start many of our clients off with just a bite of a bar, toast, or fruit to get their gut used to consuming food pre-workout. Make sure your pre-workout meal/snack is full of easily digested carbohydrates such as fruit, toast, oatmeal, or cereal.

2. You do not worry about your diet because you are working out hard.

Whether you want to lose weight or see specific results from your training, you need to be fueling your body properly. Eating well when working out will help you to lose weight, gain muscle, and improve recovery so you have more energy for your future workouts. Make sure you balance complex carbohydrates, protein, and some good fat in your meals and snacks.

3. Overindulging post-workout.

Working out helps you burn more calories daily. However, research has shown that most people overestimate the number of calories they burn in a workout. It is much easier to consume the calories than it is to burn them off. Even those who are burning a large number of calories in their workouts need to remember the calories they are consuming during and after workouts for peak performance and recovery. To get stronger and to perform better, you need to refuel with nutrient dense foods that are going to help your body recover and grow.

4. Not hydrating enough.

Dehydration can cause fatigue, muscle cramps, headaches, and an increased core body temperature. A 2% level of dehydration can equal a 10% decrease in performance. It is best to drink hydrating fluids consistently throughout the day. We recommend drinking at least half your body weight in ounces of hydrating (decaffeinated and non-alcoholic) fluids per day. Start your workout hydrated by consuming 16-20 ounces of water an hour before your workout. Aim to drink 3-5 ounces every 20 minutes during your workout and then 20 ounces of hydrating fluid for every pound that you lose while working out.

5. Consuming too many sports nutrition products.

While you should be consuming an adequate amount of protein and carbohydrates after a workout to replenish your body and increase muscle mass, most people can do it effectively with real food. Protein bars or shakes are best used for athletes who have a hard time getting enough calories and protein throughout the day due to their intense and lengthy exercise programs, not the average person working out. The same idea goes for sports drinks. Unless you are doing a workout longer than 90 minutes, then you probably do not need to rehydrate with a sports drink. Sports drinks replenish lost electrolytes and give you energy in the form of sugar. If you are not exercising over 90 minutes, you do not need the additional calories from sugar.

Remember that everyone is different and one person's nutritional needs will not mirror others. If you think you are making one of these mistakes or are not sure why you are not seeing the results you want to see, reach out to us to help you develop an individualized nutrition plan to meet your goals. While exercise is important, 80% of weight loss comes from your nutrition.

Catherine Kruppa, M.S., R.D., C.S.S.D., L.D. earned her Bachelor of Science in Nutritional Sciences and Master of Science in Nutrition from Texas A. & M. University. She is a registered, licensed dietitian, and wellness coach, with Board Certification in Sports Nutrition. Catherine specializes in weight management, sports nutrition, diabetes, gastrointestinal disorders, endometriosis, heart disease, and pediatric nutrition.



Gulf Swimmers Make a Huge Splash at USMS Spring Nationals

The 2022 Spring Nationals, held April 28 – May 1 in San Antonio, attracted over 1,800 participants. The Gulf LMSC's 83 swimmers brought home over 175 medals from the four-day competition.

The medal haul was capped by 19 individual and two relay championship wins. Gold medals were won by the following swimmers:

Kurt Hirsekorn (UNAT) in the men's 40-44 100 breast, 200 breast, 200 IM, and 400 IM

Linda Visser (COOG) in the women's 50-54 50 breast, 100 breast, 200 breast, and 200 IM

Joann Leilich (WMST) in the women's 80-84 50 breast, 100 breast, and 500 free

Bruce Kone (UNAT) in the men's 60-64 50 free, 50 back, and 50 fly

Bryan Collins (RICE) in the men's 30-34 100 IM and 200 IM

Kevin Nead (RICE) in the men's 35-39 200 back and 200 IM

Carleigh Kutac (DADS) in the women's 200 fly

The Woodlands Masters relay team of Carolyn Boak, Tom Boak, Hershel Glanz, and Joann Leilich in the mixed 75+ 200 free relay and 200 medley relay events.

Silver and bronze medals were won by the following swimmers:

UNAT: Alexander Aceino, Kurt Hirsekorn, Shelley Hirsekorn, Bruce Kone, Kris Wingenroth

COOG: Linda Visser

DADS: Rodolfo Escalante, Andreas Lorenz, Alexander Plaetzer

FCST: George Goff, Max Zollner

RICE: Bryan Collins, Rog Hardy

WMST: Tom Boak, Ross Davis, Laura Koch Davis, Joann Leilich, Bruce Rollins, Gary Schatz, Alana Wilson, Jacob Wilson

Rounding out the medal count, with 4th-10th place finishes, are the following swimmers:

UNAT: Alexander Aceino, Shelley Hirsekorn, Jacquelyn Wilson, Kris Wingenroth

COOG: Oscar Bermudez, Cheryl Hubbard, Lindsay Price

DADS: Alisha Anderson, Rodolfo Escalante, Carleigh Kutac, Andreas Lorenz, Alexander Plaetzer,

FCST: Salma Beli Aburas, Caroline Egan, George Goff, Lisa Kolluri, Christian Tinajero, Chun Wong, Max Zollner

MOB: Craig Wood

RICE: James Connolly, Kaitlyn Daniels, Rog Hardy, Seth Huston, Joshua Kimmel, Austin Wilson

WMST: Jonathan Armstrong, Tom Boak, Ellen Considine-Miller, Ross Davis, Lars Farestvedt, Hershel Glanz, Francisco Godoy, Mary Anne Hines, Laura Koch Davis, Andrea Morton, Kristin Nates, Jessica Platt, Bruce Rollins, Gary Schatz, Greg Tharp, Christina Toth, Steve White, Alana Wilson, Jacob Wilson

Congratulations to all of our Gulf swimmers who competed at Nationals.



Houston Cougar Masters (COOG) Swimmers Celebrate Poolside After Their Swims

2021 Recipient of the South Central Zone Jesse Coon Award

About The Jesse Coon Award

Jesse Coon was a man devoted to the sport of swimming, especially masters swimming. Jesse began his Masters career in 1976 at the age of 65. He swam, competed, and earned National Top Ten times until 2005, just months before his death at the age of 94. Jesse inspired several generations of Masters swimmers in the South Central Zone. He regularly raced in the most challenging events, such as the 200 fly and 400 IM. Open, friendly, and gracious, Jesse was a well-known and beloved member of the Masters community.

Past award winners represent the heart of masters swimming and have been chosen because of their care and concern for others involved in the sport.

In the adventurous and giving spirit of Jesse Coon, it is an honor to announce the 2021 Jesse Coon Award recipient, Lynn Morrison.

Lynn Morrison (North Texas LMSC) is the 2021 Jesse Coon Award Recipient

Lynn Morrison exemplifies the spirit of Jesse Coon with her love of Masters swimming and her efforts to get swimmers more involved in the sport.

Lynn has been participating in Masters swimming since the early 1980s. Those who meet Lynn are immediately struck by her larger-than-life, outgoing personality. Lynn has never met a stranger on the pool deck, and she spends the majority of her time at meets interacting with and cheering on her fellow competitors.

Lynn has given back to USMS at both the LMSC and national levels. She has held several LMSC positions, including North Texas chairperson. On the national level, Lynn has volunteered as a member of the Fitness Education Committee (1990-1991), the Championship Committee (1990-1992), and the LMSC Development Committee (2011-2014).

Additionally, Lynn is a certified USMS coach. She earned her level 1 & 2 certification in 2012 and her level 3 certification in 2016. Lynn is a highly accomplished competitor, with 178 individual and 95 relay Top Ten rankings. She has achieved All American status numerous times (three years as an individual swimmer and 12 years on relays).

Lynn's most recent effort to get more people involved and have fun in Masters swimming was the creation of the Lone Star Masters (LSM) swim group. The description of Lone Star Masters on their webpage demonstrates the cohesive spirit of the team. "LONE STAR MASTERS (LSM) is a collection of swimmers who like to attend meets and especially swim RELAYS. There are NO DUES to be a part of LSM as there is no 'home pool' and we do not have organized workouts. Our members all train at various locations, some with a group and some on their own. But when we go to meets, we are all one and have a built in 'support system'. As the 'coordinator' of Lone Star Masters, I make sure everyone has multiple opportunities to be a part of relays, relays, relays – the majority of which make the USMS Top Ten each year. If you are currently swimming as UNATTACHED and would like to be a part of our group, just send me an email." While the members of LSM primarily train on their own, Lynn has also made the effort to build team cohesiveness by organizing group workouts on Mondays and Wednesdays at Westside pool in Lewisville, TX.

Lynn cannot rival Jesse Coon's long-distance exploits in the pool, as she is a drop-dead sprinter and considers the 200 a "distance event." But her decades long efforts on behalf of Masters swimming make her a very worthy candidate for this year's Jesse Coon Award.



Lynn Morrison (North Texas LMSC)

This Quarter's Workout

Thanks to COOG coach, Greg Orphanides, for this quarter's workout.

400 warmup

12 x 50 kick with fins, FAST! on a descending interval

#1: 15 sec. recovery, #2: 10 sec. recovery, #3: 5 sec. recovery, and repeat.

4 x 100 swim with fins (ideally IM), explode last 25 yards/meters – 15 sec. recovery

4 x 50 single arm with fins (or drill) – 10 sec. recovery

12 x 25 choice – 20 sec. recovery

odds: explode first 10 yards/meters

evens: explode first 15 yards/meters

1 x 100 easy

14 x 50 choice, AS FAST AS POSSIBLE!! – 60-90 sec. recovery

1 x 100 easy

6 x 100 choice, hold 80% effort but try to reduce strokes – 15 sec. recovery

1 x 800 pull, descend 200s

200 cooldown

Total: 4,400 yards/meters

Graham Johnston Invitational LCM Meet - Sunday June 5th

Join us at the beautiful Dad's Club pool for the only LCM meet in the Gulf LMSC in 2022. Warmup will begin at 8 a.m. and the meet starts at 9 a.m. The meet will offer all LCM events, with the exception of the 800M free. There will also be 400 meter freestyle and medley relays on the schedule.

Registration will open soon. Full meet information can be found at: <https://www.usms.org/events/events/graham-johnston-invitational-2022?ID=9305>



The Semester is Over at 2022 Gulf Swim University (GSU)

Fifty-three swimmers took on the 2022 Gulf Swim University challenge, earning three Associate degrees, 16 Bachelor degrees, 17 Double Majors, six Masters degrees, and six PhDs. Our swimmers completed over 5,350 miles between January 1 and April 30. Congratulations to our swimmer graduates.

The Gulf LMSC has made several GSU improvements for 2022. The participation award has been changed from the usual t-shirt to a duffel bag with artwork by Kerry Suhr. GSU has also added prizes for the team with the most participants, and the team with the largest percentage of participants. In 2022, the team with the most participants is Houston Cougar Masters (COOG). There is a tie for the team with the highest percentage of participants. Sharks Swim Club (SSC) and South West YMCA Masters (SWYM) both had 25% of their USMS registered swimmers participate this year. Finally, all GSU entrants are invited to a post-event social at which they can pick up their awards and get to meet their fellow swimmers and the Gulf LMSC leadership team.

We are hopeful that even more members will join us for the 2023 Gulf Swim University.

The 2022 results are below.

Associate Degree - 20-39 miles

Steve Campbell (CFSC), David Welsh (UNAT), Rachel Yates (WMST)

Bachelor Degree - 40-79 miles

Derek Cheung (COOG), Stacey Eicks (WMST), Mary Anne Janish (SWYM), Colette Lanier (RICE), Heide Mairs (COOG), Martha McDade (UNAT), Frank Muncha (SSC), Lynne Nguyen (COOG), Melissa Reed (UNAT), Heidi Riggs (UNAT), Juan Somoza (SSC), Kerry Suhr (SWYM), Alvin Thomas (RICE), Kyra Wakefield (WMST), Kris Wingenroth (UNAT), Max Zollner (FCST)

Double Major - 80-119 miles

Anna Bass (BATS), Caitlin Clark (UNAT), Lucinda Dukate (DADS), William Duong (RICE), David Garza (RICE), Jeff Helton (UNAT), Shelley Hirsekorn (UNAT), Tom Howes (KAMS), Cheryl Hubbard (COOG), John Keen (COOG), Judy Levison (RICE), Nicole Matsuyama (UNAT), Brian Miller (SWYM), Jeffrey Tarr (SPAM), Nicole Van Nood (DADS), Linda Visser (COOG), Judy Wagner (MOB)

Masters Degree - 120-159 miles

Craig Fox (DADS), Mark Knox (UNAT), Brittany Miller (COOG), Lindsay Price (COOG), Gary Schatz (WMST), Christina Toth (WMST)

PhD - Over 160 miles

Doug Allen (DADS), Jennifer Balevic (MACA), Steven Clancy (MACA), Karlene Denby (COOG), Sue Honeywell (CFSC), Bruce Rollins (WMST)

USMS Volunteer Relay - March 4-6, 2022

U.S. Masters Swimming held its first in-person meeting of volunteers, the 2022 USMS Volunteer Relay, at the Westin Denver International Airport Hotel on March 4-6 to help local volunteers network, share ideas, collaborate, and motivate each other. This gathering was designed to enrich the local Masters Swimming experience and featured a series of workshops and discussion topics with the main theme of club development.

Gulf Masters Swimming was capably represented by Nicole Christensen (South Central Zone Chair), Stacey Eicks (Coaches Chair), Andreas Lorenz (Open Water/Long Distance Chair), and Kris Wingenroth (Gulf LMSC Chair/USMS Board of Directors Delegate).

During the course of the three days, the various meetings and workshops focused on building relationships with pool facilities, recruiting and supporting coaches, providing resources for clubs to grow, and building and supporting LMSC membership.

Nicole, Stacey, Andreas, and Kris all felt that they gathered excellent information from the conference. All came back energized, and they have already proposed several initiatives to provide more value to your USMS membership, and assistance to our clubs and coaches. Look for several of these initiatives to become LMSC programs in the coming months.



RELAY2022
CLUB DEVELOPMENT
DENVER

Competition Corner

SCM National Top Ten

The U.S. Masters Swimming National Top Ten List for 2021 SCM swims was finalized and published in March 2022. Gulf swimmers had 85 individual and 11 relay top ten times. Congratulations to all of our national top ten swimmers listed below.

Individual Events - Women

18-24: Madeline Maguire (RICE) 30-34: Stephanie Gillihan (UNAT), Carleigh Kutac (DADS), Alana Wilson (WMST) 35-39: Lindsay Price (COOG), Melissa Reed (WMST) 40-44: Rebecca Montross (WMST), Christina Toth (WMST) 45-49: Laura Koch Davis (WMST), Nicole Van Nood (RICE) 50-54: Cheryl Hubbard (COOG) 60-64: Mary Anne Hines (WMST) 65-69: Kris Wingenroth (UNAT) 75-79: Carolyn Boak (WMST) 80-84: Joann Leilich (WMST)

Individual Events – Men

40-44: Jeremy Lankford (RICE), Andrew Temple (WMST) 55-59: Ross Davis (WMST) 60-64: David Guthrie (RICE), Bruce Kone (UNAT), Andreas Lorenz (DADS) 65-69: D. Scot Marshall (WMST), Gary Schatz (WMST) 70-74: Greg Tharp (WMST) 75-79: Tom Boak (WMST)

Relay Events

The following swimmers achieved relay national top ten times. **DADS**: Anant Bajpai, Neal Brooks, Peter Foster, Andreas Lorenz **WMST**: Gwen Barber, Carolyn Boak, Tom Boak, Sarah Bustamonte, Scott Campbell, Ross Davis, Francisco Godoy, Tonya Granger, Laura Koch Davis, D. Scot Marshall, Elva Moure de Godoy, Melissa Reed, Gary Schatz, Andrew Temple, Greg Tharp, Christina Toth, Lisa White, Alana Wilson

All American

In order to earn All American status, a swimmer must either win a long-distance national championship or have the fastest time in the nation in a pool event. Fifteen Gulf swimmers achieved this honor for individual pool events in 2021. Additionally, eight swimmers earned All American status on relays.

Individual Swims:

Carolyn Boak (WMST), Tom Boak (WMST), James Connolly (RICE), Rodolfo Escalante (DADS), Gregory Germain (COOG), David Guthrie (RICE), Kurt Hirsekorn (UNAT), Carleigh Kutac (DADS), Bruce Kone (UNAT), Joann Leilich (WMST), Andreas Lorenz (DADS), Gary Schatz (WMST), Austin Surhoff (RICE), Nicole Van Nood (DADS), Linda Visser (COOG)

Relay Swims:

Woodlands Masters Swim Team: Ross Davis, Francisco Godoy, D. Scot Marshall, Gary Schatz
Rice Masters: James Connolly, John Fields, David Guthrie, Bruce Williams

All Star

All Star is the highest honor bestowed by U.S. Masters Swimming. In order to win this award, the swimmer must have the most # 1 ranked pool swims and top ten times in the nation for his/her age group. In 2021, two Gulf swimmers reached this pinnacle of success.

- David Guthrie (RICE), competing in the 60-64 age group, achieved 11 USMS # 1 swims and seven FINA World # 1 swims.
- Joann Leilich (WMST), competing in the 80-84 age group, achieved eight USMS # 1 swims and three FINA World # 1 swims.

Congratulation to David and Joann.

All World

Each April swimming's international governing body, FINA, publishes the world top ten list. As the United States is the sole country with yards competitions, only meters times are counted in the FINA rankings and are compiled from swims during the 2021 calendar year. Five Gulf swimmers had one or more world # 1 times in individual events. Congratulations to Carolyn Boak (WMST), David Guthrie (RICE), Bruce Kone (UNAT), Joann Leilich (WMST), and Gary Schatz (WMST). The Rice relay team of James Connolly, John Fields, David Guthrie, and Bruce Williams earned All World honors in relay events.

Try A USMS Postal or Fitness Event

There are several postal and fitness events being offered by USMS beginning in May and June.

USMS 5K and 10K ePostal National Championships

Both events are being hosted by Palm Beach Masters and will run from May 15 – September 15, 2021.

Event Description: You complete a timed swim of 5 kilometers and/or 10 kilometers in a 50-meter pool of your choice, then submit your times online. Some people swim for competition and to compare themselves to other swimmers doing the same event, some for the challenge, some for fitness, and others do it for fun. All who wish to participate are welcome. Your submitted time determines the final order of finish.

Please note: The 5K and 10K swims are separate events and you need to swim twice to enter both. Split times from 10K may not be used for entry into the 5K.

Location: For the 5K and 10K national championship events, all swims must be completed in a 50-meter pool ONLY—no other length of the pool will be accepted.

Event information can be found at: <https://www.usms.org/events/national-championships/virtual-championships/2022-virtual-championships>

2022 Swim.com USMS Summer Fitness Challenge

Looking for a fun challenge this summer? Try the Summer Fitness Challenge, a 2K swim or dryland workout that takes place between June 1-15. This is the second event in the Swim.com USMS Fitness Series.

During the COVID-19 pandemic, many swimmers have had an extended break from the water. For those who now have access to swim safely, we hope this event provides motivation and a fun way to check your fitness level while supporting a great cause. The net proceeds go to USMS Adult Learn-to-Swim grants supported by the USA Swimming Foundation.

The Summer Fitness Challenge can be done in any manner desired: in a pool or open water, straight through, as a member of a relay, or even with fins.

The event runs from June 1-15. Full event information and registration is at: <https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>