



THE 2023 SOUTH CENTRAL ZONE LCM CHAMPIONSHIP MEET WILL BE HELD AT THE BILL WALKER POOL IN SAN ANTONIO, TX

# The Chlorine Chronicles Gulf Masters Swimming

## Spring 2023

IN THIS ISSUE

### Team Dividend Checks are Being Mailed. Has Your Team Received Their Check Yet?

As previously announced in the Fall 2022 newsletter, the Gulf LMSC wants to increase USMS membership and support the growth of USMS-registered Gulf clubs. In order to stimulate this growth, the Gulf LMSC has already started mailing the first installment of dividend checks to Gulf clubs that have provided the required information.

#### Dividend Amount and Payout:

- Teams will receive \$4 for each USMS registered member during the 2023 USMS registration year (November 1, 2022 – October 31, 2023).
- Team payouts will occur twice: for USMS club members registered between November 1, 2022 and March 31, 2023 (checks began to be mailed in April 2023), and for additional USMS club members registered between April 1 and October 31, 2023 (checks to be mailed in November 2023).

#### Has your team provided the information to receive a check?

In order for the check to be mailed, the following information is needed by our treasurer:

- Your team's EIN or the name of your team's business checking account.
- The address to which the check should be mailed.

#### So far, only four teams (BTA, COOG, MACA, and WMST) have provided the necessary information.

Despite the efforts of our Coaches Chair to contact teams, we are missing information to mail checks for the majority of Gulf teams. There is still over \$1,400 remaining in unclaimed team dividends, with potential checks as high as \$400. These funds, depending upon the amount your team qualifies for, can be used for something such as a team social event, to buy needed equipment, or to rent lane space.

#### What can you do to help?

Ask your Masters head coach or team representative if they are aware of the dividend program and if they have provided the necessary information to receive the funds. If they have not, encourage them to provide the required information to: [gulfmastersswim@gmail.com](mailto:gulfmastersswim@gmail.com) These funds are for the benefit of your team. Make sure that your team claims and utilizes them.



Photo Credit: USMS Facebook Page

### Ten Tips to Health Aging

Nutritionist Catherine Kruppa provides ten simple tips to help you continue to feel amazing as you age.

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The 2023 Open Water Swim Challenge is already underway. See results from the Lake Longhorn Roundup and get event information and the registration links for the next two events.

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## Thank You to Our 2022 Member Donors!!!

Having just assumed the role of Gulf LMSC treasurer, I discovered that our statements from the National Office include a donation component. Upon further investigation, I learned that \$1,025 in donations were made by the following Gulf swimmers when they renewed their annual USMS membership during the 2022 registration year (November 1, 2021-October 31, 2022).

It is the generosity of these members that allows the LMSC to continue to offer benefits and programs to all our swimmers. The Gulf leadership would like to take this opportunity to recognize and thank the following members for donating to the LMSC.

John Agathon	Timothy Howard
Yuri Alencar Marques	Allan King
Robert Barela	Karen Landrigan-Adams
Richard Bergmark	Judy Levison
Carissa Bermudez	Robert Li
Elizabeth Blok	Shannon McNamara
William Blount	David Miller
Julie Brotzen	Mason Mills
Lynn Cadena	Andrea Morton
Raquel Cerveny	Ekaterina Nikonorova Hanks
Kirk Coburn	Michael Nordmann
Mary Denise Daley	Peg Patrick
Shawn Dunnigan	Patrick Riban
Miguel Forero	Mark Russell
Craig Fox	Carl Schaeper
Karin Fox	Cynthia Thomas
George Goff	Judy Wagner
Jeff Helton	Amy Winstead
Susan Honeywell	

## The Gulf Second Annual One-Hour Swim

Andreas Lorenz, Gulf Long Distance and Open Water Chair

The first 2023 Gulf LMSC event is in the history books. The One-Hour Virtual Fitness Championship Swim, held at Dad's Club on Saturday, January 28, was attended by ten brave souls. While the weather ran the gamut from solid downpour to solar pick-a-boo, the air temperature was a lovely 67 degrees, and the water was very comfortable, i.e. no one screamed when jumping in.

Six women and four men, ranging from 29 to 75 years of age, made up the 2023 crew. The youngest spectator was Syklar Anderson, age 1 ½. She cheered on her mother Alisha and her Opa (grandfather) and got soaking wet in the puddles while grandmom (Nicole Christensen) looked after her.

The top swimmer swam 4,900 yards in one hour, and everyone seemed excited with their results. Our thanks go to Dad's Club and coach Rey for welcoming us, to all the swimmers, and to their counters and babysitters.

While the attendance of ten at Dad's Club was the same as last year, one of last year's participants, John Dissinger, got his club BTA Masters to put on their own one-hour event in Kingwood, and they had 11 swimmers. Doubling the number of hosts and the number of swimmers is an outcome I will take any day. This also makes me think that the strategy for next year must be focused on securing additional hosts. It seems that talking coaches into turning one of their practices into a one-hour swim would be the best way to attempt that. Hence, that is the plan for 2024.

## Ten Tips to Healthy Aging

Catherine Kruppa, MS, RD, CSSD, LD

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What does your ideal life look like? This is a question I ask many of my clients to write down. Then we aim to get there. I encourage you to do the same and strive to reach your ideal life. Here are ten simple tips to help you continue to feel amazing as you age.

### Exercise regularly.

Your body is made to move. Make exercise a habit by exercising daily. Adults need at least 30 minutes of moderate exercise most days of the week.

### Eat a balanced diet.

Eat a variety of fruits and vegetables of different colors to reduce your risk of cancer and heart disease. Add whole grains, lean protein, low fat dairy products, and healthy fats. At the same time, reduce your intake of processed food which causes inflammation that leads to disease.

### Drink plenty of water.

As you age, it is difficult to tell when your body is thirsty. Your body still requires half of your body weight in ounces of hydrating fluid. New research shows that chronic dehydration reduces longevity due to high sodium levels in the blood. Keep your water bottle nearby at all times.

### Challenge your brain.

Play music, do crossword puzzles and sudoku, and enjoy games that challenge your mind.

### Get enough sleep.

Experts recommend 7-8 hours of sleep per night. It is essential for your mood, attention span, memory, and managing your weight.

### Reduce stress long term.

Chronic stress can cause depression and memory loss in later years. Get enough sleep, exercise often, and eat a balanced diet. Also incorporate meditation and yoga into your day.

### Socialize with family and friends.

Maintain quality relationships to prevent isolation and loneliness.

### Get outside daily.

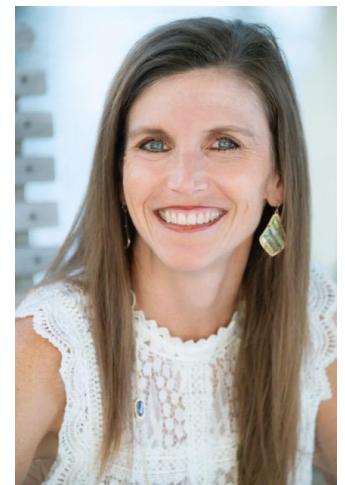
Nature is a great stress reliever. Being outside has been shown to increase concentration. Ten minutes of outdoor time per day helps you get your vitamin D as well.

### Do not act your age.

Picture yourself at your best age and begin living as if you are this age again.

Take charge of your own health. Schedule regular check-ups with your doctor and dentist. If you are interested in a nutrition plan specifically tailored to your needs, contact us at [info@adviceforeating.com](mailto:info@adviceforeating.com).

***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.***



## Introducing Patrick Harrington, Gulf Coaches Chair

We are pleased to introduce the Gulf Coaches Chair, Patrick Harrington. The coaches chair acts as a liaison between the USMS national office and the Gulf LMSC coaches by sharing communications from the USMS coaches committee and distributing that information to coaches within the Gulf LMSC. The coaches chair facilitates communication among the coaches within the Gulf LMSC and serves as a resource for information regarding swimming and training. The Gulf leadership is grateful that Patrick has volunteered to take on this important role as our coaches are the lifeblood of every Masters swimming program.

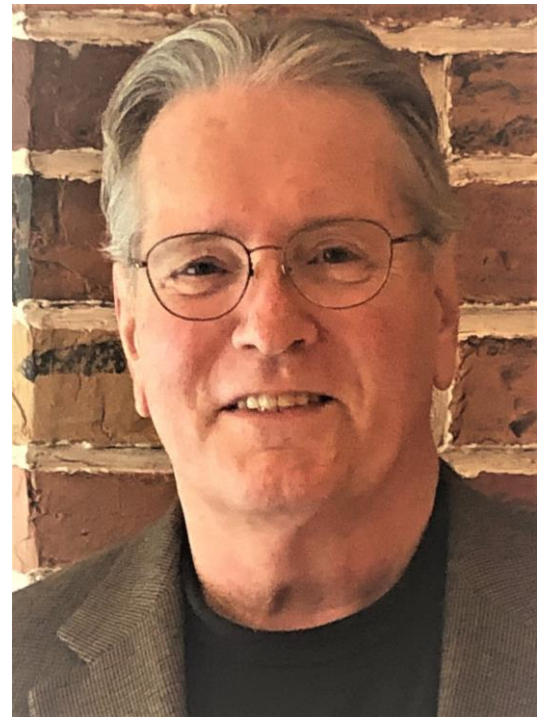
A lifelong Texan, Patrick grew up swimming in the Houston area. He has been a competitive swimmer since age 13, swimming in middle school, high school, and age group programs. Patrick first swam with the Shamrock Swim Team under coach Phil Hansel. During his high school years, he competed for both Memorial High School and the Dad's Club under the tutelage of Richard Quick.

Upon high school graduation, Patrick headed to the University of Texas, achieving All American status with Pat Patterson as his coach.

Career highlights included qualifying for and swimming at the 1968 Olympic Swimming Trials in Long Beach, CA and achieving the ninth fastest time in the world in 1970 in the 200-meter backstroke.

Patrick has been involved in Masters swimming since 1983, and he began coaching Masters at the Memorial Athletic Club in 2021, shortly after the pandemic shutdown. His swimming philosophy is simple: Water is LIFE. Patrick strives to coach to each individual swimmer's ability and to provide lots of encouragement. He emphasizes technique over speed work, especially at the beginning of each workout.

Patrick has provided this quarter's workout. Thank you, Patrick!!



## This Quarter's Workout

*Thanks to MACA coach, Patrick Harrington, for this quarter's workout.*

**Warm Up:** 300 choice – very easy with technique in mind  
**Presets:** 8x 75, #1-4: kick 25/swim 50, #5-8: drill 50/swim 25  
 100 yds "Power Ups" - push off underwater and do 3/5/7/9 underwater dolphins by 25s, surface and complete the 25 swimming

**Main Set:** Set your interval to 10 sec rest after each - Strong smooth pace. Stay on interval.

**FREE:**  
 1 x 200 pull  
 3 x 100 swim  
 2 x 50 fast  
 1 x 100 easy recovery

**STROKE:**  
 1 x 200 kick  
 4 x 75 swim  
 2 x 50 fast  
 1 x 100 easy recovery

**FREE:**  
 1 x 200 kick  
 3 x 100 swim  
 2 x 50 fast  
 1 x 100 easy recovery

**IM (FINS OK):**  
 1 x 200 kick  
 3 x 100 swim  
 1 x 100 easy recovery

**Cooldown:** 200 VERY EASY. Count your strokes and reduce by one stroke every 50

**TOTAL: 3,900 YARDS/METERS**



## 2023 SOUTH CENTRAL ZONE OPEN WATER GRAND PRIX SERIES

Each stop on the Open Water Challenge will offer three different distance options for swimmers - short, middle, and long distance. Swimmers will compete for overall male and overall female in each of the three distance categories. Swimmers will be scored through tenth place, and the swimmer with the highest cumulative point total in each distance category at the end of the series will win. Swimmers must participate in at least two of the stops to be eligible for awards. Swimmers who swim at all stops will receive a full participation award.

### First Event in the Series: Lake Longhorn Open Water Roundup

The first event of the series, the Lake Longhorn Open Water Roundup, was held on Sunday, April 16 under sunny skies and mild temperatures. Twenty-five swimmers (13 women and 12 men) tackled one of three distances, 1.25K, 2.5K, or 5K. Results are as follows:

**Women's 1.25K:** 1. Jennifer Garcia (RICE), 2. Stacey Van Horn (UNAT), 3. Betty Chang (COOG)

**Women's 2.50K:** 1. Kelly Miller (UNAT), 2. Cheryl Hubbard (COOG), 3. Melanie Bernhardt (RICE), 4. Evelyn De Groot (RICE), 5. Jeanne Messner (WMST), 6. Marzia Cescon (RICE)

**Women's 5K:** 1. Maryanne Svoboda (CFSC), 2. Diana Brodeur (LSM), 3. Claire Parker (DADS), 4. Olivia Hsia (RICE)

**Men's 1.25K:** 1. George Jones (UNAT), 2. Daniel Davalillo (UNAT), 3. Mark Harmon (WMST), 4. Steven Campbell (CFSC), 5. David Brackus (RICE), 6. Charles Sommer (UNAT)

**Men's 2.5K:** 1. James Allen (WLOO), 2. Jonathan Armstrong (WMST), 3. Kyle Ediger (SSC), 4. Eric Thomas (RICE)

**Men's 5K:** 1. John Dissinger (BTA), 2. Jim Svoboda (CFSC)

### Second Event in the Series: North Texas Inaugural Open Water Swim De Mayo

The North Texas LMSC is hosting the inaugural Open Water Swim De Mayo on Sunday, May 21 at Joe Pool Lake in Grand Prairie. The event features short (1.25K), middle (2.5K), and long (5K) distance options. The entry fee is \$60 and includes an event t-shirt for those who register before midnight on May 5<sup>th</sup>. All registered participants will receive a race swim cap, access to post-race snacks (granola bars, fruit, Gatorade, etc.), and post-swim breakfast tacos.

Full event information and registration is available at: [https://www.clubassistant.com/club/meet\\_information.cfm?c=2523&amid=16215](https://www.clubassistant.com/club/meet_information.cfm?c=2523&amid=16215)

### Third Event in the Series: Open Water Swim Challenge (Dual Sanctioned USAT/USMS)

Scheduled for July 30 in Cedar Hill State Park, the Open Water Swim Challenge offers 750 meter, 1,500 meter, and 2.4 mile distance options. As part of the South Central Zone Open Water series, USMS swimmers will have their own wave at 9 a.m. in each distance. Your entry fee includes a commemorative race beach towel, swim cap, free day entry into Cedar Hill State Park on race day (for entrants only), and goodies from local sponsors. You can access event information and registration at: <https://owchallenge.com/>



*Cedar Hill State Park - site of the Open Water Swim Challenge, event #3 in the South Central Zone Open Water Swim Series*

## Thirteen Gulf Swimmers Compete at USMS Spring Nationals

USMS held its largest swimming competition in the organization's 53-year history, as 2,475 entrants gathered at the William Wollett Jr. Aquatics Center in Irvine, CA on April 27-30.

The four-day competition featured many Olympians, including an epic dual in the women's 50-54 100 yard freestyle. Olympian Jenny Thompson won in a record-breaking time of 52.00, followed closely by Olympic trials qualifier Erika Braun in 52.53. But likely, the most inspiring swimmer of the meet was 101-year old Maurine Kornfield who swam five individual events, ranging from 50 to 200 yards, and two relays over three days.

Thirteen Gulf swimmers competed in meet. They are: Alisha Anderson (DADS), Salma Benji-Aburas (FCST), Bailie Cole-Evans (WMST), Caroline Egan (FCST), David Guthrie (RICE), Albert Hutchens (FCST), Brooks McNamara (FCST), Clay Pruitt (TEST), Benjamin Pulskamp (FCST), Christian Tinajero (FCST), Ryan Troy (RICE), Delia Weber (UNAT), and Jacquelyn Wilson (UNAT). Congratulation to all the Gulf competitors.

Our Gulf swimmers had great success, bringing home two national championship wins and a total of 31 top ten medals.

Our national champions are David Guthrie (RICE) and Delia Weber (UNAT). David won the men's 60-64 50 breast and placed second in 100 breast, 200 breast, and 100 IM. Swimming in the women's 25-29 age group, Delia won the 50 free. She also placed second in the 100 back, fourth in the 100 free and 200 free, and eighth in the 50 fly.

First Colony Masters had the largest Gulf contingent at the meet with six swimmers. Salma Beji-Aburas (W 35-39) finished sixth in the 50 back, seventh in the 100 back, and tenth the 100 IM. Swimming in the same women's 35-39 age group, Caroline Egan placed fourth in the 400 IM, fifth in the 500 free, eighth in the 200 back, and ninth in the 200 IM. For the FSCT men, Albert Hutchens (45-49) got seventh in the 100 back while Benjamin Pulskamp (35-39) finished sixth in the 100 fly and seventh in the 50 fly, and Christian Tinajero (35-39) brought home medals for seventh in the 200 breast and ninth in the 200 IM.

Our other medalists are:

Jacquelyn Wilson (W 35-39) fifth in the 200 back, sixth in the 50 breast, seventh in the 50 back, eighth in the 100 back, and ninth in the 50 free; Bailie Cole-Evans (W 35-39) sixth in the 50 free, ninth in the 50 back, and tenth in the 200 back; Alisha Anderson (W 35-39) ninth in the 100 free; and Clay Pruitt (M 40-44) tenth in the 50 back.



## The Fifth Annual SAA-Houston Charity Swim is on October 14

The fifth annual Swim Across America - Houston charity swim will be held on Saturday, October 14, 2023 at Lake Longhorn. SAA welcomes swimmers of all ages and skill levels to help fight cancer at MD Anderson Cancer Center! The event will feature half mile, one mile, and two mile distance options as well as SAA-MyWay, a virtual event in which the athlete decides upon their activity and timeline.

Learn more about Swim Across America and the Houston charity swim at: [https://www.swimacrossamerica.org/site/TR?fr\\_id=6471&pg=entry](https://www.swimacrossamerica.org/site/TR?fr_id=6471&pg=entry)



*2022 SAA volunteers celebrate another successful event at Lake Longhorn*

## The Semester is Over at 2023 Gulf Swim University (GSU)

Fifty-three swimmers took on the 2023 Gulf Swim University challenge, earning five Associate degrees, 18 Bachelor degrees, 15 Double Majors, four Masters degrees, and ten PhDs. Our swimmers completed over 6,500 miles between January 1 and April 30, over 1,200 more miles than last year.

This year's participation award is a large, high-quality towel with artwork by Kerry Suhr. All GSU entrants are again invited to a post-event social at which they can pick up their towels and meet their fellow swimmers and the Gulf LMSC leadership team.

We are hopeful that even more members will join us for the tenth anniversary Gulf Swim University in 2024.

Congratulations to our swimmer graduates. The 2023 results are below.

**Associate Degree - 20-39 miles:** Patrick Harrington (MACA), Annemieke Pike-Luckey (COOG), Kerry Suhr (SWYM), Linda Visser (COOG), Judy Wagner (MOB)

**Bachelor Degree - 40-79 miles:** Travis Bird (SPAM), Steve Campbell (CFSC), Lynn Cadena (MACA), Graham Ginn (DADS), Mary Anne Janish (SWYM), Colette Lanier (RICE), Chelsea Lipstreu (BTA), Heide Mairs (COOG), Martha McDade (UNAT), Lucy Moore (COOG), Lynne Nguyen (COOG), Claire Parker (DADS), Heidi Riggs (SSC), Tyler Schultz (WMST), Alvin Thomas (RICE), Cynthia Thomas (RICE), Lydia Tiede (COOG), Kyra Wakefield (WMST)

**Double Major – 80-119 miles:** William Duong (UNAT), Craig Fox (DADS), Shelley Hirsekorn (UNAT), Susan Honeywell (CFSC), Cheryl Hubbard (COOG), John Keen (COOG), Robert Li (RICE), Nicole Matsuyama (CFSC), Lindsay Price (COOG), Melissa Reed (WMST), Gary Schatz (WMST), Jeffrey Tarr (SPAM), Christina Toth (WMST), Nicole VanNood (DADS), Kris Wingenroth (UNAT)

**Masters Degree – 120-159 miles:** Emily Clary (MACA), Kyle Ediger (SSC), David Garza (RICE), Mark Knox (UNAT)

**PhD - Over 160 miles:** Doug Allen (DADS), Nicole Christensen (DADS), Steven Clancy (MACA), Caitlin Clark (UNAT), Karlene Denby (COOG), John Dissinger (BTA), Lucinda Dukate (DADS), Brian Miller (SWYM), Bruce Rollins (WMST), Jim Svoboda (CFSC)

## Upcoming LCM Pool Events

### Sunday, June 4 - Graham Johnston Invitational, Houston, TX

Come swim outdoors under the pines at Dad's Club. The Graham Johnston Invitation will be held on Sunday, June 4 at Dad's Club, 1006 Voss Road, Houston, TX 77055. Warmups begin at 8 a.m. and the meet starts at 9 a.m. The meet will offer all LCM events except the 800 meter free, plus relays. Online meet entries (\$50) will be accepted until 11:59 p.m. on Thursday, June 1 or until the meet time line reaches the 1 p.m. finish time. No paper or deck entries will be accepted. Full event information and registration can be found at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2587&smid=16222&\\_ga=2.202975825.1167833770.1682882346-1041911161.1682436341](https://www.clubassistant.com/club/meet_information.cfm?c=2587&smid=16222&_ga=2.202975825.1167833770.1682882346-1041911161.1682436341)

### Saturday, July 8 - WMST Long Course Summer Splash, Shenandoah, TX

The Woodlands Masters Swim Team (WMST) is sponsoring a long course meet at the Conroe ISD Natatorium, 19133 David Memorial Drive, Shenandoah, Texas 77385 on Saturday, July 8. Warmups begin at 9 a.m. and the meet starts at 10 a.m. The meet will offer all LCM events, except the 1,500 meter free. Online entries (\$50) will be available until 11:59 p.m. on Thursday, July 6. On deck entries (\$65) will be accepted until 9:15 a.m. on Saturday, July 8 with a current USMS card, entry form, signed participant waiver, and payment by cash, credit card, or check payable to WMST. You can find full event information and registration at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1733&smid=16245&\\_ga=2.88802651.1167833770.1682882346-1041911161.1682436341](https://www.clubassistant.com/club/meet_information.cfm?c=1733&smid=16245&_ga=2.88802651.1167833770.1682882346-1041911161.1682436341)

### Saturday, July 22 - Sunday, July 23 - South Central Zone Championships, San Antonio, TX

There has not been a LCM Zone Championship meet since 2019, so you will not want to miss this event. The two-day meet will be held in the Bill Walker Pool at the North East ISD Blossom Athletic Center, 12002 Jones-Maltsberger Road at Starcrest and Bitters, San Antonio, TX 78217. Awards will be given for top three individuals in each age group and event. Relay awards will be given to the top three in each age category. Top Three Combined Team Awards will be presented. Saturday night will feature a meet social, location and time to be announced. Here's the link for full meet information and registration:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=2542&smid=15622&\\_ga=2.168569313.1167833770.1682882346-1041911161.1682436341](https://www.clubassistant.com/club/meet_information.cfm?c=2542&smid=15622&_ga=2.168569313.1167833770.1682882346-1041911161.1682436341)

## Competition Corner

### SCM National Top Ten

The U.S. Masters Swimming National Top Ten List for 2022 SCM swims was finalized and published in March 2023. Gulf swimmers had 71 individual and 16 relay top ten times. Congratulations to all our national top ten swimmers listed below.

#### Individual Events - Women

18-24: Emma Stockton (WMST) 35-39: Alana Wilson (WMST) 40-44: Christina Toth (WMST) 45-49: Laura Koch Davis (WMST) 50-54: Nicole Van Nood (DADS) 65-69: Mary Anne Hines (WMST), Kris Wingenroth (UNAT) 70-74: Suzy Reiersen (RICE) 75-79: Martha McDade (UNAT) 80-84: Joann Leilich (WMST)

#### Individual Events – Men

30-34: Zachary Green (UNAT) 35-39: Kevin Nead (RICE) 40-44: Jeremy Lankford (RICE), Jonathan Sterchy (WMST) 45-49: Jonathan Armstrong (WMST) 50-54: Graham Ginn (DADS) 55-59: Ross Davis (WMST), Lars Farestvedt (WMST) 65-69: John Fields (RICE), Gary Schatz (WMST) 70-74: Greg Tharp (WMST) 75-79: Tom Boak (WMST), Rog Hardy (RICE) 85-89: James Rosborough (COOG)

#### Relay Events

The following swimmers achieved relay national top ten times. **WMST:** Jonathan Armstrong, Carolyn Boak, Tom Boak, Ross Davis, Heidi Ernst, Lars Farestvedt, Tonya Granger, Mary Anne Hines, Allan King, Keith Kleinhenz, Laura Koch Davis, Joann Leilich, Elva Moure de Godoy, Gary Schatz, Augusto Sepulveda, Jonathan Sterchy, Emma Stockton, Justin Suhecki, Greg Tharp, Christina Toth, Lisa White, Steve White, Alana Wilson

### All American

In order to earn All American status, a swimmer must either win one or more long-distance national championships or have the fastest time in the nation in one or more pool events. Eleven Gulf swimmers achieved this honor for individual long distance and pool events in 2022. Additionally, ten swimmers, all members of The Woodlands Masters Swim Team, earned All American status on relays.

#### Individual Long-Distance Swims:

John Dissinger (BTA)

#### Individual Pool Swims:

Bryan Collins (RICE), David Guthrie (RICE), Kurt Hirsekorn (UNAT), Bruce Kone (UNAT), Joann Leilich (WMST), Kevin Nead (RICE), Gary Schatz (WMST), Nicole Van Nood (DADS), Linda Visser (COOG), Kathryn Zimmerman (WMST)

#### Relay Pool Swims:

Woodlands Masters Swim Team: Jonathan Armstrong, Carolyn Boak, Tom Boak, Ross Davis, Heidi Ernst, Lars Farestvedt, Hershel Glanz, Joann Leilich, Jonathan Sterchy, Greg Tharp

### All World

Each April swimming's international governing body, World Aquatics (formerly 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 World Aquatics rankings and are compiled from swims during the 2022 calendar year. One Gulf swimmer had one or more world # 1 times in individual events. Congratulations to Kevin Nead (RICE) who swam the world's fastest times in the men's 35-39 200 LCM backstroke, 200 LCM individual medley, and 200 SCM backstroke.



## 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 Virtual Championships



Both events will run from May 15 – September 15, 2023. You must enter the event prior to completing your swim(s). The entry fee is \$12 prior to May 15 and then increases to \$15. All entrants will receive an event latex swim cap.

**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 nationwide, 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 virtual championship events, all swims must be completed in a 50-meter pool ONLY—no other length of the pool will be accepted.

Detailed event information can be found at: <https://www.usms.org/events/national-championships/virtual-championships/2023-virtual-championships/2023-5k-10k-virtual-championship>

### 2023 Swim.com USMS Summer Fitness Challenge

Cool off this summer by splashing into the Summer Fitness Challenge, a 2K swim that takes place between June 1-30. 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.

Event information and registration is available at:

<https://www.usms.org/events/fitness-events/fitness-series/summer-fitness-challenge>

