

Competitive/Fitness Virtual Events Report – January 20, 2022

Submitted by David Johannsen

My primary goals are to: 1) Publicize Fitness events/programs through our monthly reports, newsletter, website, and Facebook page. 2) Recognize teams and individuals by publishing participation lists and establishing SPMS Records/Top 10 for appropriate events.

CALENDAR OF CURRENT AND NEAR-FUTURE EVENTS:

1. 2022 1 HOUR Virtual Championship

The extremely popular 1 Hour Championships is being swum from January 1, 2022 to January 31, 2022. Awards include medals for individual top 10 and relay top 6 in each age group. For the first time, there are monetary awards for clubs based on total number of participants AND percentage of club membership that participate.

2. Go the Distance (GTD)

This has been a very popular USMS fitness program since 2007. The concept is simple. Log your mileage throughout the calendar year. In 2021, 98 SPMS swimmers swam 26,237 miles which is 268 miles per SPMS swimmer.

3. 2022 Swim.com USMS Winter Fitness Challenge (30-minute swim)

The 30-minute fitness challenge is swum between January 1 and January 31. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 30 minutes can be swum anyway you want. Fins, paddles, snorkels are fine, along with swimming the 30 minutes in a relay format. Participation (not results), is emphasized.

SPMS RECOGNITION

The following swimmers broke SPMS records for their age group in the USMS 2021 Go the Distance event.

Isabel Zippel (MVN) 60-64 Women 760.34 miles
Susan Hansell-Smuck (VCM) 65-69 Women 601.02 miles
Jacquie Anderson (KMAN) 85-89 Women 371.89 miles

Andy Seretan (UNAT) 65-69 Men 1510.33 miles

The following 2021 swimmers also made the SPMS all-time top 10 list.

Women and their age:

Simons (56), Kelly (35), Keigher (69), Marston (63), Dodd (60), Boscacci (65), McConica (65), Peat (40), Montrella (75).

Men and their age:

Rieger (65), Ireland (62), Stedry (70), Small (65), Blatt (66), Hinshaw (67), Ghan (71), Bergstrom (80).

Please contact myself with suggestions (advice), comments, and even fitness events that I might not be aware of. (805) 964-6959 or davidswim@johaninc.com