

Competitive/Fitness Virtual Events Report – February 17, 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. 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. 80 SPMS swimmers have swum 3,166 miles in 2022 through February 13.

2. 2022 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships are swum between May 15th and September 15th.

SPMS RECOGNITION

The 2022 1 HOUR Virtual Championships have not been finalized. The preliminary results have three SPMS swimmers as probable National Champions.

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