

# Competitive/Fitness Virtual Events Report – May 19, 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. 91 SPMS swimmers have swum 10,013 miles in 2022 through May 15.

### 2. 2022 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships are swum between May 15<sup>th</sup> and September 15<sup>th</sup>. Twenty USMS swimmers are currently registered, two from SPMS.

### 3. 2022 Swim.com USMS Summer Fitness Challenge (2K)

The 2000 meter fitness challenge is swum between June 1 and June 30. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 2000 meters can be swum anyway you want. Fins, paddles, snorkels are fine, along with swimming in a relay format. Participation (not results) is emphasized.

## SPMS RECOGNITION

I have updated the SPMS all-time Top Ten 3000 Yard lists to include the 2021 ePostal National Championship results. They should be posted on the SPMS website very soon. Only two more weeks before I semi-retire!

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](mailto:davidswim@johaninc.com)