

Competitive/Fitness Virtual Events Report – June 15, 2023

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. 89 SPMS swimmers have swum 11,760 miles in 2023 through June 9.

2. 2023 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships are swum between May 15th and September 15th. There are six individual and three relay medals for each age group. There are also monetary awards for the top three clubs with the highest participation.

3. 2023 Swim.com USMS Summer Fitness Challenge (2K)

The 2000 meter fitness challenge is swum between June 1st and June 30th. 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

2023 ONE HOUR VIRTUAL CHAMPIONSHIPS (January, 2023)

Six SPMS swimmers made the all-time SPMS Top Ten list. This list has yardage totals by age group since the early 1980s. The swimmers are: Linda Simons (GRA), 55-59 Women, 4185 yards; Grant Richman (CLMS), 30-34 Men, 5300 yards; Mike Shaffer (VCM), 55-59 Men, 5410 yards; Kurt Dickson (GRA), 55-59 Men, 5265 yards, Luke Claus (CLMS), 65-69 Men, 4240 yards and Larry Raffaelli (VCM), 80-84 Men, 3125 yards.

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