SPMS Fitness Committee Report
Thursday October 19, 2017
Submitted by Robin Smith, Chair

Current USMS ePostal Events:
3000/6000 ePostal Nationals (25 yard or 25 meter pools ONLY)
September 15 to November 15, 2017
Hosted by Loveland Masters Club (Colorado LMSC)
Link to registration and more information:
https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=8519

Long Distance ePostal Series Challenge:
USMS holds five long distance ePostal championships each year: the One Hour, 5K, 10K, 3000 yards/meters and 6000 yards/meters events. Swimmers who complete all five championships in the same year will be sent a participation patch to honor their achievement.
http://www.usms.org/content/ldpostalseries

USMS Fitness Events:
GoTheDistance (GTD)
This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There is no cost to enter GTD. You can register through the “My USMS” section on the USMS website.
Link for more information:
http://www.usms.org/fitness/content/gothedistance

USMS 2017 Check-off Challenge (Registration ends November 1st, 2017)
This is a postal event designed to motivate swimmers to complete some or all of the pool events and an open water swim during the calendar year. Note – events can be “checked-off” during a practice, or on your own, or in a meet. Using equipment and/or being timed is optional. This event is completed on the “honor system”.
The 2017 USMS Check-Off Challenge is hosted by FLOW Swimmers in Montana.
Link to registration and more information:
https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=8435

2017 Postal Pentathlon League (Registration ends November 30, 2017)
This is a year-long, postal pentathlon event where participants swim and submit times in stages. Hosted by FLOW Swimmers in Montana.
Link to registration and more information:
https://www.clubassistant.com/club/meet_information.cfm?c=2303&smid=8406