

# Competitive/Fitness Virtual Events Report – September 22, 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. 97 SPMS swimmers have swum 20,455 miles in 2022 through September 18.

### 2. 2022 3000, 6000 YARD Virtual Championships

The 3000 and 6000 Yard Championships are swum between September 15<sup>th</sup> and November 15<sup>th</sup>. Swimmers may swim (and enter) meter times. The meter times will be converted to yards by USMS.

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

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

### Results Soon: 2022 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships (swam May 15-Sept 15) results should be posted by September 30 for individuals and October 7 for relays and team “scoring”.

## SPMS RECOGNITION

Next month we should have results for the 5K/10K Championships.

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)