

Competitive/Fitness Virtual Events Report – January 19, 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. 61 SPMS swimmers have swum 883 miles in 2023 through January 15.

2. 2023 1 HOUR YARD Virtual Championships

The 1 Hour Yard Championships is swum between January 1 and January 31. Swimmers may swim (and enter) their distance in meters. The meter distance will be converted to yards by USMS.

3. 2023 Swim.com USMS Winter Fitness Challenge (30 Minutes)

The 30 minute fitness challenge is swum between January 1 and January 31. The three annual fitness challenges are designed for fun participation especially in a team atmosphere. The 30 minutes can be swum anyway you want. Fins, paddles, and snorkels are fine, along with swimming in a relay format. Participation (not results) is emphasized.

SPMS RECOGNITION

100 SPMS swimmers swam 29,191 miles in the 2022 Go the Distance challenge. Finishing first in their age group were: Lynn Fahey (SCAQ) with 820 miles in the 30-34 Women, Jacquie Anderson (KMAN) with 401 miles in the 85-89 Women, and John Pavia (SBSC) with 387 miles in the 25-29 Men.

SPMS swimmers who swam over a 1000 miles were: Andy Seretan (UNAT) with 1512 miles in the 65-69 Men, Steven Munaones (UNAT) with 1444 miles in the 60-64 Men, and Jim McConica (VCM) with 1004 miles in the 70-74 Men.

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