

# Competitive/Fitness Virtual Events Report – March 17, 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. 85 SPMS swimmers have swum 5321 miles in 2022 through March 13.

### 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>.

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

The 2000 meter fitness challenge is swum between June 1 and June 30. (Michael Phelps' birthday) 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

### 2022 1 HOUR Virtual Championships

Doug Kajiwara (CVMM) broke the National Record in the 65-69 Men with 5030 yards. Also placing #1 in the USA were: 18-24 Men - Sawyer Graczyk (CVMM, 4535), and 55-59 Men - Mike Shaffer (VCM, 5315). Breaking SPMS Records were: 65-69 Women - Niki Stokols (CVMM, 3990) and Doug.

Placing in the all-time SPMS Top 10 were: 60-64 Women - Jill Shaffer (VCM), 65-69 Women - Susan Hansell-Smuck (VCM), 75-79 Women - Jan Levinrad (WH2O), 55-59 Men - Kurt Dickson (GRA), and 65-69 Men - Phil Sidenberg (CLMS).

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)