

Competitive/Fitness Virtual Events Report – February 16, 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. 79 SPMS swimmers have swum 2,958 miles in 2023 through February 12.

2. 2023 5K/10K Virtual Championships

The 5000 and 10000 LCM Championships are swum between May 15th and September 15th.

SPMS RECOGNITION

2022 GO THE DISTANCE

SPMS Records were broken by: 65-69 Women - Susan Hansell-Smuck (VCM) 700.91 miles, 70-74 Women – Sherry Keigher (SBM) 660.03 miles, 85-89 Women – Jacquie Anderson (KMAN) 400.60 miles, 65-69 Men - Andy Seretan (UNAT) 1512.42 miles, and 70-74 Men - Jim McConica (VCM) 1003.50 miles.

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