



NOVEMBER 2020 NEWSLETTER FITNESS, COMPETITION, OPEN WATER ENCOURAGING ADULTS TO SWIM

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SMARTY PANTS FITNESS CHALLENGE

MESSAGE FROM THE VICE-CHAIR - BRUCE SCHROEDER

Starting in March it was clear that 2020 would be an abnormal swim year. No Utah State Masters meet in March, no April USMS Nationals in San Antonio, no Olympics in Tokyo, and a worldwide halt to competition. Pools across the country and state closed and reopened with new safety protocols. I was so discouraged!

So, it was time to make adjustments, I started swimming in outdoor pools and relearned my joy of open water swimming. I signed up for virtual challenges including the (Utah based) Pool vs. Cool and the USMS Virtual championships. I loved swimming different events and enjoyed comparing distances and times with people across Utah and the US. I hope Utah swimmers have found ways to adjust and continue to find ways to swim and stay healthy.



Will Reeves awarded USMS Open Water Service Award for 2020



The 2020 Open Water Service Award is awarded to Will Reeves in recognition of his Contributions to Open Water (OW) Swimming. He has served as a national Open Water Committee Member since 2016, Utah LMSC Open Water Chair, and USMS Certified Level 3 Coach. His welcoming attitude to swimmers of all abilities is especially appreciated by those new to open water. This year with the pools being closed, Will increased the OW workouts to 6 days a week with the addition of weekday OW swim workouts at the Great Salt Lake (GSL). Swimming sessions in the GSL started in April when the water was 54 Degrees! As the water warmed up over the summer, participation increased from both the Local US Masters team as well as the University of Utah Club team swimmers.

The **U.S. Masters Swimming Open Water Service Award** honors individuals who have made significant contributions to promoting and building excellence in USMS open water swimming by embodying the USMS mission, vision, goals, and objectives through open water swimming; contributing notably, such as serving in USMS national committees, LMSC open water or long distance chair, event or safety director, official, coach, clinician, or volunteer); contributes notably at different levels of USMS (i.e. national, zone, LMSC, and/or local); or demonstrates extraordinary measurable achievement and impact. This year's award is well deserved. Congratulations to Will Reeves!

[Link to USMS Awards & Recognition](#)

Utah LMSC Remembrances 2020



St. George, Utah - Dorothy Jean Nuttall Kennedy passed away on March 20, 2020 with her beloved husband of 66 years and family by her side. She died from multiple myeloma at the age of 83....Dorothy was a health advocate and a lifelong swimmer and rose to the level of Master Swimmer, joyfully competing in the Huntsman World Senior Games and, not surprisingly, garnering a room full of medals for her accomplishments.

Dorothy Jean Nuttall Kennedy
[Link to Online Obituary](#)



Fredrick Charles Baird

(February 20, 1948 - March 26, 2020)
Fredrick (Fred) C. Baird, 72 of West Jordan, "is no longer on his starting block waiting for the starter gun." Instead he died peacefully in his sleep on March 26, 2020 with his loving wife by his side.

Fred's father was a competitive swimming coach and instilled in Fred a love for the sport that lasted his entire life. He was a star athlete and extraordinary swimmer. He was driven and determined, and he went on to have an exceptional swimming career. In High School and College, he was an All American.

[Link to Online Obituary](#)

UTAH OPEN WATER EVENTS

2020 Tour of Utah Lakes was held on Saturday August 29, 2020.



Jordanelle Reservoir

The first swim started at Jordanelle Reservoir at 7am. The Tour continued to 5 more Reservoirs and Lakes: Rockport, Echo, East Canyon, Lost Creek, and Pineview.



Thanks to everyone who joined this fun event. For photos and maps go to [2020 Tour of Utah Lakes](#)



Pineview Reservoir

RECENT EVENTS



Thanks to the 1,500 members who participated in the virtual championship. Over 5,500 races were completed, which totaled more than 1,800 miles! If you missed the action on social media, you can check out the [Instagram highlights](#)! Or, you can read about a few of the [inspiring stories](#).

Results and rankings were displayed using Swim.com leaderboards and is filterable by gender, age group, and manual or device entry. This is not a customary [USMS national championship](#). Results are not eligible for USMS records or used to determine Top 10, All-American, or All-Star status.

2020 Summer Pool versus Cool Swimming Challenge

This summer all USMS swimmers were impacted by the COVID 19 virus. Almost all competitions were cancelled or postponed. Even swim practices were impacted by social distancing requirements. This event challenged swimmers to find new ways to swim. It's the first event where pool swimmers and open water (cool) swimmers were able to compete head to head. It's also the first virtual competitive event where participants use swim trackers to record their practice distances and their timed swims for 500m, 1500m and 5000m in pool or open water venues. The swims are automatically uploaded into Swim.com where they are tabulated in real time against other swimmers' efforts by gender and age group.

The Competition period opened July 1 and ended on August 31. For results go to [Summer Pool vs. Cool 2020 Swim.Com](#)

This event was managed with the help of individuals from the University of Utah Club Swimming & Diving (UTES). UTES is a registered club in both the College Club Swimming (CCS) organization and USMS.

UPCOMING NATIONAL POOL EVENTS

2020 U.S. Masters Swimming 3000/6000-Yard ePostal National Championships



Tuesday, September 15 - Sunday, November 15, 2020
USMS 3000/6000-Yard ePostal Nationals
Postal Swim Registration



Objective: Swim 3000 or 6000 continuous yards or meters in any 25-yard or 25-meter pool. Individuals may enter both events.

Dates: September 15 - November 15, 2020

All events must be swum in their entirety on or between these dates.

Location: Any 25-yard or 25-meter pool

- Yard pool swimmers submit your splits and final times in yards.
- Meter pool swimmers must swim 3000 or 6000 meters and submit your final times and splits in meters. The online entry system automatically converts meter times to yard times integrating them with the 25-yard final results.

Deadlines:

Individual entries: November 25, 2020, 11:59 p.m. Hawaii time zone

Relay entries: December 5, 2020, 11:59 p.m. Hawaii time zone

Preliminary results: December 7, 2020

Final results: December 31, 2020

Fees:

- Individual Events: \$12 each
- Relay Events: \$16 each

Relay Events: Relay events will be contested in three categories: three men, three women, four mixed (two men, two women)

[Link to Registration](#)

UPCOMING NATIONAL FITNESS EVENTS



Is your Turkey Trot cancelled this year? Try the Fall Fitness Challenge, a 1-mile swim that takes place between November 15-30, which is the third event in the [SmartyPants Vitamins USMS Fitness Series](#).

Whether you're just getting into swimming, starting back into it after a COVID forced break from the pool, pushing to see how fast you can go, or just wanting to donate to the [USMS COVID-19 Relief Program for clubs](#), the Fall Fitness Challenge is the perfect event for you to finish the year strong. The Fall Fitness Challenge can be done in any manner desired: straight through, as a member of a relay, or even with fins. If you need help preparing for this swim, we have [six-week training plans](#) for all types of swimmers.

Utah Masters is the governing body for the Masters swimming community in the state of Utah. When you become a member of US Masters Swimming, in addition to registering with a club, workout group, or as unattached, you also become a member of your Local Masters Swimming Committee. Your LMSC is a regional governing body that provides certain benefits to USMS members, including printed registration cards, event sanctions, newsletters about activities within the LMSC, websites, awards and recognition, and social activities. Your LMSC officers are local volunteers who attend the USMS annual meeting, sit on USMS national committees, and vote on policies that set the overall direction for USMS.



To Learn more about Masters swimming in Utah go to <http://utahmasters.org/>
You can find clubs, pools, and events.

**HOW DO YOU SHARE YOUR LOVE FOR SWIMMING??
QUESTIONS, COMMENTS, CONCERNS???** LET US KNOW