

Recent & In-Progress Events

- USMS Check-Off Challenge (Jan 1- Dec 31)
- USMS Go The Distance (Jan 1- Dec 31)
- Adult-Learn-To-Swim swim lessons (Sundays in April)
- “State Meet” at University of St. Thomas, Sat April 9 & Sun April 10

Upcoming Events

- USMS Spring Nationals, Greensboro, NC, Thur April 28 through Sun May 1
- USMS 5K / 10K Postal Championships (May 15 – September 15)
- Sat June 11 – Open Water Workout – Lake Phalen
- Sat June 18 – Open Water Workout – Lake Phalen
- Sat June 25 – Lake Harriet 1mi / 2mi
- Sat July 9 – Long Course Meters “State Meet” at Richfield outdoor pool

What’s Happening in MN Masters

- April included 2 major events for Minnesota Masters Swimming: our biggest meet of the year – the 2-day Short Course Yards State Meet and our inaugural “April is Adult-Learn-To-Swim Month” free swim lesson event.
- The State Meet was held at University of St. Thomas on April 9 and 10th. For the second year in a row, Hopkins Masters dominated the team scoring and took home the coveted “Loony the Loon” trophy. The St. Cloud YMCA team and the Nort’landers team were both strong competitors as well. For the past few years, we have been encouraging teams to register with USMS as a “workout group” under club MINN rather than as a stand-alone “club” – this allows us to ‘mix and match’ swimmers from different teams and still have them eligible to set a legal record (or a legal competitive relay at nationals) as part of club MINN, while still allowing us to have team-based competitions between groups at our in-state meets.
- This April, we are hosting a 5-week Adult-Learn-To-Swim seminar in Minnetonka; the first week was a dryland ‘get to know you’ session for swimmers to meet with instructors, then we have had 4 weeks of lessons, with the content being dictated by each swimmer’s comfort level and skills. So far, the sessions have been rewarding for both the swimmers and the volunteer instructors; it has been very powerful to see fears overcome and skills mastered. We look forward to growing and expanding this program in the future. USMS will be hosting and Adult-Learn-To-Swim instructor certification session in Minnesota in November. Stay tuned for future program dates and locations.

Record Breakers

Records set at the Minnesota SCY “State” Championships at University of St. Thomas – April 9-10, 2016

- **INDIVIDUAL - 28**
 - Melissa K Paakh (W18-24) – 100 Fly
 - Sandra Frimerman-Bergquist (W30-34) - 1650 Free
 - Kathryn Vandam (W30-34) – 100 Fly
 - Krisie Melsen (W35-39) – 50 Breast, 200 Breast
 - Jennifer Ridge (W45-49) – 50 Breast
 - Marjorie D Laskey (W55-59) - 200 Free, 100 Breast
 - Susan Holt (W60-64) – 1650 Free
 - Babs Larsen (W65-69) – 100 Fly, 100 IM
 - Marcus Duval (M18-24) – 500 Free*, 1000 Free, 1650 Free, 200 Fly
 - Phillip English (M18-24) – 500 Free
 - Luke Vestrum (M35-39) – 50 Fly, 100 Fly
 - Randy Schlichting (M50-54) – 200 Back

- William Bloomberg (M50-54) - 50 Breast, 100 Breast
- James Kochendorfer (M55-59) – 50 Breast, 100 Breast
- Trip Hedrick (M60-64) – 50 Free, 100 Free, 50 Fly
- Marc S Anderson (M65-69) – 100 Fly, 1000 Free
- **RELAYS - 13**
 - Women 35+ 200 Free Relay – K Melsen, A Ode, S Blegler, J France (Minnesota)
 - Women 45+ 800 Free Relay – B Ballard, S Hromada, J Casey, L Kueny (Minnesota)
 - Women 65+ 200 Free Relay – M Hoover, J Nicol, C Smollen, B Larsen (Minnesota)
 - Women 65+ 200 Medley Relay - C Smollen, M Hoover, B Larsen, A Tripps (Minnesota)
 - Women 65+ 400 Medley Relay – C Smollen, M Hoover, B Larsen, J Nicol (Minnesota)
 - Men 55+ 200 Medley Relay – B Holthus, J Kochendorfer, D Smith, B Paakh (Minnesota)
 - Men 65+ 200 Free Relay – M Anderson, R Kleffman, N Merck, G Vandam (Minnesota)
 - Men 65+ 400 Free Relay – G Vandam, N Merck, G Fine, M Anderson (Minnesota)
 - Men 65+ 400 Medley Relay – M Anderson, R Kleffman, G Vandam, N Merck (Minnesota)
 - Mixed 45+ 400 Free Relay – R Ness, K Zemlin, J Casey, R Schlichting (MINN-HOPK)
 - Mixed 45+ 200 Medley Relay – R Schlichting, S Tripps, J Casey, K Zemlin (MINN-HOPK)
 - Mixed 65+ 200 Free Relay – B Larsen, M Anderson, C Smollen, G Fine (Minnesota)
 - Mixed 65+ 400 Medley Relay – B Larsen, M Anderson, G Vandam, C Smollen (Minnesota)