

MINNESOTA MASTERS SWIMMING

June 2017 NEWSLETTER

Lake Phalen Open Water Swim Workouts

Saturday June 10, June 17, July 8

Wednesday June 21, July 12

[Information](#) [Registration](#)

Volunteers are needed for the Lake Phalen open water workouts and will swim for free! Click [here](#) for more information and to register to volunteer.

June 24, 2017 Long Course Meters meet at U of M Aquatic Center

[Information and Registration](#)

Advance Rate: Register before June 21 11:59 PM

Deck Entry: available until 10:30 AM June 24

Note: It is possible to participate in BOTH this meet and one or both Harriet swims.

2017 Half Marathon Open Water Swim Series [Link](#)

USMS Registration is not required this year.

A different insurance policy is being used.

Saturday June 24 Lake Harriet 1 and 2 mile swims

Saturday July 15 Lake Rebecca 5 K swim

Saturday August 12 Lake Minnetonka 5 or 10 mile challenge

Saturday Sept 9 JJ Hill Days 1 and 2 mile swims

Bonus Swims in Duluth on **August 26**.

Check out the [Comprehensive Calendar Page](#) for other Open Water Swims [Link](#)

Nominations for the 2017 Hall of Fame Class for Minnesota LMSC Masters Swimming are being accepted. [Link](#) Deadline: August 10.

August 2 – 6, 2017 (Wed – Sun)

USMS Summer Nationals at University of MN Aquatic Center

<http://www.usms.org/comp/lcnats17/>

Online entry: [Link](#)

Register prior to June 13 for best rates.

Deadline: July 3, 2017 11:59 PM Hawaii Time

Team Minnesota sign up is now available for this meet and Worlds: [Link](#)

Volunteers Needed!!

We need Safety Marshals at USMS Summer Nationals at the Univ. of MN from Tuesday, August 1 - Sunday, August 6. As a Safety Marshal you will be responsible for enforcing the warm-up procedures that will be provided to you before the meet, including feet first entry, diving only in designated lanes, etc:

[Safety Marshal Volunteer Sign-up](#)

Volunteers will also be needed for registration, awards, and hospitality. Individuals will assist in getting participants, coaches, officials, and volunteers what they need to have a successful weekend, and will help replenish and serve food to participants and volunteers in the Hospitality Area:

[Registration, Awards, & Hospitality Volunteer Sign-up](#)

Other Information for Nationals

Note about National Qualifying Times (NQTs): When entering a National Meet, NQTs are not validated against any official times. You can use times you have done in practice with a stop watch, or times you might have done at a Short Course meet, using a conversion equation. An acceptable site for this is: [Conversion Tool](#)

Any swimmer is allowed to enter up to three events **without** meeting the NQT standard and an additional three if NQT is at or higher than your time in an event during the previous 2 years. MN LMSC has one Long Course Meet scheduled on June 24. The times from this meet can be used for seed times as well as NQTs.

Are You an UNATTACHED or UC30 SWIMMER?

Help us form 100 Relay Teams for 2017 Summer Nationals!

When registering for USMS in the State of Minnesota, you have the option to join a Club or designate yourself as Unattached. Unattached swimmers have all the rights and privileges of USMS membership yet they cannot swim on legal relays. It is our hope that everyone that would like to swim at our Summer Nationals join a club. If you are not directly aligned with any certain location for workouts, the default Club to join is Minnesota Masters Swim Club. There are no extra fees associated with this. If you would like to switch from UC30 (Unattached in Minnesota) to MINN (Minnesota Masters Swim Club) you simply need to email your friendly Registrar ([email](#)) and she will switch you to where you would like to be. If you have any questions, use the same email. Even if you don't plan to swim at Nationals in August but would like to swim on a relay at a smaller or our State Meet, this is a change you should make. Pretty simple!

**2017 U.S. Masters Swimming Summer National Championship
at the Jean K. Freeman Aquatic Center
at the University of Minnesota
August 2 – 6, 2017**

Sponsorship Opportunities

- Gold Medal: Signage, Listed in program, announced at meet, goody bag opportunity - \$500 and above
- Silver Medal: Signage, Listed in program, announced at meet - \$250
- Bronze Medal: Listed in program, announced at meet - \$100
- In Kind Donation: Listed in program
- Individual event sponsors: Listed in program, announced at meet - \$50
- Other opportunities: Provide bags for athlete goody bags, swim caps

Contact Carrie: carinjoe@aol.com for more information.

United States Masters Swimming (USMS) is a national membership-operated nonprofit organization for Masters swimmers (i.e. aged 18 years old and over) that has over 60,000 members across the country.

- Member Demographics
 - Average age is 46. Age range is 18 to 100+
 - 52.9% Male, 47.1% Female
 - 95.3% have earned a college degree or higher
 - 55.2% have a household income over \$100,000
 - 82.3% own their own home
 - 84.1% are the primary decision maker in their household
 - 97.9% purchase products via the internet

At the 2017 U.S. Masters Swimming Summer National Championship, we expect to have over 1,000 swimmers participating throughout the 5 day meet. We anticipate approximately 250 of those swimmers to come from Minnesota and 750 plus to come from the rest of the United States. A small number of international swimmers will also participate. In addition, we expect approximately 300 volunteers helping to host. The event will be held in the Olympic-sized pool at the University of Minnesota Aquatics Center with the pool setup in 50 meter or 'long course' configuration.

Contact Carrie: carinjoe@aol.com for more information.

POSTAL SWIMS

2017 Postal Swimtathlon League Jan. 1 – Dec 31, 2017

Events can be done at a meet or practice.

[Information and Registration](#)

2017 USMS Speedo 5K and 10K ePostal National Championships:

May 15 – Sept 15 [Information and Registration](#)

2017 Check Off Challenge: Jan 1, 2017 – Dec. 31, 2017 [Information](#)

Complete all 18 pool events and use this T-shirt to document your journey. Events can be done at a meet or practice.