

TULSA MASTERS SWIM

Monthly Newsletter

A publication of Tulsa Masters Swimming

A monthly go-to resource for members of the Tulsa Masters Swim Club, in Jenks, OK.



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TMSC Likely To Host Part of the South Central Zone Meet

Each year our USMS “Zone” (the [South Central Zone](#): OK, AR and TX Local Masters Swim Clubs [[LMSC](#)]) holds a South Central Zone meet, typically in Houston, in April. The meet was canceled in 2020 due to COVID-19, and as the 2021 date approaches, USMS is planning on holding it but has required the meet be split into thirds – to reduce the number of swimmers participating in each location.

Headed up by Texas’ Gulf LMSC, our club has been approached to host one of three separate sites for the 2-day South Central Zone meet, for Oklahoma and Arkansas at the JTAC Pool. The other sites (all of which feed into on set of results) are: (2) The Woodlands (for the South Texas and Gulf LMSCs), and (3) Frisco (North and West Texas LMSCs). Our Oklahoma USMS group has already coordinated with Arkansas to gauge participation, and we hope to expect a great turnout at this first meet since COVID-19 overtook masters swim meets. In light of hosting the Zone meet, TMSC would likely *not hold* its annual April Pools event in 2021.

Currently, **we are looking at [May 8-9](#) to host the meet**. Frisco’s meet will be held the May 15-16, and The Woodlands meet on May 22-23. Of course, to be able to host a meet of this magnitude, we will need a lot of volunteers, and we know that TMSC swimmers, families and friends will help out as they have in years past.

This is not yet *set in stone* by any means, so stay tuned. Your executive team, JCE, the Oklahoma LMSC and the Gulf LMSC coordinators are discussing all logistics at this time. So, look for more announcements in the weeks ahead! **Exciting times!**

David Herrold, President

Swim Dates

We will list 2021 events as they appear on USMS and other competition sites. Be advised, due to COVID, they may not be held, although TRI and OW events seem to be okay:

Feb	USMS 1-Hr ePostal (@JTAC) <i>On your own – forms available</i>
Mar 21	St. Patrick's Triathlon (Keller, TX)
Apr TBD	April Pools SCY (@JTAC) - tentative
Apr 11	CaveMan TRIathlon (Flower Md, TX)
May 8-9	South Central Zone SCY meet (@JTAC) - <i>tentative</i>
May 15-16	USMS OW Nationals (Boerne, TX)
May 15	Ordinary Mortals Triathlon (Pueblo, CO)
May 23	Ironman North America (Tulsa)
	Sager Creek Triathlon (Siloam Sps, AR)
Jul 17	Summer Roundup Triathlon (Joplin, MO)
Jul 21-25	USMS SCY Nationals (Greensboro, NC)
Aug TBD	Okla. Mem. Meet (JTAC)
Sep 12	Tallchief OW Challenge (Zink Ranch) - <i>tentative</i>
Oct 6-10	USMS LCM Nationals (Geneva, OH)

...just keep swimming...

Helpful Links:

- [JCE – Pool Schedules](#)
- [JCE – Pay Monthly Dues](#)
- [U.S. Masters Swimming](#)
- [Oklahoma Swim LMSC](#)
- [TMSC Facebook](#) page

Renew your USMS membership. [Renew](#) and then pick up your **free** TMSC swim cap at the pool!

USMS ePostal (1-hr) Continues through February

Time to challenge yourself and see how far you can swim in an hour!

It's the annual e-postal swim and we previously designated Saturday Jan. 30 at JTAC as the *official* day to get it done! However, the challenge – if you want to take it – continues through the end of February 2021.

Thus, if you'd like to submit your times for the challenge, take a look at the link below on USMS for rules and guidelines (we have split sheets in the bins where the workouts are). Otherwise, just keep count of your distance and be ready to brag!

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=13499&_ga=2.195742255.20250671.1611022108-1596087710.1611022107(https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=13499&_ga=2.195742255.20250671.1611022108-1596087710.1611022107)

Leslie Moon, OW Captain

TMSC Caps and Other Merchandise

Following up from January's Newsletter and GroupMe, the TMSC Virtual Store is **open!** Most everything is embroidered but the t-shirt and long sleeve. These are the two that have to be ordered by the 21st of February. All the rest you can order in your own. All stuff will be directly mailed to you!

www.Swimquik.com/collections/Tulsa-Masters

Also, if you have renewed for 2021 with USMS, get your free TMSC Cap!

Coach Adina

USMS Spring Nationals – Delayed...

Well, it's down but it's not out – Spring Nationals (a/k/a “Short Course Nationals”) has been canceled for April **but reset for July 21-25, 2021 @ Greensboro, NC** by USMS. More information here:

<https://www.usms.org/fitness-and-training/articles-and-videos/articles/us-masters-swimming-postpones-spring-and-summer-nationals-because-of-coronavirus-pandemic>

Jon Dees, Meet Captain



COACH'S CORNER

On-Deck Coaching in March 2021:

- Mon/Wed – 6:00 – 7:45 pm
- Wed – 5:30 – 7:15 am
- Sat – 8:30–10:30 am



Get involved in TMSC's *GROUPME* for instant communications from TMSC by sending your name/cell# to – [Coach Adina](#)