

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.



South Central Zone Meet Set for May 8 @ Trident (Owasso)

The *South Central Zone* annual meet has been split into five (yes 5!) regions this year. The Gulf (TX) Regional Meet, the South Texas Regional Meet, the North Texas Regional Meet, the Arkansas Regional Meet, and the Oklahoma Regional Meet. All meets will be placed (timed finals) together though they are being swum apart from each other due to COVID restrictions.

Oklahoma's meet will be held May 8 at Triden Aquatic Center in Owasso, OK.

Meet information and registration can be found here:

https://www.clubassistant.com/club/meet_information.cfm?c=2573&smid=13677

Our meet will be swum in 2 sessions, 6 events/swimmer limit. The event order is:

Morning Session

500 FR
200 BK
50 FL
200 IM
100 FR
50 BK
200 FL
100 BR
1000 FR

Afternoon Session

400 IM
100 BK
50 BR
200 FR
100 IM
50 FR
200 BR
100 FL
1650 FR

Entry Deadline: **May 5, 2021 @ 11:59 PM.** Plan for it!

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:

May 8	South Central Zone SCY meet (@Trident in Owasso)
May 15-16	South Central Zone SCY meet (Gulf, N.Tex., S.Tex., AR)
May 15	Ordinary Mortals Triathlon (Pueblo, CO)
May 23	Ironman North America (Tulsa) Sager Creek Triathlon (Siloam Sps, AR)
Jun 26-27	Tulsa Triathlon (Bardall, OK) NEW!
Jul 17	Summer Roundup Triathlon (Joplin, MO)
Jul 21-25	USMS SCY Nationals (Greensboro, NC)
Aug 14	Okla. Mem. Meet (@JTAC in Jenks, OK)
Sep 12	Tallchief OW Challenge (Zink Ranch)
Oct 6-10	USMS LCM Nationals (Geneva, OH)

...just keep swimming...

Open Water Season Returns at Lake Skiatook!

Summer's coming! That means it's Skiatook Sundays and it's time to dig out the mirrored goggles, find your safety buoy and start practicing "alligator eyes!" Depending how quickly the water warms up, we'll probably start the weekend after Memorial Day (although we may have some brave souls that head out in their wetsuits before that.)

A few things: a communication will go out on Saturdays so we can get an approximate headcount for the swim. In the past, it has been through an email distribution, but look for a new GroupMe group to be set up (contact [Leslie Moon](#) if you want in that group). A safety buoy is strongly encouraged, you can find them on Amazon or Swim Outlet. If you have a super cool friend, partner, spouse or family member with a kayak, we always appreciate the extra support and protection they provide. Hope to see you at the lake!

Leslie Moon, OW Captain

TMSC Caps and Other Merchandise

Remember, you can still order TMSC-branded merchandise at any time. Just check out the website: www.Swimquik.com/collections/Tulsa-Masters

Also, if you have renewed for 2021 with USMS, get your *free annual TMSC Cap* at the JTAC Pool!

Triathlete Corner.

On **May 23rd, 2021**, the Tulsa 140.6 Ironman will be happening; Tulsa was granted the North American championships. It will start at Keystone Lake for the 2.4-mile swim (4200 yards), then it transitions to the 112-mile bike ride. The course goes to the turnaround in Barnsdall, OK, before ending at OSU Tulsa. It then transitions to the 26.2-mile run with a 2-loop section along Riverside between 11th and 66th St. The race finishes at the Guthrie Green downtown. **If you would like to help as a volunteer**, you can sign up at the [Ironman-Tulsa link](#). Otherwise, come support local triathletes and see some of the pros coming out for the event.

Ironman Tulsa Training Update:

We are getting into long training days for those signed up for Ironman or are interested in what it takes to complete an event like this. We are starting to work up to 18-20 mile runs and 80-100 mile rides, taking up most of the weekends. The race is a few weeks away, and training will continue to ratchet up. The bike course is decent for Oklahoma roads; the most prominent issues have been dogs coming out to play on the course – so beware!

Max Harris, Triathlon Captain

USMS Short Course Nationals Update

Reminder: it's down but it's not out – 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](#)

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!