



JANUARY – MARCH 2020 FACT NEWS

The end of our short course yards season is upon us – minus all the meets that we had entered with great expectations of swimming well and celebrating the 50 years of United States Masters Swimming. There are no meets scheduled because of the cancellations caused by the corona virus. Our Valentine’s Meet in February was one of the only meets held before the cancellation and therefore some of us were fortunate to have some times count. The short course yards from May 31st 2019 through May 31st of 2020 are counted for this season therefore the times made in Albuquerque for National Senior Games and the Florida State Senior Games in Coral Springs will be included. Our message is stay safe and stay in shape as much as you can on dry land. This too shall pass.

The Good Life Games in Clearwater is one of the few local senior games we were able to get in before the cancellations. Those that placed in the top 5 of any event have qualified for the State Senior Games in December. The State Games will be held in the Ft Lauderdale area and will be the qualifying meet for the National Senior Games to be held in that same area in 2021.

The Pan American Games scheduled for June in Medellin Columbia was the last one to cancel. This is going to be postponed until 2021. For a while I was concerned that we’d get stranded in Columbia!! Hopefully next year will be less of a problem for all of us.

Of course the rest of this year will be a “play by ear” situation. Many of us have nowhere to swim but I’m substituting weights, walks, stretch cords, yoga etc. for the amount of time I would have been in the pool or at the YMCA. If it interests you, there are many YouTube workouts: Google Yoga for Swimmers that you can do at home for free. Just have to watch that your cat or dog doesn’t join you. That Yoga mat can get pretty crowded!