

## **Masters news – USMS 1 Hour Swim**

Good morning Team,  
USMS Virtual One-Hour Swim for Saturday, 21<sup>st</sup> January 2023.

Link for signing up for lanes and start time: <https://www.signupgenius.com/go/9040849A8A96-usms>

**Place:** San Ramon Aquatics

### **Group One**

#### **Time:**

Arrive: 7:50 am for 8:00 am start

Warm-up: 8:00 am – 8:15 am

1 Hour Swim: 8:15 – 9:15 am

Eight lanes are available, so that's 16 swimmers per 1-hour swim.

### **Group Two**

#### **Time:**

Arrive: 9:10 am for 9:15 am start

Warm-up: 9:15 am – 9:30 am

1 Hour Swim: 9:30 – 10:30 am

Eight lanes are available, so that's 16 swimmers per 1-hour swim.

#### **Notes:**

Your time/lap keeper does not have to pay pool entry; bring a folding chair for them to sit on.  
Attached is the timesheet with this email. Please be on time and ready for your warmup start.

If you want more information on how this all works, check out

**USMS Virtual One Hour Winter Challenge** Link: <https://www.usms.org/events/national-championships/virtual-championships/2023-virtual-championships/2023-1-hour-virtual-championship>

Regards

Greg Lynch

Head Coach

SRVA Masters