

Committee Name:	Long Distance	Session #:	1	Report #:	1
Committee Chair:	Ali Hall	Vice Chair:	Phyllis Quinn		
Minutes recorded by:	Phyllis Quinn	Date/time of meeting:	07/28/19 @ 8pm EST		

Actions Requiring Approval by the HOD:

1. None.

Motions Passed:

1. ...

Number of committee members present: 14	Absent: 2	Number of other delegates present: 1
Committee members present: Ali Hall (Chair), Phyllis Quinn (Vice Chair), Donn Livoni (Vice President), David Brancamp, , Robin Smith, Sarah King, Stephen Rouch, Alana Aubin, Catherine Rust, Jim Davidson, Bob Singer, Lorena Sims, Joanne Wainwright, Laurie Hug. Ex-Officio Members Present: Bob Bruce. Absent: Jill Wright, Sandra Frimerman-Bergquist, Matt Miller Others: Jay Eckert.		

The meeting was called to order at: 8:00 EDT

1. Welcome and roll call
2. Approval of any outstanding meeting minutes. **The minutes from May and June were approved.** Reports from the chair (Ali) **Attached please find notes prepared by Dawson and Jay, shared at the most recent OWTF meeting. Donn, Ali and Phyllis were on that call and encourage questions or comments from the LDC.** and vice chair (Phyllis) and vice president (Donn)
3. Working groups – reports (please send your report to all in advance)
 - a. OWC Ex-Officio report: Jim
 - b. 2019 Rules/Legislation – Bob B/Jim; Donn, Lorena, Bob S., Robin, Matt, Stephen. **Bob and Jim have prepared the summary of rules for use at Convention. This document is attached and Ali will forward timely to the National Office after our 7/28 call.**
 - c. PARA – Jim and Sarah; Patches & Awards – Dave; All-Americans (AA) - Men – Lorena, Sandra; (AA) Women – Dave, Joanne; (AA) Relays – Phyllis, Dave; Records – Jill, Joanne, All-Stars – Laurie, Alana; Postal Series –Alana, Laurie. **2-Mile Cable Open Water National Championship Final Results have been published to the USMS national website. Those results can be found via the following link: <https://www.usms.org/events/national...-championships>**

Ultra-Marathon Distance Open Water National Championship Preliminary Results have been posted. We are awaiting any changes to the final results and will then post the final results to the national website. .
 - d. Club Assistant – Lorena, & Stephen. **No report**
 - e. Safety (as needed) – David M., lead. **No report**
 - f. Documents – Matt, lead; & Bob S. (ePostal Guide – Matt, Bob S. & Jill. (OW Champs Guide – Matt & Bob S. **Nothing to report**
 - g. LDC Guidelines—Website Content Workgroup: Sarah, Bob S., Matt. **Our group created a final document containing the 2019 U.S. Masters Swimming Long Distance Committee Operating Guidelines. We used the original 2005 U.S. Masters Swimming Long Distance Committee Operating Guidelines and the current 2019 U.S. Masters Swimming Rule Book in creating our new document. Once our group worked to create the document we sent it to the goals working group to look it over. Based on recommendations from the Goals working group we are hopeful that everyone can look over the document and we can vote on the 2019 U.S. Masters Swimming Long Distance Committee Operating Guidelines on Sunday. In**

preparation for that vote here is the revised document along with the document that shows the mark up of the changes we have proposed.

This document was approved

- h. 2021 NC Recruitment/Selection – Jill, lead; Robin, Matt, Stephen & Sandra. We are proposing for your approval the 2021 LDNC's:
OHeP: Oregon Masters
5/10K: Kentucky Masters
3000/6000: Colorado Masters

OWNC:

West Area:

2 mile cable: Foster Lake, OR 6/26/21

Marathon (10K) Applegate Lake, OR 7/17 or 7/18/21

Middle Distance (1-3 miles) We have been in contact with Bryan Buck (Newport Pier to Pier 2 mile ocean swim in Orange County, CA. July 10, 2021

Central Area: 2 day Festival

Sprint (1 mile) Boerne City Lake Park, TX 5/15/21

Long Distance (3.7 miles/6000 meters) same location 5/16/21 or vice versa on dates

East Area:

Ultra marathon (9+ miles)

25K Kingdom Swim – Border Buster

Lake Memphremagog, Newport, VT, Prouty Beach July 24, 2021.

This slate was approved by email vote.

- i. Communications — Laurie, lead; Matt. a request was sent to Daniel Paulling to recognize two swimmers (Flavia Medlin and Larry Rafaelli) for completing the ePostal Series every year since its inception
- j. NC Oversight - Ali, lead; Phyllis, Jim, Matt, David M. No additional report
- k. Goals – Phyllis, lead; Lorena, Robin, Bob S., Matt, Catherine, Sandra and Joanne. Thank you to my hard working group. It is fun to see the emails and all the good ideas.
Goal #4 An update to the Liaison Guidelines document is included.
Goal #3 We are working with the NO to get swag to the two swimmers who have completed the epostals, and a certificate for the other swimmers who have participated over 5 or 10 years.
Goal #7 Increase the number of clubs participating in LD Championship events. We may need to coordinate with the Coaches committee to get more coaches to make the ePostals a priority. The OWTF recommendations may also help get more clubs and swimmers involved.
- l. LDNC Award – Jill, lead; Laurie, Catherine, Joanne, Dave, Ali. The 2019 LDNC Award working group has been given a great honor of receiving 3 exemplary nominations for our inaugural award. This is a great sign for the health of LDNCs. The nominations are for an individual, a club and an LMSC. All 3 are more than worthy of receiving the award. They all promote camaraderie in swimming. They all promote fitness and competition. They all promote the USMS mission statement. They all host outstanding LDNCs. Our working group created a multi-dimensional rubric for us to figure out who should win. They all exceeded the criteria for the award and we are prepared to award to all three. We would like the LDC voting members to have a discussion over whether there should be 1 or 3 awards given at Convention. We realize there will be people on the call who are not voting members but will have an opinion. The working group asks for the opinions of the voting members only.
- m. 2020 Clinic Outreach Group—Catherine, Dave, Alana.
- n. 2019 Convention Presentation Workgroup: Sarah, Dave, Jim, Matt. We have a final draft of our presentation and are looking forward to sharing that with you all at convention.

Below is a list of the 2019 LD NC events and the liaisons assigned.

Each lead liaison will please give a brief written report on the status of their event (sent to the full committee prior to the conference call – THURSDAY at latest for SUNDAY calls). LIAISONS—PLEASE CHECK YOUR EMAIL EARLY AND OFTEN FOR MESSAGES.

- USMS Middle Distance OWNC
- Davis Aquatics Masters, Lake Berryessa CA (2 miles) June 1
Liaison: Dave Backup: Phyllis

- USMS Cable OWNC
- Indianapolis, IN (2 miles) June 15/16
 - Liaison: Donn Backup: Sandra.

- USMS Ultra-Marathon Distance OWNC
- Portland Bridges, Portland OR July 7
 - Liaison: Ali Back Up: Jill Successful event, fabulous host! Results are going final soon, all clean-up timeline items on track.

- USMS Sprint and Long Distance OWNC Festival
- Lake Willoughby, VT (1 mile and 5k) August 15/16
 - Liaison: Alana Back Up: Laurie
There is a question of whether the bond was actually paid when the contract was signed in 2017. The host is hosting another event today so I will connect with him on Monday. Otherwise things are on track and we were able to increase the athlete cap for the 1-mile from 100 to 120 with a couple waves. I am working with the host to make sure the wave set-up is good and fair.

- USMS Marathon Distance OWNC and OW Clinic
- Knoxville, TN September 22
 - Liaison: Catherine Back Up: Stephen Knoxville. Timeline up to date. Next task is ordering awards. Event is full.
2019 OW CLINIC(Knoxville) Education materials are being put together and will be sent to attendees a few weeks prior to the clinic. Participation is still low and will put together promotional materials.

- OHeP: Central Illinois Masters
- Liaisons: Lorena Back Up: Sarah
- 5,000M/10,000M ePostal: MEMO (Oakland, CA)
- Liaison: Robin Back Up: Joanne. Entries as of July 24th: 78 participants from 25 clubs (5K - 59 entries; 10K - 27 entries)
- 3,000/6,000 ePostal: Sawtooth Masters
- Liaison: Jim Back Up: Bob S. The Logo has been approved. We are behind schedule on approval of the Entry form. Jay has it in work.

2020 Long Distance National Championships:

- USMS Long Distance OWNC

- Lake Del Valle, CA (5k) June 13
- o Liaison: Dave Backup: Phyllis

- USMS Sprint Distance OWNC
- Semana Nautica, Santa Barbara, CA (1 mile) June 27
- o Liaison: Robin Backup: Jill Attended 2019 Semana Nautica Event - both ocean swims (1 and 3 mile) were dual sanctioned with USA Swimming. Reviewed role of LDC Event Liaison/Back-up Liaison with Host and discussed option for opening event entries early prior to January 1, 2020. Event Director will let us know their preference after the Semana Nautica 2020 event planning meetings later this month.

- USMS Middle Distance OWNC
- Brogan OW Classic, Lake Erie, OH (2 miles) July 18
- o Liaison: Catherine Backup: Stephen Contact has been made with hosts. Registration opening cannot occur before 1/1/2020 due to the timing of city permits being required for the swim. Registration will most likely open mid January or early February.

- USMS Ultra Marathon Distance OWNC
- Lake Memphremagog, VT (10 miles) July 25
- o Liaison: Alana Back Up: Laurie
Same host that I am already working with. He likely will want to open before Jan 1 so I will also check on that with him on Monday.

- USMS Cable OWNC
- Lake Placid, NY (2 miles) August 8
- o Liaison: Donn Back Up: Bob S.

- USMS Long Distance OWNC
- Lake George, NY (10k) August 15
- o Liaison: Ali Back Up: Bob S.

- o OHeP: Tamalpais Masters
- o Liaisons: Sarah Back Up: Lorena
- 5,000m/10,000m: Southern Oregon Masters
- o Liaison: Jim Back Up: Sandra
- 3,000y/6,000y: Palm Beach Masters
- o Liaison: Joanne Back Up: Lorena

Other business for the good of the order

The meeting was adjourned at 9:15 ET

Next Call: **Sunday, August 25, 8p ET if needed.**