

The Speedo USMS One Hour Postal Championship was held between January 1st and 31st. All of the results were recently compiled. In the Small Team Division, Niagara placed 1st for Women (1-9 swimmers) and 2nd place Combined (1-19 swimmers). The BUMS also had several members competing. Full results can be viewed at this link: [2012 Long Distance Championships](#). You can also read about upcoming Open Water and Long Distance Championship events at that link. Every year, there is a 5k/10k Championship (LCM) and a 3k/6k Championship (SCY). There are also a series of Open Water swims, ranging from 1 to 9+ miles.

There are two Fitness Events in 2012. The first is the [Check-Off Challenge](#) which challenges members to complete 18 pool events (can be done in practice or in a meet) as well as one open water swim. The other event is

[Go The Distance](#)

. There is no cost to the event, you simply enter the event and track your swim mileage in the online Fitness Log (FLOG) each day. As you reach milestones, you can even win awards from Nike! Niagara had over a dozen members registered for this event last year. Nationally, there are over 2,800 members participating in this event.{jcomments on}