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# Solo and Relay Applications Available

## 2022 SEASON - Applications Available

👉 Applications for solo swims and relay team captains are now available.

Visit the Catalina Channel Swimming Federation [official web site](#). Tap the Solo and Relay Swim Applications link under the FORMS banner.

The [CCSF previews the steps](#) that swimmers and relay captains must take before starting an application. We offer a discounted sanction fee for applications submitted by May 1st.

Address your questions to the email account, [help@swimcatalina.org](mailto:help@swimcatalina.org)

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## PARTY PIX - Annual Awards Banquet

👤 Thanks to **Paula Selby**, who shared her [photos from November's awards banquet](#) at the San Pedro Elks Club.

The CCSF honored record-setting swimmer **Maya Merhige**. We also acknowledged the historic crossings of **Stacey Fresonke** (1971) and **Carol Lee-Heltzel** (1984). Then awarded medals and certificates to the 2021 swimmers.

Relay team captains and solo swimmers that could not attend the banquet should have received by now a shipment of their hard-earned CCSF memorabilia.

Popular hashtags used by [CCSF swimmers on social media](#) appear to be #catalinachannelswim #catalinachannel and #catalinaswim

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San Pedro Buoy 46222

## Syndi Goldenson (1957-2021)

📣 Last month, our Catalina Channel community lost a dear friend, **Syndi Goldenson**.



She became the 35th person to swim across the Catalina Channel when Syndi was 20 years old. Friends recalled how Syndi was both gritty and always grinning. Determined and optimistic.

Following her Catalina crossing, Syndi said she embraced swimming in darkness, "I also looked forward to the sun coming up. I always wanted to sing '[Here Comes the Sun](#),' and this marathon swim seemed like the perfect time."

Syndi was a member of the Orca Marathon Swim Club. This pioneering team from the 70s was the heart and marrow for what would become the CCSF. Orca members included [International Marathon Swimming Hall of Fame](#) honorees **Penny Lee Dean** (1980), **Cindy Cleveland** (2018) and **John York** (1989), who serves today as the CCSF vice-president.

Last year, the Orcas mourned the passing of another member, **Mary Beth Colpo** and the 34th swimmer across the Catalina Channel.

**PENINSULA SCENE''**

**Friday, Au**

