

**USMS One Hour ePostal Long Distance National Championship**



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	50 Split	Cumulative Time
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
18	450		
20	500		
22	550		
24	600		
26	650		
28	700		
30	750		
32	800		
34	850		
36	900		
38	950		
40	1000		
42	1050		
44	1100		
46	1150		
48	1200		
50	1250		
52	1300		
54	1350		
56	1400		
58	1450		
60	1500		
62	1550		
64	1600		
66	1650		
68	1700		
70	1750		
72	1800		
74	1850		
76	1900		
78	1950		
80	2000		
82	2050		
84	2100		
86	2150		
88	2200		
90	2250		
92	2300		
94	2350		
96	2400		
98	2450		
100	2500		
102	2550		
104	2600		
106	2650		
108	2700		
110	2750		
112	2800		
114	2850		
116	2900		
118	2950		
120	3000		

Lengths	Distance	50 Split	Cumulative Time
122	3050		
124	3100		
126	3150		
128	3200		
130	3250		
132	3300		
134	3350		
136	3400		
138	3450		
140	3500		
142	3550		
144	3600		
146	3650		
148	3700		
150	3750		
152	3800		
154	3850		
156	3900		
158	3950		
160	4000		
162	4050		
164	4100		
166	4150		
168	4200		
170	4250		
172	4300		
174	4350		
176	4400		
178	4450		
180	4500		
182	4550		
184	4600		
186	4650		
188	4700		
190	4750		
192	4800		
194	4850		
196	4900		
198	4950		
200	5000		
202	5050		
204	5100		
206	5150		
208	5200		
210	5250		
212	5300		
214	5350		
216	5400		
218	5450		
220	5500		
222	5550		
224	5600		
226	5650		
228	5700		
230	5750		
232	5800		
234	5850		
236	5900		
238	5950		
240	6000		
Final Distance (see note below):			

The final distance is to be rounded off to the last completed 5 yard/meter increment.  
 Highlighted cells are the cumulative split times that are required to be entered during the online registration process.  
 If swum in a metric pool, do not convert to yards. This will automatically be done during online registration.  
 following the requirements of USMS rule 306.6.3. Be sure to select meters as pool course when registering.