



The USMS One-Hour Swim ePostal National Championships for 2021

Hosted by Oregon LMSC

Sanctioned by Oregon LMSC for USMS, Inc.

GENERAL INFORMATION

URL: https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=13499

Dates: Your 2021 USMS One-Hour Swim must be done in its entirety between January 1 and February 28, 2021, inclusive. Swim the event first, then register for the 2021 USMS One-Hour ePostal National Championships. The official PDF split sheet is available at the prompt below.

Objective: To determine how far you can swim in one hour. Send your result electronically and compare yourself to other swimmers across the nation. Some people do the One-Hour Swim for competition and others do it for fitness, while everyone does it for fun! All are welcome to swim.

Location: Swimmers complete the One-Hour Swim in **any pool 25 yards or longer**. Submit your splits and final distance based on the length of the pool in which you swim.

Deadlines: No exceptions. Don't even ask.

- **USMS or FINA Registration:** You **MUST** be a currently registered member of USMS or a FINA member national governing body **ON** or **BEFORE THE DAY OF YOUR SWIM!**
- **Swim:** Complete your swim before **Midnight Local Time on February 28, 2021**.
- **Individual group club entries** (from groups larger than 30; see below) must be **RECEIVED** online by **11:59PM HST on March 4, 2021**.
- **Individual entries** must be **RECEIVED** online by **11:59PM HST time on March 6, 2021**.
- **Completed split sheets** (for *individual National Record breakers only*) must be **RECEIVED** by the event director by **March 8, 2021**.
- **Relay entries** must be **RECEIVED** online by **11:59PM HST time on March 13, 2021**.

ELIGIBILITY & FEES

Eligibility: All participants must be registered for 2021 with USMS (or the equivalent FINA organization for foreign swimmers) on or before the day of their swim. USMS membership will be verified automatically. Foreign swimmers must scan and submit an electronic copy or mail a copy of their equivalent organization's 2021 registration card to the Event Director by **March 6, 2021**. Foreign swimmers are not eligible for USMS records or All-American status.

Age Determining Date: The swimmer's age as of December 31, 2021, will determine the age group according to USMS rule 301.4: "In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim."

Fees: \$10.00 for each individual USMS entry (\$15.00 for foreign swimmers). \$16.00 for each relay entry. Fees are non-refundable. Entries must be paid online by credit card (Visa, MasterCard, Discover) to "ClubAssistant.com Events".

CONDUCT OF THE EVENT

Rules & Swimwear:

- 2021 USMS Rules 305-307 govern this event.
- 2021 USMS Swimwear Rule 102.12.1 applies. Appropriate swimwear is the same as required for USMS pool meets. Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, snorkels, wet suits, etc.) are not permitted.
- No more than two swimmers may share a lane. If a lane is shared, each swimmer must stay on one side of the lane during the entire swim (i.e., no circle swimming, to avoid drafting).
- A stopwatch or electronic timing system shall be used to time the event. Cumulative split times must be recorded to the nearest second on the official event split sheet which must be kept for each swimmer. [CLICK HERE for PDF Split Sheet](#).
- Each swimmer must have a verifier (counter) to count laps and record cumulative splits for every two pool lengths. One person may count for no more than two swimmers at one time. An adult acting as a starter/head timer/referee (and who may also be a counter) shall be present at all times during the swim.
- Final distances are rounded down to the nearest completed five-yard increment (i.e., round 2764 yards to 2760 yards).
- Online entries will be converted automatically from meters to yards as needed. If you swim in a metric-measured pool, the final distance will be converted to yards automatically upon entry by dividing the distance in meters by 1.0936 then rounding down to the nearest five-yard increment and integrating it with the yard performances.
- Your distance (total yards swum) will determine your order of finish. If two or more swimmers or relays report the same distance, it's a tie.
- No elevation adjustment shall be made.

Individual Events: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34...as high as necessary. Each swimmer can swim in only one age group in this event.

Relay Events: Relay events will be contested in three categories: 3 men, 3 women, or 4 mixed (2 men & 2 women). Each relay member MUST also have entered the individual event and be registered with the same USMS Club (Unattached swimmers—by definition—are not permitted on relays). Participants may be entered in only one same-gender and one mixed-gender relay event. Age groups are 18+, 25+, 35+...as high as necessary. The youngest relay member's age shall determine the relay's age group. The cumulative distance of the individual swims will be the relay distance.

Club Event: Each Club will be entered in the Club event. At least three divisions will be recognized based on the number of individual entries from each club (to be determined by the event host and the USMS Long Distance Committee Chair). Relay yards will not be included in club scoring.

Results: Complete results will be posted on the USMS website at www.usms.org.

- Preliminary individual results will be posted for review for one week by **March 10, 2021**. All corrections must be sent to the event director during that week. Participants will be notified by email.
- Preliminary relay results will be posted for review for one week by **March 17, 2021**. All corrections must be sent to the event director during that week. Participants will be notified by email.
- Final individual, relay, and club results will be posted approximately **March 29, 2021**. Enjoy!

Unsporting Conduct: Each entrant shall be responsible for the validity of the split times and final distance entered. Any act of fraud, deception or dishonesty in connection with this event or knowingly providing false information including name, date of birth, age, or gender on the event entry form may result in disciplinary action by USMS pursuant to USMS Rule 402.3, 402.4.3 and 402.4.4

ENTRIES

Online Entries ONLY! Entries received by mail will NOT be accepted and will be returned.

Individual Entries: When submitting your results online...

- Enter your total distance, selecting the corresponding unit (yards or meters) **BASED ON THE POOL IN WHICH YOU SWAM**.
- Then enter your cumulative split times for each 500 yard or meter split. Your official distance will then be displayed in yards rounded down to the nearest 5-yard increment.
- If you entered your total distance and cumulative splits in meters, your official distance displayed will have been automatically converted to yards and similarly rounded down.
- You **WILL NOT** be required to submit a completed split sheet **UNLESS** you have set an individual national record. However, all split sheets must be available to the Event Director upon request; if it is not provided then, the individual entry and resulting relays may be disqualified. Please keep a copy of your completed split sheet for one year after the entry deadline.

Completed split sheets for individual National Record breakers must be received by the event director by **March 8, 2021**. Scan and email to coachbobbruce@gmail.com or mail to One-Hour Swim c/o Event Director Bob Bruce, 61200 Parrell Rd., Bend, OR 97702.

Relay Entries: Online relay entries will open on **March 8, 2021**. All completed online individual entries will be displayed by USMS Club and will include each entrant's distance; club relay builders will only be able to view a listing of their club's entries. Online relay entries must be completed by 11:59PM HAT on **March 13, 2021**.

Group Club Entries: Group entries will be permitted only for clubs with 30 or more swimmers entering. Clubs desiring to do group entries must contact the event director **before February 15, 2021** and work with Club Assistant to enter their swimmers. Group club entries must be completed by the online entry deadline of **March 4, 2021**.

Receipt: Your online registration is not complete until you have received confirmation of your entry via email. If you do not receive this confirmation email, please contact the Event Director.

AWARDS & SOUVENIRS

Awards: You have two award options; please indicate your preference with your entry.

- **Traditional:** The first 10 finishers in each age group in the individual event and top 6 teams for relays will receive USMS Long Distance National Championship medals. Additionally, first place finishers in each individual and relay age group will receive a USMS Long Distance Championship patch. Only one patch per event per participant will be awarded.
- **Non-traditional & charitable:** If you choose to forgo a medal, we will send a \$1 donation to the USMS *Swimming Saves Lives Foundation* in your name and honor.

T-Shirts/Caps: You may purchase 2021 USMS 1-Hour ePostal National Championship commemorative shirts and caps with your online entry or separately at this [Shopping Cart link](#). All prices include shipping and handling. The merchandise store will close on **March 13, 2021**, the deadline for relay entries.

- **Latex Cap (\$12) and/or Silicone Cap (\$16):** Classic swim caps. Secure fit and the perfect weight for practice or competition.
- **Women's Short Sleeve cotton t-shirt (\$25.00):** A traditional cotton shirt specially fitted for women. Women's sizes S-3XL
- **Men's Short Sleeve cotton t-shirt (\$25.00):** A traditional cotton shirt. Men's sizes S - 3XL.
- **Long Sleeve cotton t-shirt (\$30.00):** A traditional cotton shirt. Unisex sizes S - 3XL.



QUESTIONS?

Contact Event Director Bob Bruce, coachbobbruce@gmail.com or call 541-317-4851. Email first. Call only in an emergency.

Note: If paying by credit card, your credit card statement will reflect a charge from "ClubAssistant.com Events."