

USMS 1-Hour ePostal and 3000/6000 ePostal National Championships Official Split Sheet

Swimmer's Name:	Location:	Pool Length* (in Meters or Yards):	Date Swum:
Age (Day of Swim):	Gender (M/F):	USMS#	Event:
			Timer's Name:

Distance (Yards or Meters)				Cumulative Time	Distance (Yards or Meters)				Cumulative Time	Distance (Yards or Meters)				Cumulative Time
Lap	Meters	50 Split			Lap	Meters	50 Split			Lap	Meters	50 Split		
2	50				82	2050				162	4050			
4	100				84	2100				164	4100			
6	150				86	2150				166	4150			
8	200				88	2200				168	4200			
10	250				90	2250				170	4250			
12	300				92	2300				172	4300			
14	350				94	2350				174	4350			
16	400				96	2400				176	4400			
18	450				98	2450				178	4450			
20	500				100	2500				180	4500			
22	550				102	2550				182	4550			
24	600				104	2600				184	4600			
26	650				106	2650				186	4650			
28	700				108	2700				188	4700			
30	750				110	2750				190	4750			
32	800				112	2800				192	4800			
34	850				114	2850				194	4850			
36	900				116	2900				196	4900			
38	950				118	2950				198	4950			
40	1000				120	3000				200	5000			
42	1050				122	3050				202	5050			
44	1100				124	3100				204	5100			
46	1150				126	3150				206	5150			
48	1200				128	3200				208	5200			
50	1250				130	3250				210	5250			
52	1300				132	3300				212	5300			
54	1350				134	3350				214	5350			
56	1400				136	3400				216	5400			
58	1450				138	3450				218	5450			
60	1500				140	3500				220	5500			
62	1550				142	3550				222	5550			
64	1600				144	3600				224	5600			
66	1650				146	3650				226	5650			
68	1700				148	3700				228	5700			
70	1750				150	3750				230	5750			
72	1800				152	3800				232	5800			
74	1850				154	3850				234	5850			
76	1900				156	3900				236	5900			
78	1950				158	3950				238	5950			
80	2000				160	4000				240	6000			

Total Distance Swum:**

* USMS 1-Hour ePostal in pool lengths of 25 yards or greater. USMS 3000/6000 ePostal in pool lengths of 25 yards or 25 meters only.

** For 1-Hour ePostal events swum in meters pools: The final distance will be converted automatically by the entry system by multiplying the distance swum in meters by 1.0936 and then rounding down to nearest 5-yard increment and integrating with yard distances.
For 3000/6000 ePostal events swum in a meters pool, the final time will be divided by 1.0936 and then integrated with yard times.