

**USMS 5K/10K ePostal National Championships  
Official Split Sheet**

| Swimmer's Name: |             |           |      | Location:  |             |           |      | Date:      |              |           |      |
|-----------------|-------------|-----------|------|------------|-------------|-----------|------|------------|--------------|-----------|------|
| Age:            |             | Gender:   |      | USMS #     |             | Event:    |      | Timer:     |              |           |      |
| Cumulative      |             |           |      | Cumulative |             |           |      | Cumulative |              |           |      |
| Lap             | Meters      | 100 Split | Time | Lap        | Meters      | 100 Split | Time | Lap        | Meters       | 100 Split | Time |
| 2               | 100         |           |      | 82         | 4100        |           |      | 162        | 8100         |           |      |
| 4               | 200         |           |      | 84         | 4200        |           |      | 164        | 8200         |           |      |
| 6               | 300         |           |      | 86         | 4300        |           |      | 166        | 8300         |           |      |
| 8               | 400         |           |      | 88         | 4400        |           |      | 168        | 8400         |           |      |
| 10              | 500         |           |      | 90         | 4500        |           |      | 170        | 8500         |           |      |
| 12              | 600         |           |      | 92         | 4600        |           |      | 172        | 8600         |           |      |
| 14              | 700         |           |      | 94         | 4700        |           |      | 174        | 8700         |           |      |
| 16              | 800         |           |      | 96         | 4800        |           |      | 176        | 8800         |           |      |
| 18              | 900         |           |      | 98         | 4900        |           |      | 178        | 8900         |           |      |
| <b>20</b>       | <b>1000</b> |           |      | <b>100</b> | <b>5000</b> |           |      | <b>180</b> | <b>9000</b>  |           |      |
| 22              | 1100        |           |      | 102        | 5100        |           |      | 182        | 9100         |           |      |
| 24              | 1200        |           |      | 104        | 5200        |           |      | 184        | 9200         |           |      |
| 26              | 1300        |           |      | 106        | 5300        |           |      | 186        | 9300         |           |      |
| 28              | 1400        |           |      | 108        | 5400        |           |      | 188        | 9400         |           |      |
| 30              | 1500        |           |      | 110        | 5500        |           |      | 190        | 9500         |           |      |
| 32              | 1600        |           |      | 112        | 5600        |           |      | 192        | 9600         |           |      |
| 34              | 1700        |           |      | 114        | 5700        |           |      | 194        | 9700         |           |      |
| 36              | 1800        |           |      | 116        | 5800        |           |      | 196        | 9800         |           |      |
| 38              | 1900        |           |      | 118        | 5900        |           |      | 198        | 9900         |           |      |
| <b>40</b>       | <b>2000</b> |           |      | <b>120</b> | <b>6000</b> |           |      | <b>200</b> | <b>10000</b> |           |      |
| 42              | 2100        |           |      | 122        | 6100        |           |      |            |              |           |      |
| 44              | 2200        |           |      | 124        | 6200        |           |      |            |              |           |      |
| 46              | 2300        |           |      | 126        | 6300        |           |      |            |              |           |      |
| 48              | 2400        |           |      | 128        | 6400        |           |      |            |              |           |      |
| 50              | 2500        |           |      | 130        | 6500        |           |      |            |              |           |      |
| 52              | 2600        |           |      | 132        | 6600        |           |      |            |              |           |      |
| 54              | 2700        |           |      | 134        | 6700        |           |      |            |              |           |      |
| 56              | 2800        |           |      | 136        | 6800        |           |      |            |              |           |      |
| 58              | 2900        |           |      | 138        | 6900        |           |      |            |              |           |      |
| <b>60</b>       | <b>3000</b> |           |      | <b>140</b> | <b>7000</b> |           |      |            |              |           |      |
| 62              | 3100        |           |      | 142        | 7100        |           |      |            |              |           |      |
| 64              | 3200        |           |      | 144        | 7200        |           |      |            |              |           |      |
| 66              | 3300        |           |      | 146        | 7300        |           |      |            |              |           |      |
| 68              | 3400        |           |      | 148        | 7400        |           |      |            |              |           |      |
| 70              | 3500        |           |      | 150        | 7500        |           |      |            |              |           |      |
| 72              | 3600        |           |      | 152        | 7600        |           |      |            |              |           |      |
| 74              | 3700        |           |      | 154        | 7700        |           |      |            |              |           |      |
| 76              | 3800        |           |      | 156        | 7800        |           |      |            |              |           |      |
| 78              | 3900        |           |      | 158        | 7900        |           |      |            |              |           |      |
| <b>80</b>       | <b>4000</b> |           |      | <b>160</b> | <b>8000</b> |           |      |            |              |           |      |