

YOUR LOGO

HERE

36th Annual
2013 United States Masters Swimming
**Speedo One Hour Postal
National Championship**
Hosted by Davis Aquatic Masters (DAM)



Sanctioned by Pacific Masters LMSC for USMS, Inc. # #####

SAVE PAPER, SAVE TIME, AND AVOID ERRORS: ENTER ONLINE at

https://www.clubassistant.com/club/meet_information.cfm?c=1308&smid=4109

DATE: The One Hour Postal must be swum in its entirety during January 2013. **All individual entries must be received by Sunday, February 10, 2013. All relay entries must be received by Wednesday, February 20, 2013.**

OBJECTIVE: To swim as far as possible in one hour in any pool you choose that is 25 yards or longer. Event results are sent in electronically or by mail so you can compare yourself to other swimmers doing the same event. Some people do the One Hour Postal for competition, while others do it for fitness; all who wish to participate are welcome. The recorded distance (total yards swum) that you submit determines the order of finish. If two or more swimmers report the same distance, a tie will be declared.

LOCATION: Swimmers shall swim the One Hour Postal in any pool 25 yards or longer. **Please submit your splits and final distance in the course that you swam your event. For events swum in meter pools and entered using a paper entry form – multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards. For online entries for events swum in meter pools, the final distance will be converted automatically by the online entry system by multiplying the distance swum in meters by 1.0936 and then rounded down to the nearest five yard increment and integrated with the yard distances.**

ELIGIBILITY: **This is a USMS-sanctioned event and all participants must be registered for 2013 with USMS (or the equivalent FINA organization for foreign swimmers) on or before the day of their swim.** Foreign swimmers are not eligible for USMS records or All-American status. **A copy of your current 2013 registration card must accompany your entry.**

INDIVIDUAL EVENTS: Men and women compete separately in age groups of five-year increments: 18-24, 25-29, 30-34,...100+. The swimmer's age on the day he or she actually completes his or her swim will determine his or her age group. Swimmers who change age groups during the event may enter twice, but must swim the event twice, once in each age group.

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 enter the individual event and be registered with the same USMS Club. Unattached swimmers are not permitted on relays. Participants shall be allowed to swim in only one same-gender and one mixed-gender relay event. The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+,...95+. The cumulative yardage for the individual swims will be the relay yardage.

CLUB EVENT: Each Club will be entered automatically in the Club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the event host and the Long Distance Committee Chair. Relay yards will not be included.

FEES: \$7.00 for each individual entry (\$10.00 for foreign swimmers) and \$18.00 for each relay entry. Fees are non-refundable and are payable by check or money order only – no cash, or by credit card if entering online. Foreign entrants must submit fees in U.S. funds via international money order or bank check drawn on a bank with a U.S. affiliate. **Online entries are preferred.**

AWARDS: The top 10 finishers in each age group in the individual event and the top 6 relay teams in each relay age group will receive USMS Long Distance National Championship medals. First place finishers in each individual and relay age group will also receive a USMS championship patch. Only one patch per event per participant will be awarded. Awards will be presented to the top 3 clubs in each division of the club event.

RULES: The 2013 USMS Rules govern these events, including [USMS Rule 102.12.1](#) regarding swimwear. 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 his or her side of the lane during the entire race (i.e. no circle swimming). An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer must have a verifier to count laps and record cumulative splits every 50 yards or 50 meters. The timing of the event may be done with a stopwatch or electronic timing device. Cumulative split times must be recorded to the nearest second (final times for national records to the nearest 100th) on the official event split sheet. Any split submitted without tenths or hundredths will be defaulted to .99 second. Any split submitted with tenths (.x) will be defaulted to .x9 second. Do not enter .00 if you have no tenths or hundredths of a second as a documented split. This split sheet must be kept for each swimmer and a copy included with the entry form. Distances are to be **rounded down** to the nearest completed five yard increment (i.e., round 2764 yards to 2760 yards). See Location section for conversion from meters to yards. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

UNSPORTING CONDUCT: 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 this event entry form may result in disciplinary action by USMS pursuant to [USMS Rule 402.3, 402.4.3 and 402.4.4](#)

SPLIT SHEETS: Please use the official split sheet for this event: http://www.usms.org/longdist/1hr_3000_6000_splits.pdf
Individuals entering by mail MUST include their official split sheets with their entry form for the entry to be deemed complete. Complete split sheets **will not be required** to be submitted to the event director for individuals entering online **UNLESS** that entrant has broken an individual national record. However, split sheets must remain available upon request of the event director; if it is not provided upon request, the individual entry and applicable relays may be disqualified. Please retain a copy of your completed split sheet for one year after the entry deadline.

T-SHIRTS/CAPS: The 2013 USMS One Hour Postal National Championship T-shirts and caps will be available to purchase.

RESULTS: Complete results will be available via the internet or by mail if indicated below. Preliminary results will be posted on the USMS website at www.usms.org by March 12, 2013 for two weeks. All corrections must be sent to the event director during those two weeks. Final results will be posted approximately one week later.

RELAY ENTRY FORMS: Please visit <http://www.usms.org/longdist/ldnats13/> to download forms or send a SASE to: 2013 USMS One Hour Postal National Championship, **< Please fill in correct mailing information here >**

QUESTIONS: Contact event director **< Please fill in correct contact information here >**