



## 2018 VIRTUAL SWIMTATHLON LEAGUE

Hosted By FLOW Swimmers  
Flathead Lake Open Water Swimmers

### EVENT DESCRIPTION

The **2018 Virtual Swimtathlon League** is a year-long, virtual pentathlon event where participants swim and submit times in stages. Five events are included in each pentathlon stage (Fly, Back, Breast, Free, and Individual Medley), and cumulative times are used for league standings and results.

	<u>STAGE ONE</u>	<u>STAGE TWO</u>	<u>STAGE THREE</u>	<u>STAGE FOUR</u>
<b>Date Range</b>	1 <sup>st</sup> Qtr. (Jan-Mar)	2 <sup>nd</sup> Qtr. (Apr-June)	3 <sup>rd</sup> Qtr. (July-Sep)	4 <sup>th</sup> Qtr. (Oct-Nov)
<b>Pentathlon</b>	Short Distance	Middle Distance	Long Distance	Challenges
<b>Events</b>	Stroke 50s + 100IM	Stroke 100s + 200IM	Stroke 200s + 400IM	ANY

<u>NEW</u>	<u>BONUS STAGE</u>
<b>Date Range</b>	Anytime in 2018
<b>Triathlon</b>	Distance Free
<b>Events</b>	500, 1000, 1650

\$10 from each entry will be split between two worthy causes: [Flathead Lake Swim Guide](#) to sample and monitor the recreational water quality of Flathead Lake and the [USMS Swimming Saves Lives Foundation](#).

New for 2018, a **DISTANCE FREESTYLE** Triathlon format will be added as a **BONUS STAGE**. Complete all three events for a cumulative time that includes the 500, 1000, and 1650 freestyle. Metric times (400, 800, and 1500) will be converted using the conversion tool on [SwimSwam.com](#).

Also new for 2018, a **DISABILITY ACCOMMODATIONS** will be made for participants unable to swim any particular stroke. For example, those unable to swim breaststroke may substitute in another stroke (of choice), and that time will be adjusted using baseline of averages from past Swimtathlon League results. Strokes within any of the Individual Medley events may also be substituted and should be noted in the submission form.

**Virtual Swimtathlon League** standings and rankings will be updated monthly and posted online at the host website: [FlowSwimmers.com](#). Certificates of accomplishment, compete with event rankings, will be presented at the end of each stage and at the end of Stage Four (18 cumulative events).

### RULES

1. Swimmers and/or representatives submit times and challenges via the online [TIME SUBMISSION FORM](#). **DISABILITY ACCOMMODATIONS** should be noted on the submission form.
2. Submitted times may be from a meet OR during a practice. The only timing requirement is a stopwatch and an independent timer/verifier. This is an honor system event.
3. With the exception of backstroke, there will be a starting block adjustment of 1.5-seconds per event. For example, if the submitted time for a 50-yard free was 30.00, "from an in-water push," then the official time would be 28.50 to compensate for the lack of a starting block.
4. In **STAGE FOUR**, swimmers may submit faster times for any of the eighteen Swimtathlon League events. The cumulative times for all eighteen events determine the final Swimtathlon League standings.
5. Times may be submitted in any course (SCY, SCM, and/or LCM); however, short course yards will be used for Swimtathlon League standings. The conversion tool at [SwimSwam.com](#) will be used for determination.

## ELIGIBILITY

To allow for WORLDWIDE participation, swimmers are NOT required to be registered with any governing body. However, local program membership is HIGHLY encouraged, and anyone may join FLOW Swimmers where \$100 of each membership is split between [Flathead Lake Swim Guide](#) and the [USMS Swimming Saves Lives Foundation](#).

## AGE GROUPS

Age for the **Virtual Swimtathlon League** is determined as of Dec. 31, 2018. Age groups for individual events: 18–24, 25–29, 30–34, 35–39 ... (five year increments as needed).

## TIME SUBMISSION

Please submit times via the online [TIME SUBMISSION FORM](#) and an automatic e-mail will be generated to the event director: Mark Johnston ([Coach@FlowSwimmers.com](mailto:Coach@FlowSwimmers.com)).

**Note #1:** All times will be converted to short course yards using the online conversion tool at SwimSwam.com.

**Note #2:** DISABILITY ACCOMMODATIONS should be noted in the Time Submission for OR communicated by e-mail to the Event Director, Mark Johnston ([Coach@FlowSwimmers.com](mailto:Coach@FlowSwimmers.com)).

**Note #3:** Except for backstroke, times achieved from an in-water start will be adjusted faster by 1.5-seconds.

**Note #4:** At any time, swimmers may submit new, improved times for any event from the current stage. During Stage Four, ALL times (18 events) may be challenged, improved and submitted monthly.

## RESULTS/STANDINGS

Swimtathlon League standings and results will be updated monthly and posted online at [FlowSwimmers.com](#).

## CERTIFICATES & AWARDS

Certificates of Accomplishment, complete with event standings, will be e-mailed to all participants at the end of each Swimtathlon Stage and at the completion of 2018 (all eighteen events).

## FEES, CHARITABLE CONTRIBUTION, AND DEADLINES

**League Fee:** \$25. \$5 from each entry will go to the [Flathead Lake Swim Guide](#) to monitor the recreational water quality of Flathead Lake. Also, \$5 from each entry will be donated to the [USMS Swimming Saves Lives Foundation](#).

Entries are accepted at any time during the year. However, to be considered for Stage rankings, swimmers must be registered during that particular stage.

## REGISTRATION

Online through Club Assistant: [REGISTER HERE](#) (link coming).

Contact the Event Director, Mark Johnston, at (303) 887-3930 / [Coach@FlowSwimmers.com](mailto:Coach@FlowSwimmers.com).

