



**April 2021 Pandemic ePostal Challenge**  
**Pacific Masters Swimming Pandemic ePostal**  
**Challenge Series**  
**Hosted by Pacific Masters Swimming**  
**Thursday, April 1 – Thursday, April 15, 2021**



**Sanctioned by the Pacific Masters for USMS Inc. Sanction #381-S004**

Pacific Masters Swimming kicks off a series of ePostals to keep Masters swimmers entertained and focused while we wait for in-person meets to resume. For the first half of April, before the 2021 TYR Last One Fast One begins on April 16, we offer a 500 Yard Free or 400 Meter Free (short or long course) ePostal. Swim it a few times and submit your best time. It is our intention to offer a 400/500 each month so you can use this event to benchmark your progress in returning to form.

**ABOUT THE SERIES:** Many Pacific Masters swimmers are missing our competitions. For many of us upcoming competitions provide motivation to push ourselves in practice. For many the competition itself hones our focus, stokes our adrenaline and just plain provides joy. For all of you, and until we are able to return to competitions together, Pacific Masters offers the Pandemic ePostal Challenge Series. Each month no member team hosts an ePostal, until in-person competitions resume in Pacific Masters, we will host an ePostal. We hope this challenge series provides a bit of motivation and joy during these challenging but increasingly optimistic times.

**LOCATION:** Events may be swum in any 25-yard, 25-meter or 50-meter length pool but meter-times must be converted into short-course yards. [Use this website to convert your meters times to yards.](#) (Please note: this is not the conversion site used for February and March ePostals since meters swimmers will be converting a 400 time, not a 500 time.)

**DATE:** Thursday, April 1, 2021 to Thursday, April 15, 2021. All events must be swum on or between these dates. (Note: this ePostal closes on April 15 to encourage your participation in the [2021 TYR Last One Fast One](#) virtual event.)

**ENTRY LIMITS:** Only one entry per swimmer. You may swim the 400/500 multiple times and choose your best time to enter.

**ENTRIES:** Online entries only. Enter online at:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=2037&smid=13615](https://www.clubassistant.com/club/meet_information.cfm?c=2037&smid=13615)

Deadline for entries: April 25, 2021 at 11:59 PM PST. No paper entries accepted - online entries only.

Your online entry is not complete until you have received a confirmation of your entry by email. If you do not receive this confirmation following your entry, please contact the Meet Director.

**TIMING:** A pace clock or stopwatch may be used for timing purposes. If you use a pace clock add ".99" to your documented time. For a time submitted with no tenths or hundredths, .99 second shall be added to the time submitted. The Meet Director reserves the right to remove any clearly incorrect results.

**RULES:**

- You can swim the event multiple times within the date range listed and enter your fastest time.
- Water starts are allowed but no time adjustments can be made.
- Having a Starter and Timer to collect times are recommended but not required for event entry.
- 2020 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 should 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).
- Participants must follow their facility guidelines for physical distancing and COVID-19 precautions during the event. For your reference, the CDC guidelines for aquatic venues can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/community/parks-rec/aquatic-venues.html>
- Swimmers participate at their own risk.
- USMS starts and strokes rules apply, but we will be using the honor system. Swim fast. Swim fair.

**ENTRY FEES:** Flat entry fee of \$10 per swimmer for online registration. Please note: when paying by credit card, your credit card statement will reflect a charge from “ClubAssistant.com Events.” Net revenues above expenses for the challenge series events sponsored by Pacific Masters will be donated to USMS Adult Learn-to-Swim grants supported by the USA Swimming Foundation.

**AWARDS:** Satisfaction. More tangible awards, commemorating this Pandemic year, will be created for high point earners in each age group for the entire series of ePostals.

**ONLINE EVENT:** At the end of the Challenge Series an online event will be scheduled to celebrate all participants.

**MEET DIRECTOR:** Bob Anderson, [meetops@pacificmasters.org](mailto:meetops@pacificmasters.org)

**EVENTS:**

500 Yard or 400 Meter Free

**QUESTIONS:** Contact Bob Anderson at [meetops@pacificmasters.org](mailto:meetops@pacificmasters.org)