

ePostal Two Mile Relay



October – November 2021



Registration Schedule

Hosted by Tualatin Hills Barracudas

Sanctioned by Oregon Masters Swimming LMSC for USMS, Inc. (Sanction # 371-S002)

Date: The ePostal Two Mile Relay must be swum in its entirety from **October 1 to November 30, 2021.**

Remember:

You **MUST** be a currently registered member of USMS or a FINA member national governing body **ON or BEFORE THE DAY OF YOUR SWIM!**

Swim your ePostal Two Mile Relay event **FIRST** ~ Then enter / register for the USMS Two Mile Relay. For your convenience, have your completed split sheet handy to enter your splits at the prompt. Entries must be submitted electronically via this [online entry form](#). Age will be determined as of 12/31/2021. Results will be compiled accordingly.

Deadlines:

- All online submissions must be completed by 11:59PM on December 10, 2021.

Objective: To swim 3600 yards as a relay with legs of 100 yards each. Relays will consist of 4, 3, or 2 swimmers each swimming 100 yards in the same rotation until 3600 yards is completed. Event results are sent in electronically so you can compare yourself to other swimmers doing the same event. Some people do the event for competition, while others do it for fitness; all who wish to participate are welcome. The time for your relay to complete 3600 yards determines the order of finish. If two or more relay teams report the same distance, a tie will be declared.

Location: Swimmers shall swim the ePostal Two Mile Relay in any 25 yard, 25 meter, or 50 meter pool.

Please submit your splits and final distance in the course that you swam your event. We will adjust times for relays swum in meter pools by multiplying by 0.9144.

Eligibility: This is a USMS sanctioned event and all participants must be registered for 2021 with USMS (or the equivalent FINA organization for foreign swimmers) on or before the day of their swim. Online entries for USMS members will be verified automatically. All foreign swimmers who enter online must submit an electronic copy or mail a copy of their equivalent organization 2021 registration card to the event director by December 10, 2021.

Individual Events: Men, women, and mixed compete separately in age groups of ten-year increments: 18-24, 25-34, 35-44,...100+. The youngest swimmer's age as of Dec. 31, 2021 will determine the teams age group. (Reference: USMS rule 301.4: "In open water and postal swims, the eligibility of a swimmer shall be determined by the age of the swimmer on December 31 of the year of competition, except for 18-year-olds, who must be 18 on the day that they swim.") Therefore, each swimmer can only swim in one age group.

Fees: \$20.00 for each USMS relay entry (\$25.00 for foreign swimmers) . Fees are non-refundable. Online entries must be paid by credit card (Visa, MasterCard, Discover).

Rules:

- Current USMS Rules govern these events.
- USMS Rule 102.12.1 will govern swimwear.
- Drafting shall not be permitted. [article 306.4.2]
- No swimmer is permitted to wear or use any device or substance to enhance speed, pace, buoyancy, or endurance during a race (such as webbed gloves, fins, power bands, adhesive substances, snorkels, neoprene caps, etc.). [also article 102.12.1]
- One relay team per lane.
- An adult acting as a starter/head timer/referee/exchange judge shall be present at all times during the swim.
- Each relay team shall have a timer who shall time and count lengths by recording split times for every 4 lengths, 100 yards, during the swim.
- If a swimmer's feet have lost contact with the starting platform (ground, deck, or wall) before the preceding teammate touches the wall the team will be assessed a 10 second penalty. If the early takeoff is more than 1 second, the timer will estimate the amount of time and add it as an additional penalty.
- The timing of the event may be done with a stopwatch or electronic timing device.
- Starts may be taken from the starting block, the pool deck, or a push from the wall.
- If any member of the relay is unable to swim their leg, the team is disqualified.
- Teams:
 - For relay teams with 4 swimmers, each swimmer will swim 9 x 100.
 - For relay teams with 3 swimmers, each swimmer will swim 12 x 100.
 - For relay teams with 2 swimmers, each swimmer will swim 18 x 100.
- Age Groups: 18+, 25+, 35+, ... (10 year age groups as high as necessary) The age of the youngest relay member determines the age of the group.
- There are no separate categories based on the number of swimmers on the relay team.
- There are separate categories for Men, Women, and Mixed.
- Mixed relays must have 2 or 4 relay team members with equal number of men and women.
- Participants shall be allowed to swim in only one same-gender and one mixed-gender relay per event.

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

Splits/Timing: A stopwatch or electronic timing system shall be used to time the event. Cumulative split times must be recorded to the nearest second on the official event split sheet. [Click here for split sheet](#). This split sheet must be kept for each relay. When a final time has been submitted to the nearest second, .99 second shall be added to the time submitted. When a final time has been submitted to the nearest tenth of a second, .09 second shall be added to the time submitted. The time submitted must be the final time for 3600 yards.

Online Entries: When submitting your results online, please enter cumulative time for 3600 yards. Please note that your online registration is not complete until you have received an automated confirmation of your entry via email. If you do not receive an entry confirmation email, please contact the event director.

Any entries received by mail will not be accepted and will be returned to sender.

T-Shirts: [click here](#)

Results: Complete results will be available via the internet. Preliminary individual results will be posted on the Tualatin Hills Barracudas website at www.barracudas.org by **Dec 20, 2021** 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.

Events: Relay events will be contested in three categories: men, women, or mixed (2 men, 2 women, or 1 man, 1 woman). The youngest relay member's age shall determine the relay's age group. Age groups are 18+, 25+, 35+,...95+.

All information on this event can be accessed through our website: <http://barracudas.org/2021-postal-twomile-relay>

Questions: Contact Jim Teisher, Event Director at meetdirector@barracudas.org.

Please note: If paying by credit card, your credit card statement will reflect a charge from: Tualatin Hills Barracudas – 2 Mile Relay