

**USMS One Hour Postal and 3000/6000 Postal National Championship Events
Official Split Sheet**

Swimmer's Name:	Location:	Pool Length* (in Meters or Yards):	Date Swum:
Age (Day of Swim):	Gender (M/F):	USMS#	Event:
			Timer's Name:

Distance (Yards or Meters)				Cumulative Time							
Lap	Meters)	50 Split	Time	Lap	Meters)	50 Split	Time				
2	50			82	2050			162	4050		
4	100			84	2100			164	4100		
6	150			86	2150			166	4150		
8	200			88	2200			168	4200		
10	250			90	2250			170	4250		
12	300			92	2300			172	4300		
14	350			94	2350			174	4350		
16	400			96	2400			176	4400		
18	450			98	2450			178	4450		
20	500			100	2500			180	4500		
22	550			102	2550			182	4550		
24	600			104	2600			184	4600		
26	650			106	2650			186	4650		
28	700			108	2700			188	4700		
30	750			110	2750			190	4750		
32	800			112	2800			192	4800		
34	850			114	2850			194	4850		
36	900			116	2900			196	4900		
38	950			118	2950			198	4950		
40	1000			120	3000			200	5000		
42	1050			122	3050			202	5050		
44	1100			124	3100			204	5100		
46	1150			126	3150			206	5150		
48	1200			128	3200			208	5200		
50	1250			130	3250			210	5250		
52	1300			132	3300			212	5300		
54	1350			134	3350			214	5350		
56	1400			136	3400			216	5400		
58	1450			138	3450			218	5450		
60	1500			140	3500			220	5500		
62	1550			142	3550			222	5550		
64	1600			144	3600			224	5600		
66	1650			146	3650			226	5650		
68	1700			148	3700			228	5700		
70	1750			150	3750			230	5750		
72	1800			152	3800			232	5800		
74	1850			154	3850			234	5850		
76	1900			156	3900			236	5900		
78	1950			158	3950			238	5950		
80	2000			160	4000			240	6000		

Total Distance Swum:**

* USMS One Hour Postal in pool lengths of 25-Yards or greater. USMS 3000/6000 Postal in pool lengths of 25-Yards or 25-Meters only.

** For One Hour Postal events swum in meters pool, the final distance will be converted automatically by the online entry system by multiplying the distance swum in meters by 1.0936 & then rounded down to nearest five yard increment and integrated with yard distances.

For 3000/6000 Postal events swum in a meters pool, the final time will be divided by 1.0936 and then integrated with the 25-yard times.