

# USMS 1-Hour ePostal National Championship

The 1-Hour ePostal is an event that can be swum in any pool 25 yards or longer, including meter pools. All results will automatically be converted to yards. All swimmers will be ranked by distance swam within their age group to determine the final results. Team relay entries are also available as part of the event.

**Who:** Any 2019 registered member of USMS or a FINA member national governing body when you swim.

**What:** Pretty simple event - how far can you swim in 1 hour?

**When:** Swim during January or February 2019

**Why:** Get creative with your team and determine the best way to swim the longest distance possible in 1 hour.

### Personal Goals:

- Set a goal before the swim.
- See if you can beat a previous time.
- You can swim multiple times but just enter your furthest distance that you complete.

### Team Goals:

- Set up some pool times for your team to swim the event.
- Get enough swimmers from your team to be able to enter a relay.
- See if you can beat the distance swam by some of your team mates.

**How:** Lots of flexibility here. Most people will swim for an hour straight and record their splits and final distance. You can also swim using any interval or distance. For example: 40 x 100 x 1:30 = 1 hour for 4,000 yards.



*International orders add \$20 per t-shirt and \$7 per cap.*

**Electric Green or Charcoal Performance Long Sleeve t-shirt (\$24.00)**  
A lightweight performance fabric that blocks the sun with a soft feel providing good moisture management. Unisex sizes S - 3XL.

**Yellow Latex Cap (\$7.00)** - A classic latex swim cap commemorating your 2019 postal swim. Secure fit and the perfect weight for practice or competition



**Mens Gold Short Sleeve cotton t-shirt (\$15.00)**  
A traditional cotton shirt. Men's sizes S - 3XL.

**Womens Royal Blue Short Sleeve cotton t-shirt (\$15.00)**  
A traditional cotton shirt specially fitted for women. Women's sizes S-3XL



**Host Club:** Central Illinois Masters Swim Team

**Questions:** Contact Dave Gibson, Event Director, [dave.swim.gibson@gmail.com](mailto:dave.swim.gibson@gmail.com), or call 309-663-4019.

*Note: Please refer to the official entry form for a more detailed explanation of the rules.*

