



# ePostal Split Sheets

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## USMS One Hour ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	50 Split	Cumulative Time
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
18	450		
20	500		
22	550		
24	600		
26	650		
28	700		
30	750		
32	800		
34	850		
36	900		
38	950		
40	1000		
42	1050		
44	1100		
46	1150		
48	1200		
50	1250		
52	1300		
54	1350		
56	1400		
58	1450		
60	1500		
62	1550		
64	1600		
66	1650		
68	1700		
70	1750		
72	1800		
74	1850		
76	1900		
78	1950		
80	2000		
82	2050		
84	2100		
86	2150		
88	2200		
90	2250		
92	2300		
94	2350		
96	2400		
98	2450		
100	2500		
102	2550		
104	2600		
106	2650		
108	2700		
110	2750		
112	2800		
114	2850		
116	2900		
118	2950		
120	3000		

Lengths	Distance	50 Split	Cumulative Time
122	3050		
124	3100		
126	3150		
128	3200		
130	3250		
132	3300		
134	3350		
136	3400		
138	3450		
140	3500		
142	3550		
144	3600		
146	3650		
148	3700		
150	3750		
152	3800		
154	3850		
156	3900		
158	3950		
160	4000		
162	4050		
164	4100		
166	4150		
168	4200		
170	4250		
172	4300		
174	4350		
176	4400		
178	4450		
180	4500		
182	4550		
184	4600		
186	4650		
188	4700		
190	4750		
192	4800		
194	4850		
196	4900		
198	4950		
200	5000		
202	5050		
204	5100		
206	5150		
208	5200		
210	5250		
212	5300		
214	5350		
216	5400		
218	5450		
220	5500		
222	5550		
224	5600		
226	5650		
228	5700		
230	5750		
232	5800		
234	5850		
236	5900		
238	5950		
240	6000		
Final Distance (see note below):			

The final distance is to be rounded off to the last completed 5 yard/meter increment.  
 Highlighted cells are the cumulative split times that are required to be entered during the online registration process.  
 If swum in a metric pool, do not convert to yards. This will automatically be done during online registration.  
 following the requirements of USMS rule 306.6.3. Be sure to select meters as pool course when registering.

## USMS One Hour ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	50 Split	Cumulative Time
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
18	450		
20	500		
22	550		
24	600		
26	650		
28	700		
30	750		
32	800		
34	850		
36	900		
38	950		
40	1000		
42	1050		
44	1100		
46	1150		
48	1200		
50	1250		
52	1300		
54	1350		
56	1400		
58	1450		
60	1500		

Lengths	Distance	50 Split	Cumulative Time
62	1550		
64	1600		
66	1650		
68	1700		
70	1750		
72	1800		
74	1850		
76	1900		
78	1950		
80	2000		
82	2050		
84	2100		
86	2150		
88	2200		
90	2250		
92	2300		
94	2350		
96	2400		
98	2450		
100	2500		
102	2550		
104	2600		
106	2650		
108	2700		
110	2750		
112	2800		
114	2850		
116	2900		
118	2950		
120	3000		

The final distance is to be rounded off to the last completed 5 yard/meter increment.  
 Highlighted cells are the cumulative split times that are required to be entered during online registration.  
 If swum in a metric pool, do not convert to yards. This will automatically be done during online registration following the requirements of USMS rule 306.6.3. Be sure to select meters as pool course when registering.

## USMS One Hour ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

122	3050		
124	3100		
126	3150		
128	3200		
130	3250		
132	3300		
134	3350		
136	3400		
138	3450		
140	3500		
142	3550		
144	3600		
146	3650		
148	3700		
150	3750		
152	3800		
154	3850		
156	3900		
158	3950		
160	4000		
162	4050		
164	4100		
166	4150		
168	4200		
170	4250		
172	4300		
174	4350		
176	4400		
178	4450		
180	4500		

182	4550		
184	4600		
186	4650		
188	4700		
190	4750		
192	4800		
194	4850		
196	4900		
198	4950		
200	5000		
202	5050		
204	5100		
206	5150		
208	5200		
210	5250		
212	5300		
214	5350		
216	5400		
218	5450		
220	5500		
222	5550		
224	5600		
226	5650		
228	5700		
230	5750		
232	5800		
234	5850		
236	5900		
238	5950		
240	6000		
Final Distance (see note below):			

The final distance is to be rounded off to the last completed 5 yard/meter increment.  
 Highlighted cells are the cumulative split times that are required to be entered during online registration.  
 If swum in a metric pool, do not convert to yards. This will automatically be done during online registration following the requirements of USMS rule 306.6.3. Be sure to select meters as pool course when registering.

## USMS 5K ePostal Long Distance National Championship



Date: \_\_\_\_\_

Swimmer: \_\_\_\_\_

Course (yd or m): \_\_\_\_\_

Age: \_\_\_\_\_

Location: \_\_\_\_\_

Gender: \_\_\_\_\_

Timer: \_\_\_\_\_

USMS#: \_\_\_\_\_

Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	100 Split	Cumulative Time
2	100		
4	200		
6	300		
8	400		
10	500		
12	600		
14	700		
16	800		
18	900		
20	1000		
22	1100		
24	1200		
26	1300		
28	1400		
30	1500		
32	1600		
34	1700		
36	1800		
38	1900		
40	2000		
42	2100		
44	2200		
46	2300		
48	2400		
50	2500		

Lengths	Distance	100 Split	Cumulative Time
52	2600		
54	2700		
56	2800		
58	2900		
60	3000		
62	3100		
64	3200		
66	3300		
68	3400		
70	3500		
72	3600		
74	3700		
76	3800		
78	3900		
80	4000		
82	4100		
84	4200		
86	4300		
88	4400		
90	4500		
92	4600		
94	4700		
96	4800		
98	4900		
100	5000		

Highlighted cells are the cumulative split times that are required to be entered during online registration.

USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
2. Cumulative split times must be recorded to the nearest second.
3. Final times submitted to the nearest second or tenth will have 0.99 or 0.09 seconds added respectively.

It is strongly recommended that your recorder enters your final time to the hundredth to prevent adding this time.

When registering online, do not enter tenths or hundredths if not recorded to that precision.

# USMS 10K ePostal Long Distance National Championship



Date: \_\_\_\_\_

Swimmer: \_\_\_\_\_

Course (yd or m): \_\_\_\_\_

Age: \_\_\_\_\_

Location: \_\_\_\_\_

Gender: \_\_\_\_\_

Timer: \_\_\_\_\_

USMS#: \_\_\_\_\_

Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	100 Split	Cumulative Time
2	100		
4	200		
6	300		
8	400		
10	500		
12	600		
14	700		
16	800		
18	900		
20	1000		
22	1100		
24	1200		
26	1300		
28	1400		
30	1500		
32	1600		
34	1700		
36	1800		
38	1900		
40	2000		
42	2100		
44	2200		
46	2300		
48	2400		
50	2500		
52	2600		
54	2700		
56	2800		
58	2900		
60	3000		
62	3100		
64	3200		
66	3300		
68	3400		
70	3500		
72	3600		
74	3700		
76	3800		
78	3900		
80	4000		
82	4100		
84	4200		
86	4300		
88	4400		
90	4500		
92	4600		
94	4700		
96	4800		
98	4900		
100	5000		

Lengths	Distance	100 Split	Cumulative Time
102	5100		
104	5200		
106	5300		
108	5400		
110	5500		
112	5600		
114	5700		
116	5800		
118	5900		
120	6000		
122	6100		
124	6200		
126	6300		
128	6400		
130	6500		
132	6600		
134	6700		
136	6800		
138	6900		
140	7000		
142	7100		
144	7200		
146	7300		
148	7400		
150	7500		
152	7600		
154	7700		
156	7800		
158	7900		
160	8000		
162	8100		
164	8200		
166	8300		
168	8400		
170	8500		
172	8600		
174	8700		
176	8800		
178	8900		
180	9000		
182	9100		
184	9200		
186	9300		
188	9400		
190	9500		
192	9600		
194	9700		
196	9800		
198	9900		
200	10000		

Highlighted cells are the cumulative split times that are required to be entered during online registration.

USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
  2. Cumulative split times must be recorded to the nearest second.
  3. Final times submitted to the nearest second or tenth will have 0.99 or 0.09 seconds added respectively.
- It is strongly recommended that your recorder enters your final time to the hundredth to prevent adding this time. When registering online, do not enter tenths or hundredths if not recorded to that precision.

## USMS 10K ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	100 Split	Cumulative Time
2	100		
4	200		
6	300		
8	400		
10	500		
12	600		
14	700		
16	800		
18	900		
20	1000		
22	1100		
24	1200		
26	1300		
28	1400		
30	1500		
32	1600		
34	1700		
36	1800		
38	1900		
40	2000		
42	2100		
44	2200		
46	2300		
48	2400		
50	2500		

Lengths	Distance	100 Split	Cumulative Time
52	2600		
54	2700		
56	2800		
58	2900		
60	3000		
62	3100		
64	3200		
66	3300		
68	3400		
70	3500		
72	3600		
74	3700		
76	3800		
78	3900		
80	4000		
82	4100		
84	4200		
86	4300		
88	4400		
90	4500		
92	4600		
94	4700		
96	4800		
98	4900		
100	5000		

Highlighted cells are the cumulative split times that are required to be entered during online registration.

USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
2. Cumulative split times must be recorded to the nearest second.
3. Final times submitted to the nearest second or tenth will have 0.99 or 0.09 seconds added respectively.

It is strongly recommended that your recorder enters your final time to the hundredth to prevent adding this time.

When registering online, do not enter tenths or hundredths if not recorded to that precision.

## USMS 10K ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	100 Split	Cumulative Time
102	5100		
104	5200		
106	5300		
108	5400		
110	5500		
112	5600		
114	5700		
116	5800		
118	5900		
120	6000		
122	6100		
124	6200		
126	6300		
128	6400		
130	6500		
132	6600		
134	6700		
136	6800		
138	6900		
140	7000		
142	7100		
144	7200		
146	7300		
148	7400		
150	7500		

Lengths	Distance	100 Split	Cumulative Time
152	7600		
154	7700		
156	7800		
158	7900		
160	8000		
162	8100		
164	8200		
166	8300		
168	8400		
170	8500		
172	8600		
174	8700		
176	8800		
178	8900		
180	9000		
182	9100		
184	9200		
186	9300		
188	9400		
190	9500		
192	9600		
194	9700		
196	9800		
198	9900		
200	10,000		

Highlighted cells are the cumulative split times that are required to be entered during online registration.

USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
2. Cumulative split times must be recorded to the nearest second.
3. Final times submitted to the nearest second or tenth will have 0.99 or 0.09 seconds added respectively.

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When registering online, do not enter tenths or hundredths if not recorded to that precision.



# USMS 3000 yd ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	50 Split	Cumulative Time
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
18	450		
20	500		
22	550		
24	600		
26	650		
28	700		
30	750		
32	800		
34	850		
36	900		
38	950		
40	1000		
42	1050		
44	1100		
46	1150		
48	1200		
50	1250		
52	1300		
54	1350		
56	1400		
58	1450		
60	1500		

Lengths	Distance	50 Split	Cumulative Time
62	1550		
64	1600		
66	1650		
68	1700		
70	1750		
72	1800		
74	1850		
76	1900		
78	1950		
80	2000		
82	2050		
84	2100		
86	2150		
88	2200		
90	2250		
92	2300		
94	2350		
96	2400		
98	2450		
100	2500		
102	2550		
104	2600		
106	2650		
108	2700		
110	2750		
112	2800		
114	2850		
116	2900		
118	2950		
120	3000		

Highlighted cells are the cumulative split times that are required to be entered during online registration.

USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
  2. Cumulative split times must be recorded to the nearest second.
  3. Final times submitted to the nearest second or tenth will have 0.99 or 0.09 seconds added respectively.
- It is strongly recommended that your recorder enters your final time to the hundredth to prevent adding this time. When registering online, do not enter tenths or hundredths if not recorded to that precision. If swum in a metric pool, do not convert to yards. This will automatically be done during the online registration following the requirements of USMS rule 306.6.3. Be sure to select meters as pool course when registering.

# USMS 6000 yd ePostal Long Distance National Championship



Date: \_\_\_\_\_

Swimmer: \_\_\_\_\_

Course (yd or m): \_\_\_\_\_

Age: \_\_\_\_\_

Location: \_\_\_\_\_

Gender: \_\_\_\_\_

Timer: \_\_\_\_\_

USMS#: \_\_\_\_\_

Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	50 Split	Cumulative Time
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
18	450		
20	500		
22	550		
24	600		
26	650		
28	700		
30	750		
32	800		
34	850		
36	900		
38	950		
40	1000		
42	1050		
44	1100		
46	1150		
48	1200		
50	1250		
52	1300		
54	1350		
56	1400		
58	1450		
60	1500		
62	1550		
64	1600		
66	1650		
68	1700		
70	1750		
72	1800		
74	1850		
76	1900		
78	1950		
80	2000		
82	2050		
84	2100		
86	2150		
88	2200		
90	2250		
92	2300		
94	2350		
96	2400		
98	2450		
100	2500		
102	2550		
104	2600		
106	2650		
108	2700		
110	2750		
112	2800		
114	2850		
116	2900		
118	2950		
120	3000		

Lengths	Distance	50 Split	Cumulative Time
122	3050		
124	3100		
126	3150		
128	3200		
130	3250		
132	3300		
134	3350		
136	3400		
138	3450		
140	3500		
142	3550		
144	3600		
146	3650		
148	3700		
150	3750		
152	3800		
154	3850		
156	3900		
158	3950		
160	4000		
162	4050		
164	4100		
166	4150		
168	4200		
170	4250		
172	4300		
174	4350		
176	4400		
178	4450		
180	4500		
182	4550		
184	4600		
186	4650		
188	4700		
190	4750		
192	4800		
194	4850		
196	4900		
198	4950		
200	5000		
202	5050		
204	5100		
206	5150		
208	5200		
210	5250		
212	5300		
214	5350		
216	5400		
218	5450		
220	5500		
222	5550		
224	5600		
226	5650		
228	5700		
230	5750		
232	5800		
234	5850		
236	5900		
238	5950		
240	6000		

Highlighted cells are the cumulative split times that are required to be entered during online registration.

USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
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## USMS 6000 yd ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

Lengths	Distance	50 Split	Cumulative Time
2	50		
4	100		
6	150		
8	200		
10	250		
12	300		
14	350		
16	400		
18	450		
20	500		
22	550		
24	600		
26	650		
28	700		
30	750		
32	800		
34	850		
36	900		
38	950		
40	1000		
42	1050		
44	1100		
46	1150		
48	1200		
50	1250		
52	1300		
54	1350		
56	1400		
58	1450		
60	1500		

Lengths	Distance	50 Split	Cumulative Time
62	1550		
64	1600		
66	1650		
68	1700		
70	1750		
72	1800		
74	1850		
76	1900		
78	1950		
80	2000		
82	2050		
84	2100		
86	2150		
88	2200		
90	2250		
92	2300		
94	2350		
96	2400		
98	2450		
100	2500		
102	2550		
104	2600		
106	2650		
108	2700		
110	2750		
112	2800		
114	2850		
116	2900		
118	2950		
120	3000		

Highlighted cells are the cumulative split times that are required to be entered during online registration. USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
2. Cumulative split times must be recorded to the nearest second.
3. Final times submitted to the nearest second or tenth will have 0.99 or 0.09 seconds added respectively. It is strongly recommended that your recorder enters your final time to the hundredth to prevent adding this time. When registering online, do not enter tenths or hundredths if not recorded to that precision.

If swum in a metric pool, do not convert to yards. This will automatically be done during the online registration following the requirements of USMS rule 306.6.3. Be sure to select meters as pool course when registering.

## USMS 6000 yd ePostal Long Distance National Championship



Swimmer: \_\_\_\_\_  
 Age: \_\_\_\_\_  
 Gender: \_\_\_\_\_  
 USMS#: \_\_\_\_\_

Date: \_\_\_\_\_  
 Course (yd or m): \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Timer: \_\_\_\_\_  
 Timer's Phone or email: \_\_\_\_\_

122	3050		
124	3100		
126	3150		
128	3200		
130	3250		
132	3300		
134	3350		
136	3400		
138	3450		
140	3500		
142	3550		
144	3600		
146	3650		
148	3700		
150	3750		
152	3800		
154	3850		
156	3900		
158	3950		
160	4000		
162	4050		
164	4100		
166	4150		
168	4200		
170	4250		
172	4300		
174	4350		
176	4400		
178	4450		
180	4500		

182	4550		
184	4600		
186	4650		
188	4700		
190	4750		
192	4800		
194	4850		
196	4900		
198	4950		
200	5000		
202	5050		
204	5100		
206	5150		
208	5200		
210	5250		
212	5300		
214	5350		
216	5400		
218	5450		
220	5500		
222	5550		
224	5600		
226	5650		
228	5700		
230	5750		
232	5800		
234	5850		
236	5900		
238	5950		
240	6000		

Highlighted cells are the cumulative split times that are required to be entered during online registration. USMS Rule 306.5 requires:

1. A stopwatch or electronic timing system shall be used. (a pace clock does not meet this requirement.)
2. Cumulative split times must be recorded to the nearest second.
3. Final times submitted to the nearest second or tenth will have 0.99 or 0.09 seconds added respectively.

It is strongly recommended that your recorder enters your final time to the hundredth to prevent adding this time. When registering online, do not enter tenths or hundredths if not recorded to that precision. If swum in a metric pool, do not convert to yards. This will automatically be done during the online registration following the requirements of USMS rule 306.6.3. Be sure to select meters as pool course when registering.