

Oregon ePostal Swim Series & Awards for 2018

Purpose: To promote fitness, training, & competition for all without requiring long travel to participate.

Series: This is a series of distance swims that are conducted at local pools and entered in USMS National ePostal Championship events. The results are tabulated for Oregon-registered athletes, with scoring and recognition for a cumulative series (similar to the Oregon Open Water Series).

Events: This series consists of five events:

<u>ePostal Event</u>	<u>Pool size</u>	<u>Dates</u>
One-Hour Swim	25 yards or longer	January 1 – February 28
5 & 10-Kilometer Swims	50 meters	May 15 – September 15
3000 & 6000-Yard Swims	25 yards	September 15 – November 15

(The Oregon Series Coordinator will help arrange access to 50-meter pools for the 5 & 10-Kilometer swims; information concerning access will be published in the OMS newsletter *Aqua Master*).

How to participate:

- ◆ Join Oregon Masters Swimming, Inc; registration forms are found in *Aqua-Master* or on the OMS website (<http://www.usms.org/reg/>). Join early, particularly for the One-Hour Swim!
- ◆ Obtain the meet information and entry blanks for each event; these are found in the *Aqua-Master* or on the USMS website (<http://www.usms.org/longdist/>).
- ◆ Swim the event, under the guidelines set out in the entry information. This can be done solo, but is best done in a team setting during practice or as a special event.
- ◆ Enter the national event right away by submitting your completed entry blank & fee before the deadline. Your participation is not complete until you have entered.

How the Oregon Series is conducted:

- ◆ Based upon the official National results, the Coordinator will record the results for all Oregon-registered athletes for each event, and publish them in the *Aqua Master* and on the OMS website.
- ◆ After the National series is completed, the Coordinator will tabulate the cumulative Oregon point results in each age group, present awards to all swimmers who qualify for them, and publish the results in the *Aqua Master* and on the OMS website.

Oregon Series Scoring:

- ◆ Individual age group scoring to ten places in each event: 11-9-8-7-6-5-4-3-2-1.
- ◆ Swimmers must enter at least three events to qualify for the Oregon Series Championship; all scores for each swimmer will be counted for age group place in the Series.

Oregon Series Awards & Recognition:

- ◆ **OMS Participation Award:** OMS provides a special award for swimmers who enter three specific swims (the One-Hour Swim, the 5 or 10-km swim, and the 3000 or 6000-yard swim) in the same calendar year.
- ◆ **OMS Records:** OMS keeps records in all ePostal events. Swimmers must enter the USMS National Postal Championship event for a swim to count as a Record performance.
- ◆ **OMS Top Twelve:** OMS keeps a Top Twelve list in all ePostal events. Swimmers must enter the USMS National Postal Championship event for a swim to count as a Top Twelve performance.

USMS Participation Award: USMS provides a special patch for swimmers who enter all five ePostal swims in the same calendar year. This is a major accomplishment, which only about 60 swimmers in the nation achieve each year!

Need More Information? Contact Bob Bruce, Oregon Long Distance Chair & Series Coordinator:

- ◆ 61200 Parrell Rd., Bend, OR 97702
- ◆ coachbobbruce@gmail.com
- ◆ 541-317-4851