



**U.S. MASTERS
SWIMMING**

Navigating Open Water and ePostal National Championships

***USMS 2020 Annual Meeting
Long Distance Committee***



**U.S. MASTERS
SWIMMING**

Welcome!

We're going to answer a lot of questions today:

- **Where do I find my Long Distance event results?**
- **What's an ePostal and why would I want to swim one?**
- **How do I earn national recognition for Long Distance National Championships?**
- **How can my club host an Open Water or ePostal National Championship?**



**U.S. MASTERS
SWIMMING**

Timers Ready?

Swimmers Ready?

Go!





**U.S. MASTERS
SWIMMING**

Where do I find my event results?

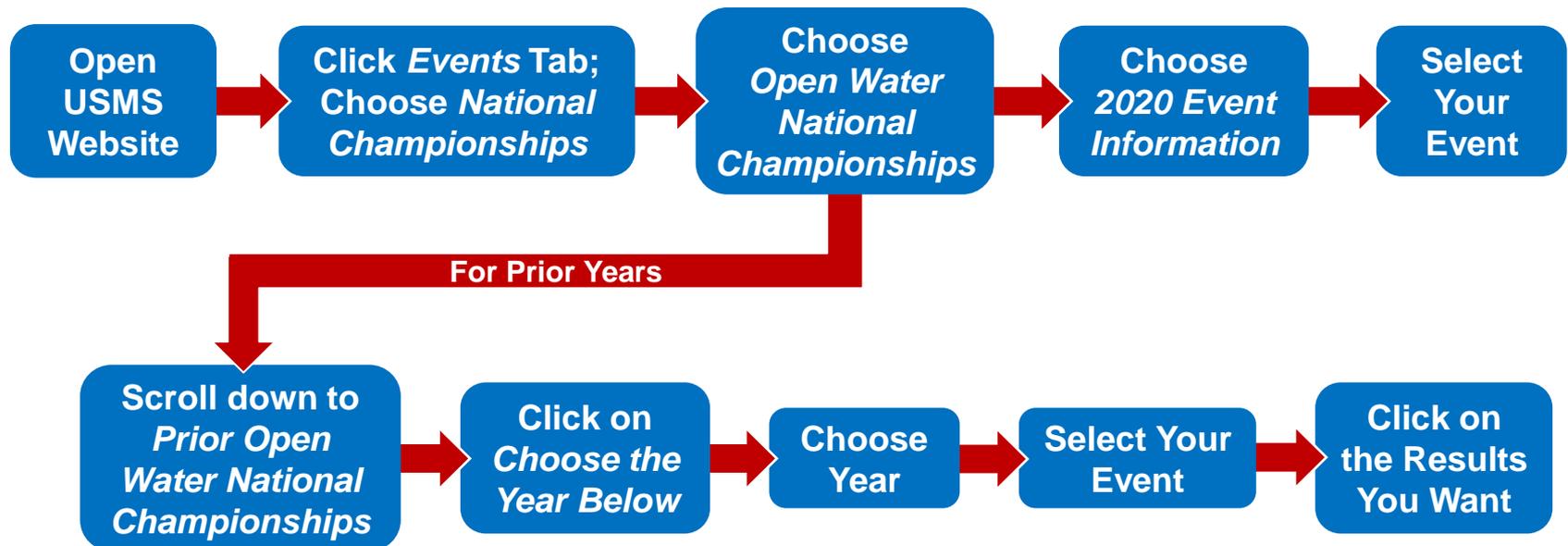
- Open Water National Championships
- ePostal National Championships





U.S. MASTERS SWIMMING

Find Open Water National Championship Results





**U.S. MASTERS
SWIMMING**

Don't Worry!

**We're going to show you
what all these flow charts
look like on the USMS Website!**



U.S. MASTERS SWIMMING

Open Water National Championship Results

- Click *Events* Tab

U.S. MASTERS SWIMMING

Fitness & Training Events Club Finder About USMS Join My USMS

U.S. Masters Swimming
Thank You for Being a Member

EXPLORE BENEFITS

Tell us about yourself so we can personalize your USMS.org experience

I am in

Latest from USMS

Try These Drills to Master Breaststroke

Here are some drills to develop quick and effective recovery movements in breaststroke.

ARTICLE



U.S. MASTERS SWIMMING

Open Water National Championship Results

- Click *National Championships* Tab

The screenshot shows the U.S. Masters Swimming website interface. At the top, there is a navigation bar with the following links: Fitness & Training, Events (highlighted with a red underline), Club Finder, About USMS, Join, and My USMS. A search icon is also present. Below the navigation bar, a dropdown menu for 'Events' is open, listing: Calendar of Events, Fitness Events, Virtual Championships, National Championships (indicated by a red vertical bar and a red hand cursor), Results and Rankings, and Records. To the right of the dropdown is a 'Calendar of Events' button with a swimmer icon. Below the menu is a banner for 'COVID-19 Information' and 'New Resources Available for Swimmers' with an 'ACCESS NOW' button. At the bottom, there is a blue section with the text 'Tell us about yourself so we can personalize your USMS.org experience' and a form with 'I am' and 'in Akron, OH' fields.



U.S. MASTERS SWIMMING

Open Water National Championship Results

- Click
Open Water Championships

USMS National Championships

Whether you race in the pool or out in the great wide open, we've got you covered

POOL CHAMPIONSHIPS

OPEN WATER CHAMPIONSHIPS

EPOSTAL CHAMPIONSHIPS

Tweet

SIGN UP FOR UPDATES FROM USMS SIGN UP



U.S. MASTERS SWIMMING

Open Water National Championship Results

- Choose **2020
Event Information**

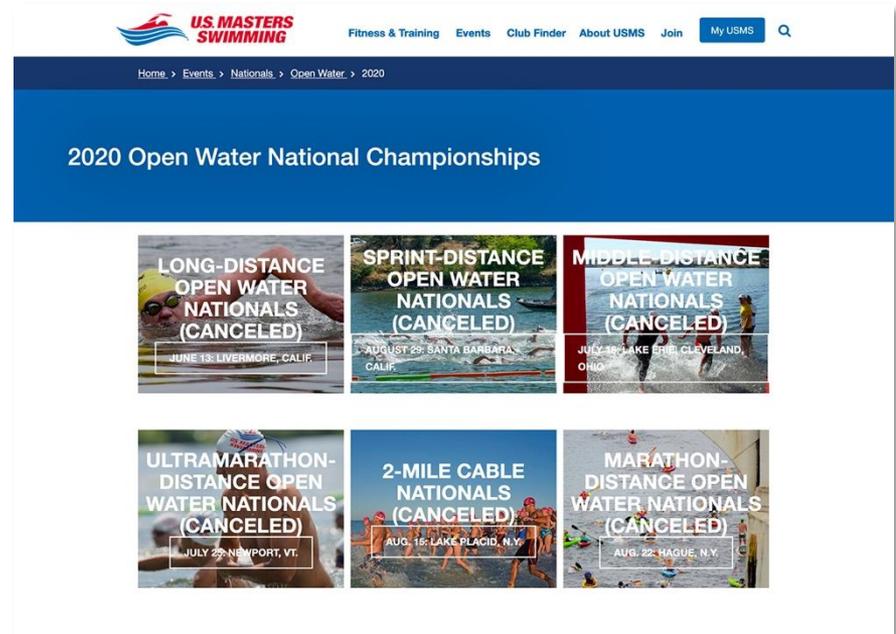
The screenshot shows the U.S. Masters Swimming website. At the top is the logo and navigation links: Fitness & Training, Events, Club Finder, About USMS, Join, My USMS, and a search icon. Below the navigation is a breadcrumb trail: Home > Events > Nationals > Open Water. The main content area features a large image of a swimmer in open water with the text: "Open Water National Championships" and "1 mile or 10-plus? You choose in these six races". Below this are two smaller images: "2020 EVENT INFORMATION" showing a swimmer in a pink cap, and "2021 EVENT INFORMATION" showing a group of swimmers in a lake. Further down, there is a section titled "Championship Bidding Information" with links for "Bid Instructions (.pdf)", "Bidding FAQs", and "Open Water Championships Bid Form". A "Help Wanted" section at the bottom mentions a search for historical results.



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Open Water National Championship Results

- The global pandemic led to the cancellation of all six of our 2020 OWNC events.





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Prior Open Water National Championship Results

- Scroll Down
to *Prior OWNCs*



Championship Bidding Information

[Bid Instructions \(pdf\)](#) - Instructions on how to bid for open water national championships. Championships are awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded and are due no later than 30 days prior to the annual meeting. [Bidding FAQs](#).

[Open Water Championships Bid Form](#) - Form to be used for bidding on open water national championships. Please download Bid Instructions document for instructions on how to fill out this form.

Help Wanted

The USMS History and Archives Committee is searching for results and some information missing for a number of older events (date, location, etc.). See [this file](#) for a list of events where information is needed. If you have access to some of the missing information, please email it.

Prior Open Water National Championships

View results and other information from prior open water national championships

Choose the year below ^

- [2019 Open Water National Championships](#)
- [2018 Open Water National Championships](#)
- [2017 Open Water National Championships](#)
- [2016 Open Water National Championships](#)
- [2015 Open Water National Championships](#)
- [2014 Open Water National Championships](#)
- [2013 Open Water National Championships](#)
- [2012 Open Water National Championships](#)
- [2011 Open Water National Championships](#)
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- [1999 Open Water National Championships](#)
- [1998 Open Water National Championships](#)



U.S. MASTERS SWIMMING

Prior Open Water National Championship Results

- Choose the Year
You Swam



Championship Bidding Information

[Bid Instructions \(.pdf\)](#) - Instructions on how to bid for open water national championships. Championships are awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded and are due no later than 30 days prior to the annual meeting. [Bidding FAQs](#).

[Open Water Championships Bid Form](#) - Form to be used for bidding on open water national championships. Please download Bid Instructions document for instructions on how to fill out this form.

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Prior Open Water National Championships

View results and other information from prior open water national championships

Choose the year below ^

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- [2018 Open Water National Championships](#)
- [2017 Open Water National Championships](#)
- [2016 Open Water National Championships](#)
- [2015 Open Water National Championships](#)
- [2014 Open Water National Championships](#)
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- [2000 Open Water National Championships](#)
- [1999 Open Water National Championships](#)
- [1998 Open Water National Championships](#)





U.S. MASTERS SWIMMING

Prior Open Water National Championship Results

- Choose the Event
You Swam

The screenshot shows the U.S. Masters Swimming website's navigation bar with links for Fitness & Training, Events, Club Finder, About USMS, Join, and My USMS. Below the navigation is a breadcrumb trail: Home > Events > Nationals > Open Water > 2019. The main heading is "2019 Open Water National Championships".

The results are organized into six event categories, each with a photo, title, date, location, event director, and links to final results:

- MIDDLE-DISTANCE OPEN WATER NATIONALS**
JUNE 14: LAKE BERRYESSA, CALIF.
Event director: Stu Kahn
Women's final results
Men's final results
- 2-MILE CABLE OPEN WATER NATIONALS**
JUNE 15: EAGLE CREEK PARK, IND.
Event director: Michelle Harter
Women's final individual results
Women's final relay results
Men's final individual results
Men's final relay results
Mixed final relay results
- ULTRAMARATHON-DISTANCE OPEN WATER NATIONALS**
JULY 7: PORTLAND, ORE.
Event director: Marisa Frieder
Women's Final Results
Men's Final Results
- SPRINT-DISTANCE OPEN WATER NATIONALS**
AUG. 16: LAKE WILLOUGHBY, VT.
Event director: Phil White
Women's Final Results
Men's Final Results
- LONG-DISTANCE OPEN WATER NATIONALS**
AUG. 17: LAKE WILLOUGHBY, VT.
Event director: Phil White
Women's Final Results
Men's Final Results
- MARATHON-DISTANCE OPEN WATER NATIONALS**
SEPT. 22: KNOXVILLE, TENN.
Event director: Jack McAfee
Women's Final Results
Men's Final Results

A red arrow points to the "Men's Final Results" link for the Marathon-Distance Open Water Nationals event.



**U.S. MASTERS
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All About ePostal National Championships

1-Hour ePostal National Championship

- How far can you swim in an hour?
- Medals for 1st through 10th place.
- Historically more participants.
- Relays (3M, 3F, 2F+2M, same club); yardage added.
- Team scores = Individual yardage added for members of same USMS club.



**U.S. MASTERS
SWIMMING**

All About ePostal National Championships

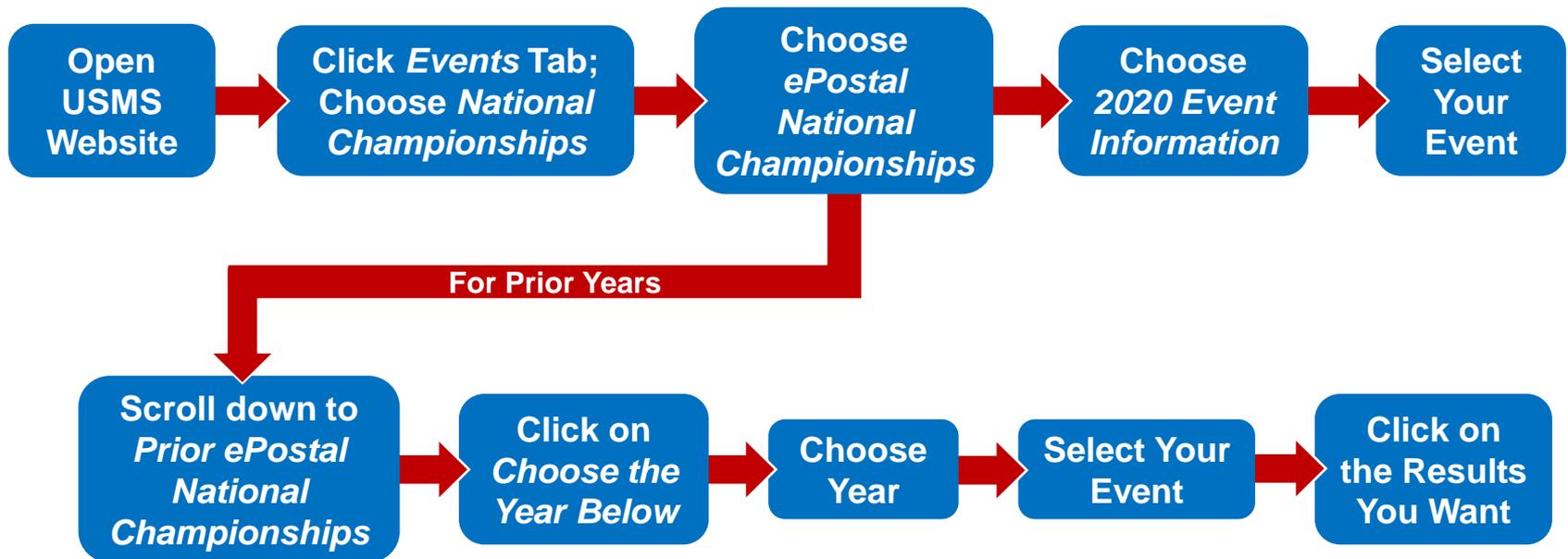
5K/10K and 3000/6000-Yard ePostal National Championships

- Medals for 1st through 6th place.
- Relays (3M, 3F, 2F+2M, same club); times added.
- Team Scores = Quality points added for members of same USMS club.
- Quality Points = Record time/Your time x 1000.
- New records score over 1000 quality points.



U.S. MASTERS SWIMMING

Find ePostal National Championship Results





U.S. MASTERS SWIMMING

ePostal National Championship Results

- Click *Events* Tab

The screenshot shows the U.S. Masters Swimming website homepage. At the top, there is a navigation bar with the following links: Fitness & Training, Events, Club Finder, About USMS, Join, My USMS, and a search icon. The main header features a large image of a swimmer in a pool with the text "U.S. Masters Swimming Thank You for Being a Member" and a red "EXPLORE BENEFITS" button. Below this is a blue section with the text "Tell us about yourself so we can personalize your USMS.org experience" and a form with "I am" and "in" dropdown menus, with "Akron, OH" selected in the "in" dropdown. The bottom section is titled "Latest from USMS" and contains a featured article titled "Try These Drills to Master Breaststroke" with a sub-headline "Here are some drills to develop quick and effective recovery movements in breaststroke." and a red "ARTICLE" button. The article image shows a swimmer and a coach.



U.S. MASTERS SWIMMING

ePostal National Championship Results

- Click *National Championships* Tab

The screenshot shows the U.S. Masters Swimming website. At the top, there is a navigation bar with the following links: Fitness & Training, Events (highlighted with a red underline), Club Finder, About USMS, Join, My USMS, and a search icon. Below the navigation bar, there is a dropdown menu for 'Events' with the following options: Calendar of Events, Fitness Events, Virtual Championships, National Championships (highlighted with a red vertical bar), Results and Rankings, and Records. To the right of the dropdown menu, there is a small image of a swimmer and a 'Calendar of Events' button. Below the dropdown menu, there is a banner with the text 'COVID-19 Information' and 'New Resources Available for Swimmers' with an 'ACCESS NOW' button. At the bottom of the banner, there is a form with the text 'Tell us about yourself so we can personalize your USMS.org experience' and a dropdown menu for 'I am' and a text input field for 'in Akron, OH'.



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ePostal National Championship Results

- Choose *ePostal Championships*

U.S. MASTERS SWIMMING

Fitness & Training Events Club Finder About USMS Join My USMS

Home > Events > Nationals

USMS National Championships

Whether you race in the pool or out in the great wide open, we've got you covered

POOL CHAMPIONSHIPS

OPEN WATER CHAMPIONSHIPS

EPOSTAL CHAMPIONSHIPS

Tweet

SIGN UP FOR UPDATES FROM USMS SIGN UP



U.S. MASTERS SWIMMING

ePostal National Championship Results

- Choose **2020**
Event Information

U.S. MASTERS SWIMMING

Fitness & Training Events Club Finder About USMS Join My USMS

Home > Events > Nationals > EPostals

ePostal National Championships

Swim on your own, submit your results

2020 EVENT INFORMATION

2021 EVENT INFORMATION

ePostal Course Descriptions

- USMS 1-Hour ePostal National Championships: 25-yard pool or longer
- USMS 5K/10K ePostal National Championships: 50-meter pool, each event swum separately. For 2020, a non-championship short course version is also being offered that can be swum in a 25-yard or 25-meter pool.
- USMS 3000/6000-Yard ePostal National Championships: 25-yard or 25-meter pool, each event swum separately



U.S. MASTERS SWIMMING

ePostal National Championship Results

- Choose Your
2020 Event

U.S. MASTERS SWIMMING Fitness & Training Events Club Finder About USMS Join My USMS

Home > Events > Nationals > EPostals > 2020

2020 ePostal National Championships

Event Director: Jim Stambolis

Event Information

[Men's Final Results](#)

[Women's Final Results](#)

Club Scores

[Men's Final Relay Results](#)

[Women's Final Relay Results](#)

[Mixed Final Relay Result](#)

Event Director: Matt Miller

In response to the COVID-19 pandemic, a non-championship version of this event that can be completed in a SCY or SCM pool is now being offered in addition to championship event that must be completed in a 50m pool. The deadline to complete the 5K and/or 10K has also been extended to September 30.

[2020 USMS 5K/10K ePostal National Championships Event Information](#)

[2020 USMS 5K/10K Short Course ePostal Event Information](#)

[ePostal Course Descriptions](#)

- USMS 1-Hour ePostal National Championship: 25-yard pool or longer
- USMS 5K/10K ePostal National Championships: 50-meter pool, each event swum separately. For 2020, a non-championship short course version is also being offered that can be swum in a 25-yard or 25-meter pool.
- USMS 3000/6000-Yard ePostal National Championships: 25-yard or 25-meter pool, each event swum separately

Tweet



U.S. MASTERS SWIMMING

Prior ePostal National Championship Results

- Scroll Down to
Prior ePostal NCs

Want to Host an ePostal?

Bid Instructions (.pdf) - Instructions on how to bid for ePostal national championships. Championships are awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded and are due no later than 30 days prior to the annual meeting. [Bidding FAQs](#).

ePostal Championships Bid Form - Form to be used for bidding on ePostal national championships. Please download Bid Instructions document for instructions on how to fill out this form.

Help Wanted

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Prior ePostal National Championships

View results and other information from prior ePostal National Championships.

Choose the year below ^

- [2019 ePostal National Championships](#)
- [2018 ePostal National Championships](#)
- [2017 ePostal National Championships](#)
- [2016 ePostal National Championships](#)
- [2015 ePostal National Championships](#)
- [2014 ePostal National Championships](#)
- [2013 ePostal National Championships](#)
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- [2000 ePostal National Championships](#)
- [1999 ePostal National Championships](#)
- [1998 ePostal National Championships](#)

ePostal Series Challenge

A list of swimmers who completed all five USMS ePostal National Championships in the same year.

Choose the year below v



U.S. MASTERS SWIMMING

Prior ePostal National Championship Results

- Choose the Year
You Swam

Want to Host an ePostal?

Bid Instructions (pdf) - Instructions on how to bid for ePostal national championships. Championships are awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded and are due no later than 30 days prior to the annual meeting. [Bidding FAQs](#).

ePostal Championships Bid Form - Form to be used for bidding on ePostal national championships. Please download Bid Instructions document for instructions on how to fill out this form.

Help Wanted

The USMS History and Archives Committee is searching for results and some information missing for a number of older events (date, location, etc.). See [this file](#) for a list of events where information is needed. If you have access to some of the missing information, please email it.

Prior ePostal National Championships

View results and other information from prior ePostal National Championships.

Choose the year below ^

- [2019 ePostal National Championships](#)
- [2018 ePostal National Championships](#)
- [2017 ePostal National Championships](#)
- [2016 ePostal National Championships](#)
- [2015 ePostal National Championships](#)
- [2014 ePostal National Championships](#)
- [2013 ePostal National Championships](#)
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- [1998 ePostal National Championships](#)

ePostal Series Challenge

A list of swimmers who completed all five USMS ePostal National Championships in the same year.

Choose the year below v



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Prior ePostal National Championship Results

- Choose the Event You Swam

U.S. MASTERS SWIMMING Fitness & Training Events Club Finder About USMS Join My USMS Q

Home > Events > Nationals > EPostals > 2019

2019 ePostal National Championships

1-HOUR EPOSTAL

JAN. 1 - FEB. 28

Event Director: Dave Gibson

Event Information

Women's Individual Results

Men's Individual Results

Women's Relay Results

Men's Relay Results

Mixed Relay Results

Club Results

5K/10K EPOSTALS

MAY 15 - SEPT. 15

Event Director: Marcia Benjamin

Women's 5K Final Results

Women's 10K Final Results

Men's 5K Final Results

Men's 10K Final Results

Final 5K Team Scores

Final 10K Team Scores

Men's 3 x 5K Relay Final Results

Men's 3 x 10K Relay Final Results

Women's 3 x 5K Relay Final Results

Women's 3 x 10K Relay Final Results

Mixed 4 x 5K Relay Final Results

Mixed 4 x 10K Relay Final Results

3000/6000 EPOSTALS

SEPT. 15 - NOV. 15

Event Director: Paula Moores

Event Information

3000 Team Scores

6000 Team Scores

Women's 3000 Final Results

Women's 6000 Final Results

Men's 3000 Final Results

Men's 6000 Final Results

Men's 3 x 3000 Final Results

Men's 3 x 6000 Final Results

Women's 3 x 3000 Final Results

Women's 3 x 6000 Final Results

Mixed 4 x 3000 Final Results

Mixed 4 x 6000 Final Results

ePostal Course Descriptions

- USMS 1-Hour ePostal National Championship: 25-yard pool or longer
- USMS 5K/10K ePostal National Championships: 50-meter pool, each event swum separately
- USMS 3000/6000-Yard ePostal National Championships: 25-yard or 25-meter pool, each event swum separately



**U.S. MASTERS
SWIMMING**

National Recognition for Open Water and ePostal National Championships

All-American

- First place in your age group in an Open Water or ePostal National Championship
- Individuals and Relays





**U.S. MASTERS
SWIMMING**

National Recognition for Open Water and ePostal National Championships

All-Star

- Compete in minimum of 3 National Championship events.
- At least one Open Water and ePostal.
- Score points based on finish place.
- Scores for each event added.
- All Star = Highest point scorer in each age group.



Thomas Spence
OHIO Masters Swim Club
2016 & 2019 All Star

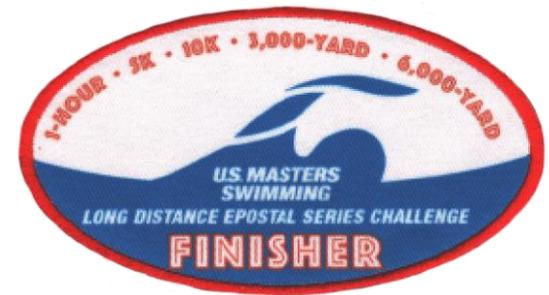


**U.S. MASTERS
SWIMMING**

National Recognition for Open Water and ePostal National Championships

ePostal Series Challenge

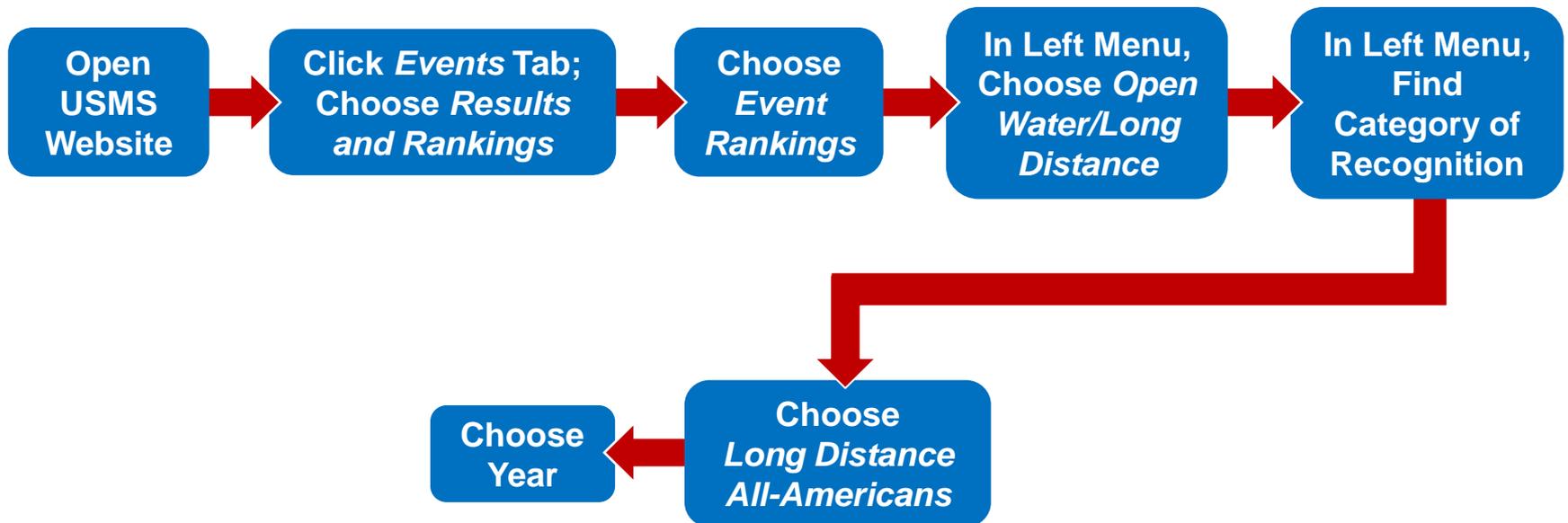
- Complete all 5 ePostal National Championships in a calendar year
- USMS recognizes swimmers with ePostal Series Challenge awards over 5+ and 10+ years





**U.S. MASTERS
SWIMMING**

Find Long Distance All-Americans





U.S. MASTERS SWIMMING

How to Find Long Distance All-Americans

- Click *Events* Tab

U.S. MASTERS SWIMMING

Fitness & Training Events Club Finder About USMS Join My USMS

U.S. Masters Swimming
Thank You for Being a Member

EXPLORE BENEFITS

Tell us about yourself so we can personalize your USMS.org experience

I am in

Latest from USMS

Try These Drills to Master Breaststroke

Here are some drills to develop quick and effective recovery movements in breaststroke.

ARTICLE



U.S. MASTERS SWIMMING

How to Find Long Distance All-Americans

- Click *Results and Rankings*

The screenshot shows the U.S. Masters Swimming website. At the top, there is a navigation bar with the following links: Fitness & Training, Events, Club Finder, About USMS, Join, My USMS, and a search icon. A dropdown menu is open under the 'Events' link, showing the following options: Calendar of Events, Fitness Events, Virtual Championships, National Championships, Results and Rankings (highlighted with a red arrow), and Records. Below the navigation bar, there is a banner for 'COVID-19 Information' and 'New Resources Available for Swimmers' with an 'ACCESS NOW' button. Below the banner, there is a blue section with the text 'Tell us about yourself so we can personalize your USMS.org experience' and a form with 'I am' and 'in Akron, OH' fields. At the bottom, there is a section titled 'Latest from USMS' with a featured article titled 'Try These Drills to Master Breaststroke' and a small image of a swimmer.



U.S. MASTERS SWIMMING

How to Find Long Distance All-Americans

- Click *Event Rankings*

The screenshot shows the U.S. Masters Swimming website's Event Results Database page. At the top, there is a navigation bar with the U.S. Masters Swimming logo, a search bar, and links for Fitness & Training, Events, Club Finder, About USMS, and Join. Below the navigation bar, the page title is "Event Results Database" with the subtitle "See where you stand against swimmers across the country". A navigation bar contains four buttons: "TRACK MY RESULTS", "EVENT RANKINGS", "SUBMIT RESULTS", and "MEET RESULTS". A red arrow points to the "EVENT RANKINGS" button. Below the navigation bar, there is a section for "Meet Information Database" with a "Tweet" button. At the bottom, there is a "SIGN UP FOR UPDATES FROM USMS" section with a "SIGN UP" button and a grid of partner logos including ACTIVE, Aqua Sphere, Calenda, FINIS, GREEN STAR, Health IQ, INFIT, IOA, MARBOTT BONVOY, FELIFE, SMARTY PRINTS vitamins, SWIMTR.com, SWIMOUTLET, SwimTrek, The Race Club, TOYOTA, and TYR.



U.S. MASTERS SWIMMING

How to Find Long Distance All-Americans

- Click *Long Distance All-Americans*

The screenshot shows the U.S. Masters Swimming website interface. At the top, the logo and navigation menu are visible. The main content area is titled 'Open Water & Long Distance'. A sidebar on the left contains a list of links under 'IN THIS SECTION', with 'Long Distance All-Americans' highlighted in red. A red hand cursor is pointing to this link. Below the sidebar, there are 'RELATED LINKS' and a 'JOIN | RENEW | UPDATE MEMBERSHIP' button. The footer contains various partner logos.

U.S. MASTERS SWIMMING Fitness & Training Events Club Finder About USMS Join MY USMS

Home » Events & Results » Open Water & Long Distance

Open Water & Long Distance

A long distance pool event is any distance-based swimming event more than 1650 yards (1508.8 meters), or a time-based event equal to or greater than one hour. It may be conducted in any body of water, either natural or man-made. A long distance open water event is a swimming event of any distance conducted in an open body of water, either natural or manmade.

The USMS Long Distance Committee determines Long Distance Swimming Rules, conducts eleven Long Distance National Championship events each year, maintains Long Distance National Records, publishes the Long Distance Calendar and various Long Distance Manuals, and recognizes All-American and All-Star swimmers who have earned these honors. In addition, the committee serves as a source for guidance and education for event directors.

Tweet

IN THIS SECTION

- Long Distance Home
- Championships
 - 2017 Championships
 - 2016 Championships
- Host Information
- Pace Charts & Split Sheets
- Long Distance Records
- Manuals/Resources
 - Long Distance All-Americans**
 - Long Distance All-Stars
 - Long Distance ePostal Series

RELATED LINKS

- Coaching
- Training
- Long Distance Calendar
- Long Distance Rules
- Long Distance Policies

JOIN | RENEW | UPDATE MEMBERSHIP

ACTIVE Aqua Sphere Calumate FINIS GOLDEN BRAG Health IQ INFINIT IOA MARRIOTT BONVOY FELIFE SMARTV PRINETS vitamins SWiTT.com SWIMOUTLET SwimTrek The Race Club TOYOTA TYR



U.S. MASTERS SWIMMING

How to Find Long Distance All-Americans

- Click on Year and Category

The screenshot shows the U.S. Masters Swimming website interface. At the top, there is a navigation bar with the logo and links for 'Fitness & Training', 'Events', 'Club Finder', 'About USMS', 'Join', and 'MY USMS'. Below the navigation bar, the page title is 'Open Water & Long Distance All-Americans'. The main content area is divided into two columns. The left column, titled 'IN THIS SECTION', contains links for 'Long Distance Home', 'Championships', '2017 Championships', '2016 Championships', 'Host Information', 'Pace Charts & Split Sheets', 'Long Distance Records', and 'Manuals/Resources'. The right column, titled 'Long Distance-All Americans', contains a 'JOIN | RENEW | UPDATE MEMBERSHIP' button and a list of events categorized by year from 2019 down to 2011. A red hand icon points to the 2019 category.

IN THIS SECTION

- Long Distance Home
- Championships
 - 2017 Championships
 - 2016 Championships
- Host Information
- Pace Charts & Split Sheets
- Long Distance Records
- Manuals/Resources

Long Distance-All Americans

Long Distance All-Stars

Long Distance ePostal Series

JOIN | RENEW | UPDATE MEMBERSHIP

2019

- 2019 Long Distance Individual All-Americans - Women
- 2019 Long Distance Individual All-Americans - Men
- 2019 Long Distance Relay All-Americans

2018

- 2018 Long Distance Individual All-Americans - Women
- 2018 Long Distance Individual All-Americans - Men
- 2018 Long Distance Relay All-Americans

2017

- 2017 Long Distance Individual All-Americans - Women
- 2017 Long Distance Individual All-Americans - Men
- 2017 Long Distance Relay All-Americans

2016

- 2016 Long Distance Individual All-Americans - Women
- 2016 Long Distance Individual All-Americans - Men
- 2016 Long Distance Relay All-Americans

2015

- 2015 Long Distance Individual All-Americans - Women
- 2015 Long Distance Individual All-Americans - Men
- 2015 Long Distance Relay All-Americans

2014

- 2014 Long Distance Individual All-Americans - Women
- 2014 Long Distance Individual All-Americans - Men
- 2014 Long Distance Relay All-Americans

2013

- 2013 Long Distance Individual All-Americans - Women
- 2013 Long Distance Individual All-Americans - Men
- 2013 Long Distance Relay All-Americans

2012

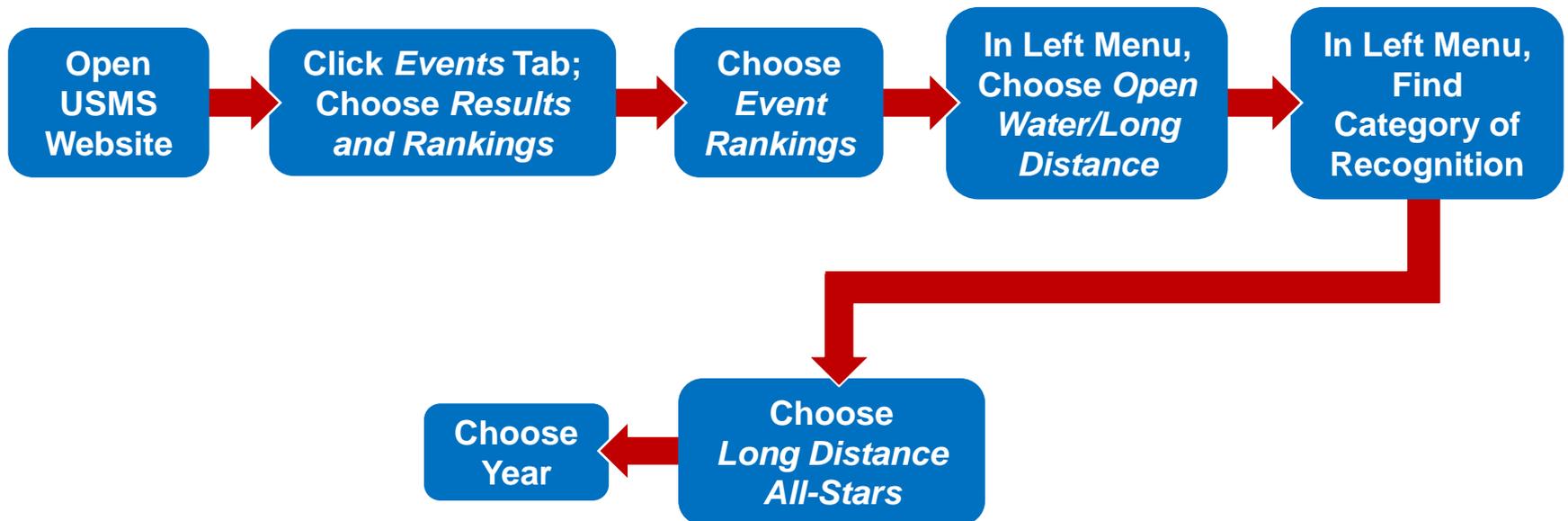
- 2012 Long Distance Individual All-Americans - Women
- 2012 Long Distance Individual All-Americans - Men
- 2012 Long Distance Relay All-Americans

2011

- 2011 Long Distance Individual All-Americans - Women
- 2011 Long Distance Individual All-Americans - Men
- 2011 Long Distance Relay All-Americans



Find Long Distance All-Stars





U.S. MASTERS SWIMMING

How to Find Long Distance All-Stars

- Click *Long Distance All-Stars*

The screenshot shows the U.S. Masters Swimming website interface. At the top, there is a navigation bar with the following links: Fitness & Training, Events, Club Finder, About USMS, Join, and MY USMS. The main content area is titled 'Open Water & Long Distance'. On the left side, there is a sidebar menu under the heading 'IN THIS SECTION'. The menu items are: Long Distance Home, Championships (2017 Championships, 2016 Championships), Host Information, Pace Charts & Split Sheets, Long Distance Records, Manuals/Resources, Long Distance-All Americans, Long Distance All-Stars (highlighted with a red hand cursor), and Long Distance ePostal Series. Below the sidebar is a 'RELATED LINKS' section with icons for Coaching, Training, Long Distance Calendar, Long Distance Rules, and Long Distance Policies. At the bottom of the page, there is a 'JOIN | RENEW | UPDATE MEMBERSHIP' button and a row of partner logos including ACTIVE, Aqua Sphere, Calumate, FINIS, GOLDEN BRAG, Health IQ, INFINIT, IOA, MARRIOTT BONVOY, FELIFE, SMARTV PRINETS vitamins, SWiTT.com, SWIMOUTLET, SwimTrek, The Race Club, TOYOTA, and TYR.



U.S. MASTERS SWIMMING

How to Find Long Distance All-Stars

- Click on Year

U.S. MASTERS SWIMMING Fitness & Training Events Club Finder About USMS Join MY USMS

Home » Events & Results » Open Water & Long Distance » Open Water & Long Distance All-Stars

Open Water & Long Distance All-Stars

Each year, the Long Distance Committee selects an All-Star team. After the team is selected, the National Office sends letters of congratulations to the swimmers and a USMS Sponsor awards the All-Stars with a gift.

2019 All-Stars
2018 All-Stars
2017 All-Stars
2016 All-Stars
2015 All-Stars
2014 All-Stars
2013 All-Stars
2012 All-Stars
2011 All-Stars
2010 All-Stars
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2006 All-Stars
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2004 All-Stars
2003 All-Stars
2002 All-Stars
2001 All-Stars
2000 All-Stars
1999 All-Stars
1998 All-Stars
1997 All-Stars
1996 All-Stars
1995 All-Stars

All-Star Requirements
To become an All-Star, a swimmer must accumulate the highest number of points in a series of national championships held throughout the year. If a swimmer scores points in one age group and ages up to another age group in the course of a year, their points are transferred up to the new age group. Ties for All-Star status are allowed.

Point Awards
Points are awarded for 1st through 10th place as follows:

- 1st place = 22 points
- 2nd place = 18 points
- 3rd place = 16 points
- 4th place = 14 points
- 5th place = 12 points
- 6th place = 10 points
- 7th place = 8 points
- 8th place = 6 points
- 9th place = 4 points
- 10th place = 2 points

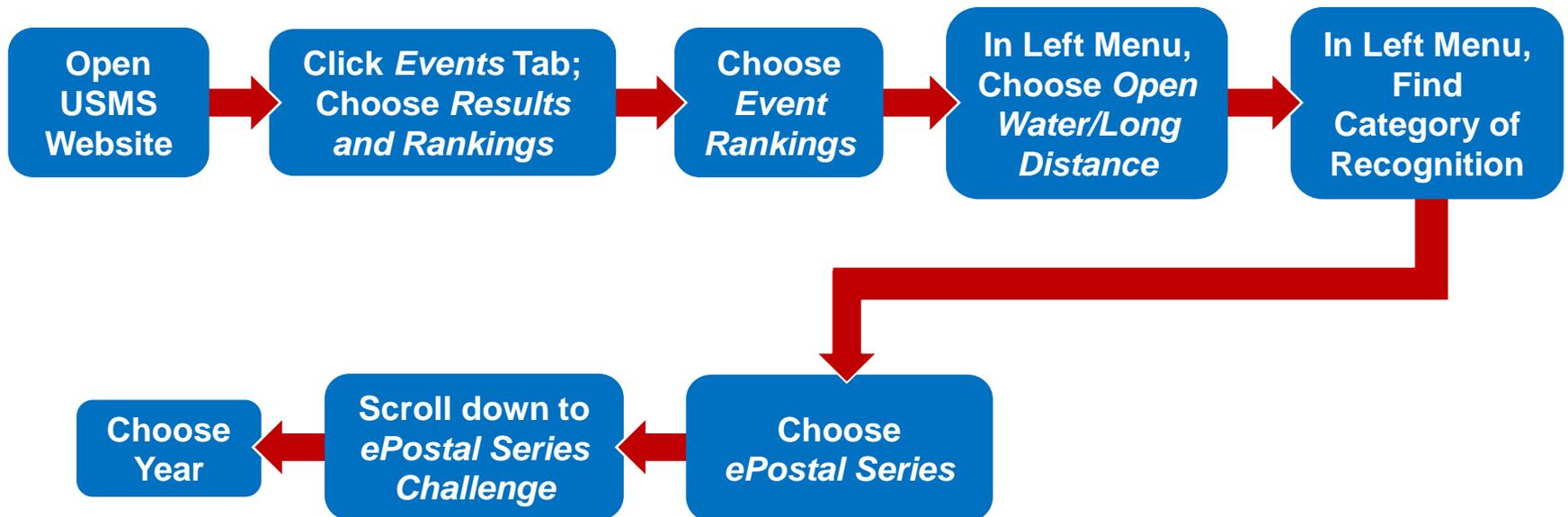
1995 Event Requirements
All-Star status was determined in 1995 by accumulating points in the individual Long Distance Championships plus finishes in "mile" events in the pool according to the Top Ten list. To qualify for All-Star consideration, swimmers needed to swim in only one event.

1996 & 1997 Event Requirements
In 1996 and 1997, swimmers received points from the LD National Championships only. To qualify for All-Star consideration, swimmers needed to swim in only one event.



**U.S. MASTERS
SWIMMING**

Find Long Distance ePostal Series





U.S. MASTERS SWIMMING

How to Find Long Distance ePostal Series

- Click
*Long Distance
ePostal Series*

The screenshot shows the U.S. Masters Swimming website interface. At the top, the logo and navigation menu are visible. The main content area is titled 'Open Water & Long Distance'. A red arrow points to the 'Long Distance ePostal Series' link in the left-hand navigation menu. The page also features a 'RELATED LINKS' section with icons for Coaching, Training, Long Distance Calendar, Long Distance Rules, and Long Distance Policies. A 'JOIN | RENEW | UPDATE MEMBERSHIP' button is located at the bottom of the main content area. The footer contains various partner logos including ACTIVE, Aqua Sphere, Calumfit, FINIS, GOLDEN BRAG, Health IQ, INFINIT, IOA, MARRIOTT BONVOY, FELIFE, SMARTV PRINETS vitamins, SWiTT.com, SWIMOUTLET, SwimTrek, The Race Club, TOYOTA, and TYR.



U.S. MASTERS SWIMMING

How to Find Long Distance ePostal Series

The screenshot shows the U.S. Masters Swimming website. At the top left is the logo. To its right is a navigation menu with links for "Fitness & Training", "Events", "Club Finder", "About USMS", "Join", and "My USMS" with a search icon. Below the navigation is a breadcrumb trail: "Home > Events > Nationals > EPostals". The main content area features a large image of a swimmer in a pool with the text "ePostal National Championships" and "Swim on your own, submit your results". Below this are two smaller images: "2020 EVENT INFORMATION" and "2021 EVENT INFORMATION". Further down, there is a section titled "ePostal Course Descriptions" with a bulleted list of event details, and a section titled "Swimmer Resources" with a sub-section "Pace Charts" containing two links to PDF documents.

U.S. MASTERS SWIMMING Fitness & Training Events Club Finder About USMS Join My USMS

Home > Events > Nationals > EPostals

ePostal National Championships

Swim on your own, submit your results

2020 EVENT INFORMATION

2021 EVENT INFORMATION

ePostal Course Descriptions

- USMS 1-Hour ePostal National Championship: 25-yard pool or longer
- USMS 5K/10K ePostal National Championships: 50-meter pool, each event swum separately. For 2020, a non-championship short course version is also being offered that can be swum in a 25-yard or 25-meter pool.
- USMS 3000/6000-Yard ePostal National Championships: 25-yard or 25-meter pool, each event swum separately

Swimmer Resources

Pace Charts

- [Pace Chart - All Events \(.pdf\)](#): This chart covers swimming paces from 3 minutes per 100 to 1 minute per 100 for all five ePostal events.
- [Interval Pace Chart \(.pdf\)](#): For distances from 100 yards/meters to 3,000 yards/meters, we have listed the interval times if a swimmer



U.S. MASTERS SWIMMING

How to Find Long Distance ePostal Series

- Scroll down to *ePostal Series Challenge*
- Click on Year

ePostal Split Sheets

- [1-Hour and 3000/6000-Yard \(.pdf\)](#)
- [5K and 10K \(.pdf\)](#)

Want to Host an ePostal?

[Bid Instructions \(.pdf\)](#) - Instructions on how to bid for ePostal national championships. Championships are awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded and are due no later than 30 days prior to the annual meeting. [Bidding FAQs](#).
[ePostal Championships Bid Form](#) - Form to be used for bidding on ePostal national championships. Please download Bid Instructions document for instructions on how to fill out this form.

Help Wanted

The USMS History and Archives Committee is searching for results and some information missing for a number of older events (date, location, etc.). See [this file](#) for a list of events where information is needed. If you have access to some of the missing information, please email it.

Prior ePostal National Championships

View results and other information from prior ePostal National Championships.

Choose the year below

ePostal Series Challenge

A list of swimmers who completed all five USMS ePostal National Championships in the same year.

Choose the year below

- [2019 results](#)
- [2018 results](#)
- [2017 results](#)
- [2016 results](#)
- [2015 results](#)
- [2014 results](#)
- [2013 results](#)
- [2012 results](#)
- [2011 results](#)
- [2010 results](#)
- [2009 results](#)
- [2008 results](#)
- [2007 results](#)
- [2006 results](#)
- [2005 results](#)
- [2004 results](#)
- [2003 results](#)





**U.S. MASTERS
SWIMMING**

How Can My Club Host a Long Distance National Championship?





**U.S. MASTERS
SWIMMING**

How Can My Club Host a Long Distance National Championship?

- **Any LMSC and/or club can host an event.**
- **Do you have an established open water event?
Turn it into an Open Water National Championship!**
- **Is your LMSC or club interested in hosting
an ePostal National Championship?**



**U.S. MASTERS
SWIMMING**

How Does My Club Bid on a Long Distance National Championship?

Open Water National Championships





U.S. MASTERS SWIMMING

Bidding On an Open Water National Championship

- Choose
Open Water Championships

U.S. MASTERS SWIMMING

Fitness & Training Events Club Finder About USMS Join My USMS

Home > Events > Nationals

USMS National Championships

Whether you race in the pool or out in the great wide open, we've got you covered

POOL CHAMPIONSHIPS

OPEN WATER CHAMPIONSHIPS

EPOSTAL CHAMPIONSHIPS

Tweet

SIGN UP FOR UPDATES FROM USMS SIGN UP



**U.S. MASTERS
SWIMMING**

Bidding On an Open Water National Championship

- **Scroll Down to
*Championship Bidding Information***

Open Water National Championships
1 mile or 10-plus? You choose in these six races.

2020 EVENT INFORMATION

2021 EVENT INFORMATION

Championship Bidding Information

Bid Instructions (.pdf) - Instructions on how to bid for open water national championships. Championships are awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded and are due no later than 30 days prior to the annual meeting. [Bidding FAQs](#).

Open Water Championships Bid Form - Form to be used for bidding on open water national championships. Please download Bid Instructions document for instructions on how to fill out this form.



**U.S. MASTERS
SWIMMING**

Bidding On an Open Water National Championship

- Read the Bid Instructions and FAQs
- Fill Out and Submit the OWNC Bid Form

Open Water National Championships
1 mile or 10-plus? You choose in these six races.

2020 EVENT INFORMATION

2021 EVENT INFORMATION

Championship Bidding Information
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**U.S. MASTERS
SWIMMING**

How Does My Club Bid on a Long Distance National Championship?

ePostal National Championships





U.S. MASTERS SWIMMING

Bidding On an ePostal National Championship

- Choose *ePostal Championships*

U.S. MASTERS SWIMMING Fitness & Training Events Club Finder About USMS Join My USMS

Home > Events > Nationals

USMS National Championships

Whether you race in the pool or out in the great wide open, we've got you covered

POOL CHAMPIONSHIPS OPEN WATER CHAMPIONSHIPS EPOSTAL CHAMPIONSHIPS

Tweet

SIGN UP FOR UPDATES FROM USMS SIGN UP



U.S. MASTERS SWIMMING

Bidding On an ePostal National Championship

- Scroll Down to
Want to Host an ePostal?

The screenshot displays the website's navigation and content. At the top, there are two tabs: "2020 EVENT INFORMATION" and "2021 EVENT INFORMATION". Below the tabs, the page is organized into several sections:

- ePostal Course Descriptions**
 - USMS 1-Hour ePostal National Championships: 25-yard pool or longer
 - USMS 5K/10K ePostal National Championships: 50-meter pool, each event swum separately. For 2020, a non-championship short course version is also being offered that can be swum in a 25-yard or 25-meter pool.
 - USMS 3000/6000-Yard ePostal National Championships: 25-yard or 25-meter pool, each event swum separately
- Swimmer Resources**
 - Pace Charts**
 - Pace Chart - All Events (.pdf): This chart covers swimming paces from 3 minutes per 100 to 1 minute per 100 for all five ePostal events.
 - Interval Pace Chart (.pdf): For distances from 100 yards/meters to 3,000 yards/meters, we have listed the interval times if a swimmer maintains a specific pace, ranging from 3 minutes per 100 to 1 minute per 100.
 - 1-Hour Pace Chart (.pdf): For a pace of 5 minutes per 100 to 1 minute per 100, this pace chart provides exact distances for each pace interval, plus the formula to determine one's own pace.
- ePostal Split Sheets**
 - 1-Hour and 3000/6000-Yard (.pdf)
 - 5K and 10K (.pdf)
- Want to Host an ePostal?**
 - Bid Instructions (.pdf)** - Instructions on how to bid for ePostal national championships. Championships are awarded by the Long Distance Committee at the annual meeting held approximately two years prior to the championship being awarded and are due no later than 30 days prior to the annual meeting. **Bidding FAQs.**
 - ePostal Championships Bid Form** - Form to be used for bidding on ePostal national championships. Please download Bid Instructions document for instructions on how to fill out this form.



U.S. MASTERS SWIMMING

Bidding On an ePostal National Championship

- Read the Bid Instructions and FAQs
- Fill Out and Submit the ePostal Bid Form

2020 EVENT INFORMATION



2021 EVENT INFORMATION



ePostal Course Descriptions

- USMS 1-Hour ePostal National Championships: 25-yard pool or longer
- USMS 5K/10K ePostal National Championships: 50-meter pool, each event swum separately. For 2020, a non-championship short course version is also being offered that can be swum in a 25-yard or 25-meter pool.
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ePostal Split Sheets

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ePostal Championships Bid Form - Form to be used for bidding on ePostal national championships. Please download Bid Instructions document for instructions on how to fill out this form.



**U.S. MASTERS
SWIMMING**

Long Distance National Championship 2023 Bid Selection Process

- **Hosts submit bids via email by July 1, 2021.**
- **Committee will review bids July/August 2021.**
- **Site/host selection for 2023 will occur prior to 2021 USMS Annual Meeting.**
- **Here's to all future events and hosts!**



**U.S. MASTERS
SWIMMING**

Thank You to Everyone Who Got Us Through 2020!

- **We are forever grateful to our Long Distance Committee, event hosts, national office and liaisons who promoted, planned, and held events in the face of adversity this year.**
- **We have proven our ability to adapt and overcome.**
- **Thank you to all participants.**
- **Thank you for standing with us, your LMSCs and your own swimming communities.**



**U.S. MASTERS
SWIMMING**

As We Look to the Future ...

We ask you to think about these three questions:

- **How can I support and help promote Long Distance National Championships?**
- **How can I actively participate in Open Water and ePostal National Championship events?**
- **What can I do to help move Open Water and ePostal National Championship events forward?**



U.S. MASTERS SWIMMING

See You All In 2021!

2021 Open Water National Championships



SPRINT-DISTANCE OPEN WATER NATIONALS

MAY 15: BOERNE, TEXAS



LONG-DISTANCE OPEN WATER NATIONALS

MAY 16: BOERNE, TEXAS



2-MILE CABLE OPEN WATER NATIONALS

JUNE 26: SWEET HOME, ORE.



MIDDLE-DISTANCE OPEN WATER NATIONALS

JULY 10: NEWPORT, CALIF.



MARATHON- DISTANCE OPEN WATER NATIONALS

JULY 17: APPLGATE LAKE, ORE.



ULTRAMARATHON- DISTANCE OPEN WATER NATIONALS

JULY 24: NEWPORT, VT.



U.S. MASTERS SWIMMING

See You All In 2021!

2021 ePostal National Championships



Host: Oregon Masters
Event Director: Bob Bruce



Host: Kentucky Masters
Event Director: Bill Tingley



Host: Loveland Masters
Event Director: Doug Garcia