

USMS and TMSC presents the "Postal 5K or 10K" Race

Jenks Trojan Aquatics Center

Saturday July 9, 2011

10K starts at 7:00 am; 5K starts at 8:00 am

“Postal Events” sponsored by United States Masters Swimming (USMS) are designed to challenge distance swimmers without the need to leave the comforts of their own home pool. USMS holds several such events each year: the One-Hour Swim in January, a 3000 or 6000 yd swim in the fall and the most challenging event of them all: the 5K and 10K swims. These are “postal” events because for a \$10 entry fee, you can submit your time via mail or email and see how you stack up nationally in your age group.

YOU DO NOT HAVE TO SUBMIT YOUR RESULTS NATIONALLY TO PARTICIPATE WITH US ON 7-9-11 FOR THE SWIM!!

YOU DO NOT NEED A VERIFIED COUNTER IF YOU ARE NOT ENTERING THE NATIONAL RACE (see event rules below).

Frequently asked questions:

- 1) YES, like any "marathon event" you can take water, food, bathroom or rest breaks but the clock does NOT stop with you.
- 2) Believe it or not, many swimmers ask: "How long is a 10K?" The answer: it's a 10K. :) In the 50M Jenks pool, a 10K is 200 lengths (100 laps) and a 5K is 100 lengths (50 laps).
- 3) If you plan to enter the national competition you MUST follow USMS pool event rules including:
 - i. No drafting. Specifically: No more than two swimmers/ lane. If a lane is shared, each swimmer must stay on his or her side of the lane during the entire race (i.e., no circle swimming).
 - ii. No flotation or propulsive devices (fins, pull buoys, paddles, wetsuits, etc.) Also: Tech suits MAY NOT be worn.
 - iii. Each swimmer must have a verifier to count laps and record cumulative splits every 100 meters. Cumulative times must be recorded to the nearest second. Final time to the nearest 100th). One counter can count for AT MOST two swimmers/ heat.
- 4) Tulsa Masters Swim Club will provide official lap sheets, watches, clipboards and pencils for all counters regardless of whether you're entering the national race or not.
- 5) We suggest bringing a comfortable chair--comfortable enough to sit in for hours, but not so comfortable that it induces sleep--for your counter. We will have copies of the entry forms.
- 6) **FOR MORE INFORMATION AND FOR AN OFFICIAL ENTRY FORM GO TO:**
<http://www.usms.org/longdist/ldnats11/5k10kpostalentry.pdf>

To participate: Contact Leslie Sauber (leslie.sauber@att.net or 918-808-4384).

Please specify whether you'll be swimming the 5K or the 10K event and give an estimate of your finish time.

See you at the pool on 7-9-11!!

Leslie Sauber

PS: I'm planning on the 10K myself, with an estimated time of 2 hours 40-45 minutes.