

2019 USMS CONVENTION PRESENTATION
Long Distance Committee Meeting #2

LONG DISTANCE NATIONAL CHAMPIONSHIPS

Long Distance Open Water National Championships

Sprint-Distance Open Water (1 mile)

Middle-Distance Open Water (greater than 1 and less than or equal to 3 miles)

2-Mile Cable Open Water (quarter-mile straightaway)

Long-Distance Open Water (greater than 3 and less than 6 miles)

Marathon-Distance Open Water (greater than or equal to 6 miles and less than 9 miles)

Ultramarathon-Distance Open water (greater than or equal to 9 miles)

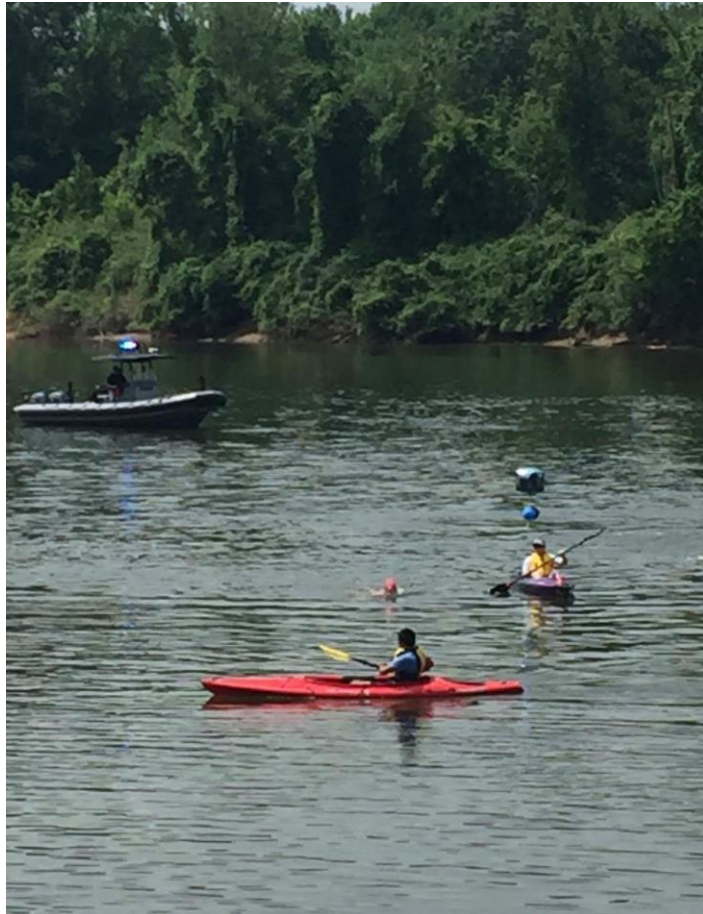
ePostal National Championships

1 Hour ePostal

5 and 10 kilometer ePostals (in 50-meter pool)

3000 and 6000 yard ePostals (in a 25-yard pool)

How do I prepare to participate in a national championship event!?!



Open Water National Championships

- Research the swim.
- Figure out the logistics of traveling to the swim. Race day. Post swim.
- Registering for the swim and securing a pilot if needed.
- Understand race day safety plan.
- Communicate with your pilot regarding your feeding plan, how to find them at the start of the race, how to help you swim your best race.

ePostal National Championships

- . Find a pool that will host your ePostal swim.
- Identify a counter.
- Notify lifeguard on duty/ pool that you will need to follow ePostal guidelines and that only one other swimmer can be in your lane.
- Once your ePostal swim is successfully completed, make sure you record it by going to the registration link for that event on club assistant and entering your splits and time/yardage to complete the swim.

From Training to Race Day

- Make SMART goals: Specific. Measurable. Attainable. Realistic. Time based.
- Put in the physical training required to complete the swim. Make sure your training is appropriate for the body of water you are swimming in and that you are fully prepared to accomplish your goal.
- Mental Training: Are you mentally prepared for all situations that might occur on race day!?! Seek advice from others who have completed the race you are seeking to swim and from those who you consider mentors and teammates. Use past life and sports experiences to help mentally prepare you for your swim.
- Fully motivated and passionately driven to complete your swim. Go have a great swim!!



**Will it be easy!?! Will it challenge me!?!
Will it be totally worth it!?! Finish the
swim and be forever changed by the
experience of that swim!!!**



I finished. Now how do I win a Long Distance National Championship!?!



Long Distance All American

- Earned by winning your age group(either individual or relay) in any Long Distance National Championship Event including open water and e Postal Events.
- Awards given for Individual Honors: a Long Distance National Championship patch, a Long Distance All American Patch and a certificate of honor stating the swimmers name, year, All- American status and a signature of the USMS president.
- Awards given for Relay Teams: Long Distance National Championship Patch.
- USMS holds eleven Long Distance National Championships. The championships are open water as well as postal events and placing in the top ten at each event acuminates points towards USMS All Star.



Long Distance All Star Awards

Starting in 1995 USMS began naming Long Distance All stars as a separate category of awards.

- Long Distance All Stars are named on a total point basis from the results of all Long Distance National Championships. A swimmer must compete in at least three National Championships Long Distance Events, of which one must be an open water event and one must be a postal event.
- Points are awarded 1st through 10th place as follows: 1st place= 11 points. 2nd place= 9 points. 3rd place= 8 points. 4th place= 7 points. 5th place= 6 points. 7th place= 4 points. 8th place= 3 points. 9th place= 2 points. 10th place= 1 point.
- To recognize All- Star Status, the swimmer receives a USMS All-Star certificate of honor and a small gift from USMS. In past years the gift was a polo shirt embroidered with the year and USMS Long Distance All Star. For 2018 all All- Star awards recipients received a towel instead of polo shirt.



EPOSTAL SERIES AWARD

Complete all five USMS ePostal National Championship swims in the same year.

Earn a special participation patch to honor your achievement.



EPOSTAL SERIES AWARD WINNERS

16 years consecutive completion of ePostal Series:

Larry Raffaeli and Flavia Medlin.

5+ years non- consecutive completion of ePostal series:

Robert Beach, James Biles ,Michael Carew, Craig Charley, Dawn Clark, Eduardo Cruz, Kern Davis, Kurt Dickson, Jeff Erwin, Ruth Giles-Ott, Melissa Harasz, Tim Kennedy, Allen Larson, Hardy Lussier, Jim McConica, Matt Miller, William Reeves, Robert Richardson, David Sebastian, James Stewart, Mary Sweat, Nicole Vanderpoel, and Larry Wood.

10+ years non-consecutive competition of ePostal Series:

Joe Aumiller, Bob Bruce, Denise Brown, Linda Callaway, Marcia Cleveland, Maddie Diego, Heidi Kafka,Chris Layton, Shirley Loftus Charley, Paula Moores, Victoria Rian, Roberta Varel-Hein, and Jill Wright.

2018 EPOSTAL AND NATIONAL CHAMPIONSHIP STATISTICS

The following individuals completed eight Long Distance National Championships(each entered in five ePostals and three OWNCs): Matt Miller, Shirley Loftus-Charley, Megan Tosh, Eilhard Lussier, Johnny Van Velthuyzen, Kurt Dickson, and Kimberly Elsbach . (Elsbach had one DNF in an OWNC.)

Most Open Water National Championships: 4. Achieved by Erin Brown.

Completed all five ePostal National Championships: 44 swimmers.

Most time spent in Long Distance National Championships: 15:51:12.00. Achieved by Megan Tosh.

Most time spent in completed Open Water National Championships: Cary Thompson(9:28:15.00)
closely followed by Kermit Yensen. (9:24:32.00)

Most time spent on ePostal National Championships: 10:49:55.00. Achieved by Heidi Bettendorf.

Fastest man to complete all five ePostal National Championships: Eilhard Lussier(5:59:22.00)

Fastest woman to complete all five ePostal National Championships: Madeline Bruce (6:20:18.00)

U.S. Masters Swimming Long Distance National Championship Award

Presented annually to a USMS registered individual or group who has made significant contributions to the success and promotion of USMS Long Distance National Championship events which include five e-Postals and six open water events.



Beyond the Individual Swimmer. Promoting participation in Long Distance National Championships.

Obstacles to overcome for individuals, workout groups, and regional groups.

ePostal Swims

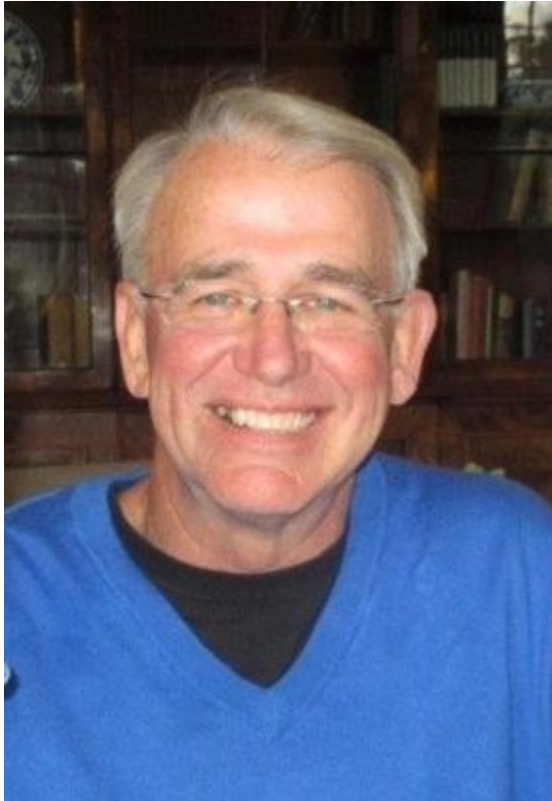
- Finding a place to swim and a counter are the biggest obstacles for a individual swimmer wanting to complete a swim.
- Finding a pool that will host your swim.

Open Water National Championships

- Often intimidated by distance and having to have a pilot sourced for the swimmer.
- Lack of resources to host a national championship. Intimidated by bidding process, insurance, volunteers to put on the race.
- Burnout and continuing to make a long standing race profitable for all.



IN REMEMBRANCE BILL ROACH



The entire Long Distance Committee is grateful for the contributions of Bill Roach to United States Masters Swimming. Bill was a huge part of the discussions about improving safety at USMS Open Water Events. Bill served as the first Open Water Compliance Officer for USMS. Bill advocated for safety through insuring that all the sanctions for open water events approved had a complete and thorough safety plan. As a committee we mourn the loss of Bill and all others we know active in the USMS community that died this year.

Thanks for listening to our presentation. Time to go swim!!

