Current USMS ePostal Events:

**5K/10K ePostal Nationals (50 meter pools only)**
May 15–September 15, 2017
Hosted by Swim Fort Lauderdale Masters
Link to registration and more information:
[https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=8484](https://www.clubassistant.com/club/meet_information.cfm?c=1246&smid=8484)

*Long Distance ePostal Series Challenge:*
USMS holds five long distance ePostal championships each year: the One Hour, 5K, 10K, 3000 yd. and 6000 yd. events. **Swimmers who complete all five championships in the same year will be sent a participation patch to honor their achievement.**
[http://www.usms.org/content/ldpostalseries](http://www.usms.org/content/ldpostalseries)

**USMS Fitness Events:**

*GoTheDistance (GTD)*
This is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. **There is no cost to enter GTD.** You can register through the “My USMS” section on the USMS website.
Link for more information:
[http://www.usms.org/fitness/content/gothedistance](http://www.usms.org/fitness/content/gothedistance)

**USMS 2017 Check-off Challenge (Registration ends November 1st, 2017)**
This is a postal event designed to motivate swimmers to complete some or all of the pool events and an open water swim during the calendar year. **Note – events can be “checked-off” during a practice, or on your own, or in a meet. Using equipment and/or being timed is optional. This event is completed on the “honor system”.**
The 2017 USMS Check-Off Challenge is hosted by FLOW Swimmers in Montana.
Link to registration and more information:
[https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=8435](https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=8435)

**2017 Postal Pentathlon League (Registration ends November 30, 2017)**
This is a year-long, postal pentathlon event where participants swim and submit times in stages. Hosted by FLOW Swimmers in Montana.
Link to registration and more information:
[https://www.clubassistant.com/club/meet_information.cfm?c=2303&smid=8406](https://www.clubassistant.com/club/meet_information.cfm?c=2303&smid=8406)