



Winter “Virtual” Distance Challenge

Illinois Swimming is excited to provide an opportunity for swimmers who want to swim longer events. ISI believes this can be the beginning step into building “Pride” in IM and Distance Swimming.

How It Works: From December 20th, 2024, through January 7th, 2025, any swimmer who swims the 1000 Free, 1650 Free and/or 400 IM in a sanctioned or unsanctioned setting their representative may send in their times to be ranked in the Virtual Distance Challenge. Times from USA Swimming Sanctioned competitions & non sanctioned team competitions will both be accepted during this time period.

Events: The VDC will rank all participants and award the top finishers in the 1000 Free, 1650 Free and 400 IM by single age and gender.

****Participation is strictly voluntary and it is up to the individual coaches & clubs to choose whether to sanction these times or not.***

When: 1000 Free, 1650 Free and 400 IM results may only be submitted between the dates of **December 20th, 2024, through January 7th, 2025**

How: Results will be sent to Virtual@ilswim.org, the Performance Committee will rank the swims by **Single Age, Gender and TIME.**

Ages: *All athletes ages 18 & Under*

Entry Format: ***To enter please submit all times and swimmer information VDC Spreadsheet.*** [Click Here](#)
(Downloadable or Copy the Google Doc)

****Incomplete information will not be accepted!***

Times: ***Times from the Distance Challenge will not be entered into the SWIMS database as part of this event. As well the Virtual Distance Challenge Results page will not be an acceptable proof to enter the Illinois Swimming Championship meets. *All USA Swimming & Illinois Swimming requirements for sanctioned meets must be followed for times to be submitted into the SWIMS database. ***All Times must be submitted in SCY***

Goals:

- To promote and build excitement and encourage “Pride” in Long IM & Distance Swimming in Illinois.
- Offer increased splashes in events that are traditionally not offered or limited in Illinois Swimming sanctioned meets to provide valuable experience in racing skills & strategies.
- Provide a unique, fun and easy experience that swimmers, coaches, and clubs can take part in a “Virtual” Mid-Season Incentive and gain bragging rights for their distance programs!

Results & Rankings:

- Swimmers will be ranked by **(Single age and Gender)** their Time and/ Power Point Ranking to determine an overall virtual champion in each event by single age and gender.
- Results will be posted on the ***Illinois Swimming Winter Distance Challenge on the ISI Website:***
- ****First Ranking to be posted 12/30/2024, we will post weekly rankings, Final Rankings will be posted on 1/14/2025***

Awards: Top Finishers will receive a Virtual Winter IM/Distance Champions T-Shirt.

Questions: Please refer all questions the Performance Committee Virtual@ilswim.org