

The Virtual Two-Mile Relay is an annual competition where relay teams consisting of two, three, or four swimmers each swim 100 yards (or time-adjusted meters) in rotation until 3600 yards is completed. Swimmers can start from a starting block, the pool deck, or push off from the wall as long as their feet do not leave the starting platform before the preceding teammate touches the wall.

Relays will be swum between October 29 and December 10, 2023. Each team is required to have a timer to count laps and record the final time. You can use the [official event split sheet](#) to record each 100 split and team data. After completing the relay swim, complete the online entry form to be included in the final results.