

2019 Eastern Zone Open Water Championship

Saturday, June 29, 2019

Lake Quassapaug, Middlebury, CT



5K, 2.5K, and a Mini Championship (750 meters, for 12 & unders)

Warm-ups – 6:00 am-7:20 am

Races begin 7:30 am

This is an open water freshwater lake swim

2018-2020 USA Swimming- Open Water

Qualification of National Level Events

Updated January 30, 2019

The purpose of this document is to define the criteria for qualification to our national level open water events (10/5K National Championships, 7.5K/5K Junior National Championships). Athletes may qualify based on performance as outlined below or the time standards posted by USA Swimming. Time standards for our national level events can be found at www.usaswimming.org/Home/times/timestandards.

The format of USA Swimming's Junior National Championship will be based on the FINA calendar of events and in 2018 and 2020 it will feature 5K and 7.5K championships based on the athlete's age as of December 31st of that year. In 2019, the USA Swimming Junior National Championship will feature a 5K Junior National Championship using the athlete's age based on the date of the competition.

USA Swimming reserves the right to add additional criteria for qualification based on the need of the USA Swimming National Team Program. Updates to this document will be posted no later than 6 months prior to the events in which an athlete can qualify for. Any questions regarding these criteria can be directed toward Bryce Elser (belser@usaswimming.org).

2020 Open Water Nationals

10K Qualification

➤ Finished in the top 10 at the 2019 USA Swimming 10K or 5K National Championships

5K Qualification

- Finished in the top 10 at the 2019 USA Swimming 10K or 5K National Championships, or;
- Finished in the top 5 at the 2019 USA Swimming 5K Junior National Championships, or;
- Finished in the top 3 at a 2019-2020 USA Swimming Open Water Zone Championship (5K or greater), or;
- Finished in the top 5 at the 2019 CSCAA 5K National Championships

2020 Open Water Junior Nationals

USA Swimming: Recommended Open Water Zone Format

To allow for a more direct athlete selection to the Open Water National Championships and National Junior Championships, USA Swimming recommends the following format for the upper age divisions for the Open Water Zone Championship races beginning in 2019:

- 13-14 Age Group: Minimum distance of 2.5K
- 15-16 Age Group: Minimum of 5K
- In the water start and finish

2020 Open Water Junior Nationals

7.5K Qualification (16-17 Age Group)

- Finished in the top 15 at the 2019 USA Swimming 10K or 5K National Championships, or;
- Finished in the top 10 at the 2019 USA Swimming 5K Junior National Championships, or;
- Finished in top 5 in the 15-16 Age Group at a 2019-2020 USA Swimming Open Water Zone Championship (5K or greater)
- Age will be defined by the athlete's age as of December 31, 2020
- The race director of each Zone Championship will be responsible for submitting the names of the athletes who qualify

5K Qualification (14-15 Age Group)

- Finished in the top 15 at the 2019 USA Swimming 10K or 5K National Championships, or;
- Finished in the top 10 at the 2019 USA Swimming 5K Junior National Championships, or;
- Finished in the top 5 in the 13-14 Age Group at the 2019-2020 USA Swimming Open Water Zone Championship (2.5K or greater)
- Age will be defined by the athlete's age as of December 31, 2020
- The race director of each Zone Championship will be responsible for submitting the names of the athletes who qualify