

# 2023 EASTERN ZONE OPEN WATER

## Important Information for using File...

1. **COACHES** are responsible for checking qualifying times.

Event	500 yd/400 LCM	1000yd/800 LCM	1650yd/1500 LCM
Men's 5K Open **	5:17.49/4:46.69	10:58.09/9:56.29	18:19.79/18:58.89
Men's 2.5 K Open	5:58.99/5:24.09	12:23.89/11:13.99	20:43.19/21:27.39
Men's 1 Mile *			
Men's 5K Relay (Each Swimmer)	5:17.49/4:46.69	10:58.09/9:56.29	18:19.79/18:58.89
Women's 5K Open **	5:34.99/5:01.29	11:31.59/10:20.00	19:12.89/19:48.09
Women's 2.5 K Open	6:18.69/5:40.59	13:01.79/11:41.99	21:43.19/22:23.09
Women's 1 Mile *			
Women's 5K Relay (Each Swimmer)	5:34.99/5:01.29	11:31.59/10:20.00	19:12.89/19:48.09

\* For the 1 Mile race, recommended to have completed a 500yd/400 LCM, 1000yd/800 LCM or 1650yd/1500 LCM event. This event is for 14 and under only.

\*\* Recommended that the 5K should not be the swimmer's first open water experience.

2. The file does not show the discount for swimmers competing in both the 5K and 2.5K events. Swimmers who sign up for both events are entitled to a \$10 discount.
3. Be sure to check that swimmers have correct updated USA Swimming registration number.
4. Any recon issues not resolved nor reported as resolved to the meet director prior to Thursday, June 15<sup>th</sup> at 12 noon will result in swimmer not being able to swim in the event. (Meet director will email recon issues directly to those teams with reported errors).
5. Email file no later than June 1, 2023 to [seaelk@hotmail.com](mailto:seaelk@hotmail.com)
6. Any questions, please contact Alison Richman at [judgeskid@gmail.com](mailto:judgeskid@gmail.com)