



OPEN WATER AGE and EVENT DISTANCE LIMIT INTERPRETATION

To ensure standard safe practises the following age limits are in effect March 8, 2012 for all Open Water Events in Canada:

- Swimmers **MUST be 11 years old** and over to participate in any sanctioned Open water events in Canada.
- Swimmers aged **11 years old** are limited to Open Water events of **NOT** more than 1,000m.
- Swimmers aged **12 or 13 years old** are limited to Open Water events of **NOT** more than 2,500m.
- Swimmers aged **14 years and older** may participate in Open Water events that can range from 5,000m or more.
- The same age restrictions apply to Para Swimmers and will also be in keeping with the FINA suggested distance for their classification.