OPEN WATER AGE and EVENT DISTANCE LIMIT INTERPRETATION

To ensure standard safe practices 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.