

Exciting Open Water Opportunities for Kentucky Swimmers in 2015!

Over the past ten years Open Water swimming has really taken off and is a great way to expand a swimmers talents, events and opportunities to be successful. USA Swimming offers camps, positions on the National Junior Team, National Team and on most International Teams, all building up to our ultimate goal of the Olympics! Many of our nation's best open water swimmers are not always the best pool swimmers, so this opens the door for those swimmers that are willing to explore other options to reach higher levels in our sport!

For the third year in a row the Kentucky State Open Water Championships will be held in Elizabethtown, KY. The date has changed from June to Saturday, May 30. Please keep an eye out for meet information and details on the event. This year the meet will not only be our State Championship, but will also be our Southern Zone Open Water Championship Selection Meet!

Over the years the end of summer, Southern Zone Championships have hosted an Open Water event after the pool events. This year it will be a totally separate event and Kentucky will take and support an Open Water Zone Team. Kentucky Swimming would like to have the Top 3 swimmers in each age group from the Kentucky State Open Water Championships attend the Southern Zone Open Water Championships. As this is a very new event, we would like to have the qualifying swimmers travel with their families or in small groups and Kentucky Swimming would provide a Coach at the meet and financial assistance equal to the Southern Zone Team. Basically we would treat this very similar to the January Mid-States Meet, where the swimmer would meet the staff at the meet.

The Southern Zone Open Water Championships will be held at Seven Lakes, NC (directions www.sandshark.org) on June 5-7, 2015. June 5th will be an Open Water Clinic and 1K Practice Swim, time TBA. June 6th will be an 11-12 2K Race, 13-14 5K Race, 15-16 5K Race and Senior/Open 5K Race. June 7th will be Team Pursuit Races.

Please realize this is the first ever Open Water Zone Meet and Kentucky Open Water Zone Team, it will be an experiment and we hope it provides swimmers with an exciting opportunity! The team will be selected one week prior, so arrangements will need to be done quickly. Below is some hotel information and airports if you chose not to drive.

Preferred Hotels for June 4-7, 2015

All rooms are reserved under "Open Water Zones"

Comfort Inn, Pinehurst: 9801 US 15-501, Pinehurst, NC, US, 28374

Phone: (910) 215-5500; 20 rooms (\$89-2 double beds).

Springhill Suites: 10024 U.S. 15, Pinehurst, NC 28374

Phone: (910) 695-0234; 20 rooms (\$89-2 double beds, free breakfast)

Homewood Suites: 250 Central Park Ave, Pinehurst, NC 28374

Phone: (910) 255-0300; 20 rooms (\$99-2 double bed suites, free breakfast);

A few double suites (4 queens) are available for \$229/night as well.

Residence Inn: 105 Brucewood Rd, Southern Pines, NC 28387

Phone: (910) 693-3400; 20 rooms (

Pasta dinner will be catered on Saturday evening for all swimmers, coaches and officials. Location TBA

Airport Information

Raleigh (RDU): 1 hour

Greensboro Triad (GSO): 1 hour 15 min.

Charlotte (CLT): 2 hours 15 min.

Fayetteville (FAY): 1 hour

We will be updating more information as we get closer and included below is more information on Open Water Swimming in the US!

USA Swimming Open Water Information:

<http://www.usaswimming.org/DesktopDefault.aspx?TabId=1422&Alias=Rainbow&Lang=en>

US Open Water Nationals, April 24 & 26 in Miramar Lake, FL