**2022 OPEN WATER OPPORTUNITIES**

**June 7**[**: French Creek Racing Open Water Swim**,](https://runsignup.com/Race/PA/Norristown/2021OpenWaterSeriesandVirtualTri) **Norristown, PA**

·      800-meter river swim

·      Perfect for first timers, low key, grass roots

·      Trying to gauge interest before allocating coaching staff.  If your athlete would like to

go, please indicate [HERE](https://docs.google.com/forms/d/e/1FAIpQLSe_PFTQN28lSG1CX__u9qwLH1Ux2Y8MMJbPIwiFYxHWhPc6VQ/viewform?usp=sf_link)

**June 11-12:** [**Middle Atlantic Open Water Clinic and Champs**](https://raceforum.com/maswim)**, Marmora, New Jersey**

·      5k and 2.5k options

·      Brian Elko, Head of Middle Atlantic Open Water and Head Coach of the EHT

Seahawks, has offered to host an open water clinic for our team the day prior.

·      Want to uplevel your open water swimming, learn from the best, and have fun?

Come to this event.

·      We are looking to reserve cabins at the Avalon Campground for the night between

the races.  We need to put a deposit down for the number of cabins we want, so

we ask you to commit to that camping now, [HERE](https://docs.google.com/forms/d/e/1FAIpQLSe_PFTQN28lSG1CX__u9qwLH1Ux2Y8MMJbPIwiFYxHWhPc6VQ/viewform?usp=sf_link)

**June 21: Open Water Training and Course Preview at Evergreen Lake, Bath, Pennsylvania**

·      In lieu of practice, we will go to Evergreen Lake to work on open water techniques

·      Entry Cost to Evergreen Lake is $6.50 per person. Your account will be billed.

·      Let us know you plan to come, so we can have the appropriate number of water

safety personnel available: [HERE](https://docs.google.com/forms/d/e/1FAIpQLSe_PFTQN28lSG1CX__u9qwLH1Ux2Y8MMJbPIwiFYxHWhPc6VQ/viewform?usp=sf_link)

**July 9:** [**Avalon Bay Swim**](https://runsignup.com/Race/NJ/Avalon/PointToPointMemorial2MileBaySwim)**, Avalon, New Jersey**

·      Avalon Bay Swim (with the current, protected, great for newbs): 1.2mi, \*5:30 pm start

·      The triathletes are racing that morning not far away, we will hang out at the beach/picnic/nap

between the two!  Come all day!

**July 23:** [**Sea Isle City Beach Patrol One Mile Ocean Swim**](https://sicbp.com/SeaIsleCityBeachPatrol1MileOceanSwim)**, Sea Isle, New** **Jersey**

·      Coach Rob’s old Patrol – he will be leading you at this race

·      11:00 am start, open ocean.

·      Typically swims with the current.

**August 21,** [**Steelman Open Water Classic**](https://www.steelmanracing.com/open-water-classic)**, Quakertown, PA**

·      1, 2, or 3 mile, OR get some family members or some friends/teammates and do a relay!

·      Local, easy logistically.

·      Calm Lake Nockamixon