

2022 OPEN WATER OPPORTUNITIES

June 7: French Creek Racing Open Water Swim, 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](#)

June 11-12: Middle Atlantic Open Water Clinic and Champs, 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](#)

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](#)

July 9: Avalon Bay Swim, 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, 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, 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