

Fall 2008 Southeastern Swimming

Open Water Report

(by Jonathan Kaplan)

Open Water Swimming Makes Olympic Debut!

-Americans Mark Warkentin and Chloe Sutton have respectable showings at the inaugural 10 kilometer open water "Marathon" swimming race in Beijing, China. Both the men's and women's 10K swim came down to the wire with packs of swimmers all in the hunt for gold. Great Britain seemed to be the most dominating open water country by gaining 2 silvers and one bronze medal. Go to www.nbcolympics.com to find the full list of results.

2008 10 K Open Water Swim Olympic Medalists

Men

Gold.....Maarten van der Weijden (NED)1:51:51.6
Silver.....David Davies (GBR)1:51:53.1
Bronze.....Thomas Lurz (GER)1:51:53.6

Women

Gold.....Larisa Ilchenko (RUS)1:59:27.1
Silver.....Keri-Anne Payne (GBR)1:59:29.2
Bronze.....Cassandra Patten (GBR)1:59:31.0

Remaining 2008 U.S. Open Water Race Calendar

-This can be found online at www.10kswim.com/calendar.html

2009 Major Open Water Races/Events

June 14World Championships Selection (Ft. Myers, FL)
July 11-12..... FINA 10K World Cup (Long Beach, CA)
July 13-19International Camp
July 19-25Open Water World Champs (Rome, Italy)
AugustOpen Water 10K Nationals
September 7..... FINA 10K World cup (Manhattan, NY)

Top 50 Swims in America

-Interested in some of the best open water races in the country?

Go to: www.10kswim.com/top50america.html

Learn More About Open Water Racing

-The www.10kswim.com website in general is terrific, but this particular portion of the website will help you learn loads about the sport and answer many questions you may initially have.

Go to: www.10kswim.com/learn.html

Interested in Hosting Your Own Open Water Race?

-Go to the United States Swimming homepage at www.usswim.org . Go to “Swimmers” and then “Open Water/Internet Distance”, then “Open Water Meet Manager’s Guide”. Here you will find 29 pages of everything you ever hoped to know about hosting an open water race.

Fun Team Activity/Open Water Race in Your Own Team Pool!

-Looking for something different for your kids to do on a Saturday for practice? How about having an open water race? You do not even need an ocean, lake or river. Simply take out the lane ropes and put a floating buoy of some sort near each corner of the pool (Or give a kid a bright kickboard and tell them to hold it up and start treading water, haha. Just kidding!)

The swimmers would swim a pre-determined number of “laps” around in a circle. It’s fun and the kids will get to experience a little bit of what an open water race is like. I suggest turning the event into a team cookout, breakfast, or even a fundraiser!

What are Some of Your Ideas?

-Any ideas of your own for a creative way to have an open water race? Email me at coachjonathan@panamacityswimteam.com to pass along your idea.

Potential Southeastern Swimming Open Water Championship Race?

-I have been approached about the possibility of having an open water championship race for Southeastern Swimming at the conclusion of the long course season (not necessarily 2009). I would love to help organize something like this if enough coaches are interested!! One suggestion is having it in a centrally located spot within the LSC a week or two after the Southeastern Championship. What are your thoughts and ideas??

Once again, email me at coachjonathan@panamacityswimteam.com with your ideas!