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**TO:** Athletes age 16-17 as of December 31, 2026, who intend to represent the USA in the 7.5K at the World Aquatics Junior Open Water Swimming Championships 2026 and achieved the 2025 Open Water 7.5K Junior National Championship pool qualification standard.

**FROM:** USA Swimming

**DATE:** March 12, 2026

**RE:** Limited Exemption for the 2026 Open Water 10K National Championships

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This limited exemption applies to 2026 Premium or Outreach Athlete Members of USA Swimming who:

- (i) Achieved the 2025 7.5K Junior National Championship qualification standard prior to January 27, 2026,
- (ii) Are age 16-17 as of December 31, 2026,
- (iii) Intend to represent the USA in the 7.5K at the World Aquatics Junior Open Water Swimming Championships 2026, and,
- (iv) Have not met the time standards for the 2026 Open Water 10K National Championships.

Athletes who meet the criteria above shall be allowed to participate in the 2026 Open Water National 10K Championships, to take place on Thursday, April 2, 2026, at Nathan Benderson Park in Sarasota, Florida. Applicable race registration fees shall apply.

Any eligible athlete who wishes to take advantage of this limited exemption shall agree:

- (i) To sign, and have a parent/guardian sign, an acknowledgement, assumption of risk and release of liability prepared by USA Swimming recognizing the danger and risk involved with swimming the 10K at Nationals and agreeing to release USA Swimming from liability,
- (ii) To acknowledge that USA Swimming will need to pull him or her out of the water if in distress, as determined by USA Swimming in its sole discretion, and,
- (iii) That USA Swimming may, in its discretion, "call" or end the race a certain amount of time (typically 30 minutes) after the first-person finishes.

If anyone chooses not to accept these terms, then he/she shall not be eligible for the exemption.

Eligible athletes should note that the Open Water 7.5K Junior National Championships are not included in the event offerings at the 2026 Open Water National and Junior National Championships. Accordingly, USA Swimming has not developed or established pool qualification standards for this distance. The limited exemption described herein shall only apply to athletes who previously achieved the 7.5K Junior National pool qualification standards\* established for the 2025 Open Water National and Junior National Championships prior to January 27, 2026.

To take advantage of the limited exemption, eligible athletes and their parent/guardian must email Trey Freeman at [tfreeman@usaswimming.org](mailto:tfreeman@usaswimming.org) confirming their intent to participate via the limited exemption and provide proof of 7.5K Junior National qualification. Additional entry instruction will be provided upon confirmation of meeting the limited criteria listed above. All entries and entry fees will be collected through USA Swimming's Online Meet Entry (OME) system.



# 2025 TIME STANDARDS

## OPEN WATER NATIONAL CHAMPIONSHIPS

*\*The Qualifying Period is January 1, 2024 through the entry deadline*

### JUNIOR NATIONAL CHAMPIONSHIPS

|              |          | <b>7.5K</b> |  |
|--------------|----------|-------------|--|
| <b>MEN</b>   | 800 LCM  | 8:40.69     |  |
|              | 1500 LCM | 16:38.99    |  |
|              | 1000 SCY | 9:34.29     |  |
|              | 1650 SCY | 16:05.49    |  |
| <b>WOMEN</b> | 800 LCM  | 9:19.33     |  |
|              | 1500 LCM | 17:50.79    |  |
|              | 1000 SCY | 10:26.69    |  |
|              | 1650 SCY | 17:24.73    |  |

*\*16-17 Age Group*

*\*15&U Age Group*