

Qualifying Criteria and Entry Process



2022 USA Swimming Open Water Criteria for Qualification of National Level Events

USA Swimming reserves the right to add additional criteria for qualification based on the need of the USA Swimming National Team Program. Updates Any questions regarding these criteria can be directed toward Bryce Elser.

2022 Open Water Nationals

10K Qualification

A swimmers must have achieved the posted qualifying standard below, or;
Finished in the top 10 at the 2021 USA Swimming 10K or 5K National Championships, or;
Finished in the top 5 at the 2021 USA Swimming 7.5K Junior National Championships

5K Qualification

A swimmers must have achieved the posted qualifying standard below, or;
Finished in the top 10 at the 2021 USA Swimming 10K or 5K National Championships, or;
Finished in the top 5 at the 2021 USA Swimming 5K or 7.5K Junior National Championships, or;
Finished in the top 5 at a 2021 CSCAA 5K National Championships.

2022 Open Water Junior Nationals

7.5K Qualification

A swimmers must have achieved the posted qualifying standard below, or;
Be among the top 6 age eligible athletes from the 2021 USA Swimming 5K Open Water Zone Championships (Open Division only).*

5K Qualification

A swimmers must have achieved the posted qualifying standard below, or;
Be among the top 6 age eligible athletes from the 2021 USA Swimming 5K Open Water Zone Championships (Open Division only).*

*The "Open" Division of the 5K Open Water Zone Championships will be the only event used for the qualification towards USA Swimming's National Level Events. Qualification from age group events will not be allowed.

2022 USA Swimming Open Water Qualifying Time Standards

		2022 Open Water Nationals			2022 Open Water Junior Nationals	
		10K	10K 19 & U*	5K	7.5K	5K
Men	800 LCM	8:21.49	8:26.50	8:26.50	8:40.69	8:49.99
	1500 LCM	15:59.99	16:09.59	16:09.59	16:38.99	16:56.49
	1000 SCY	9:15.19	9:20.74	9:20.74	9:34.29	9:42.99
	1650 SCY	15:34.89	15:44.24	15:44.24	16:05.49	16:24.39
Women	800 LCM	8:54.49	9:03.49	9:03.49	9:13.79	9:19.32
	1500 LCM	17:06.69	17:20.49	17:20.49	17:40.19	17:50.79
	1000 SCY	9:58.79	10:03.59	10:03.59	10:20.49	10:26.49
	1650 SCY	16:35.89	16:46.19	16:46.19	17:14.39	17:24.73

*FINA Birthday

*16-17 Age Group

*15&U Age Group

*FINA Birthday is defined as age as of December 31, 2022

The Qualifying Period is January 1, 2021 through the entry deadline