



Dear USMS and Triathlete Friends,

Are you ready for some warm water, sun and fun? If so, you should consider a quick trip to south Florida for an event that has literally been decades in the making ...

[The Sid Cassidy Open Water Weekend!](#) This is the inaugural edition of what we plan to build into an annual celebration of the exhilaration of racing in open water. This two-day event features racing in both fresh and saltwater and we have specific events and awards for Master swimmers, even though we only sanctioned this through USA Swimming. If you do not have dual membership, there is an easy way to sign up for our single-meet membership for \$15 that will cover all of your insurance for the weekend. You will simply click on the link at the end of sign-up page to complete. We also have an electronic file for any team entries and feel free to contact me directly with any questions on all of this.

On Saturday the 14<sup>th</sup>, we will host, for the first time in the USA, World Aquatics newest and most exciting World Championship open water event, the 3K Knockout Swim. If you are not familiar with the structure of the event, take a quick look at this [short video](#) from AQUA detailing the specifics. It is a *FUN* event, and to make it work, we need athletes to participate so thanks for any consideration to enter that one. The event takes roughly one hour to complete, and the women's race is scheduled for a 9:30 AM start, with the men due to begin at 11:00 AM. Before we get to the Knockout, we will have the freshwater Speedo Metric Mile, with beautiful new Speedo back-packs to the top three adults in each of our listed age groups. The youth swimmers will start first at 8:00 AM and our Masters start time is scheduled at 8:30 AM. Later that night we are hosting a social event complete with music, trivia and prizes that you will not want to miss!

On Sunday, the 15<sup>th</sup>, we are offering our premiere event, the Saltwater 5K Challenge from [South Inlet Park](#) in Boca Raton starting at 7:30 AM. This race will feature those beautiful Speedo backpacks for the top three in each age group. It will be comprised of two scenic 2.5K loops over one of South Florida's finest living reefs. We have added a generous time window of two hours, and expect entrants in this one to be prepared for the challenge. We will set up a feeding station and have employed considerable safety monitors for all our races. We also have a competitive one-kilometer race and a 500-meter fun swim open to the kids, so truly something for everyone.

We will post regular updates on our [competition page website](#), where you can also find hotel information and more. I urge you to seriously consider joining us and become a part of this historical inaugural event!

With my warmest regards,

Sid Cassidy