

SWIM REQUIREMENTS FOR THE 2021 NEW YORK CITY TRIATHLON

July 11, 2021



In order to promote safety and to help insure our participants are capable of completing the difficult demands of the open water swim leg of the New York City Triathlon, Life Time, Inc. and its subsidiaries ("Life Time") requires that every participant who participates in the swimming leg of the competition has prior open water swim experience.

Life Time requires each swim participant to have successfully completed an OPEN WATER (not in a pool) swim with a minimum distance of ½ mile within 24 months prior to the July 11, 2021 race date.

This swim must have been completed unassisted and without flotation devices (you may wear a USAT certified wetsuit). It is also **STRONGLY SUGGESTED** that all participants have prior triathlon race experience and are comfortable swimming in race conditions.

Life Time makes no representation that completion of this open swim experience requirement assures the athlete he/she has the requisite experience to complete the swim leg of the race safely. Conditions in the water are largely unpredictable, as are race conditions, and each athlete must be the ultimate judge of their own fitness and experience to handle all of these.

You may register for the Verizon New York City Triathlon even if you have not completed a qualifying swim as described above; however, you must certify in this application of your commitment to successfully fulfill this requirement prior to the actual event.

It is your responsibility to be complete and truthful in your response regarding the completion of the required swim. Life Time relies entirely upon your representation that you have completed a ½ mile OPEN WATER swim. No refund will be given to anyone who enters the race but thereafter fails to acknowledge that he has met this requirement.

[CLICK HERE](#) for insight into a variety of resources and other opportunities to ensure a successful race experience.