

# 20 BRIDGES

## SWIM FACT SHEET

LOCATION: USA - NEW YORK



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### POPULARITY

NY Open Water have taken on the mantle of organising this swim over the last few years and it's extremely popular and has very limited spaces. This year they have increased to approximately 100 entries. It's a very iconic swim, with a staggering NY scenery. Entries open on the 1st November for the following year with strict entry criteria. There are more swimmers entering than spaces and the swim operates a waiting list. The swim takes place over a series of big and quiet swims. This is also a Triple Crown swim.

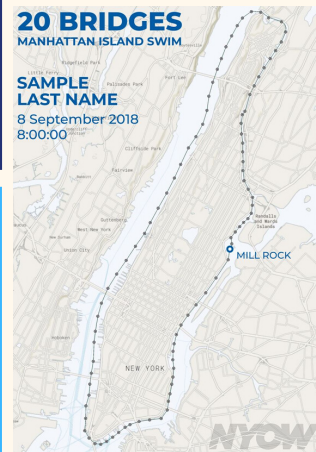
### KEY CONTACTS

**New York Open Water:**  
<https://www.nyopenwater.org/>

Your entry will include the boat and kayaker, the organisers will assign these to you. You must bring your own support. If you can't, contact the organisers so that they can help you.

### GETTING IN

There is no specific qualifying criteria, however a strong swim resume is required upon entry which is the main consideration for successfully gaining entry. The organisers also prioritise new countries and those going for the triple crown. The aim to have equal genders. You have a week to complete your online resume which will include cold water experience and information on your feeding plan, your pool swim pace per hour when pushing etc. I highly recommend making your own template and getting your answers written ready for when entries open.



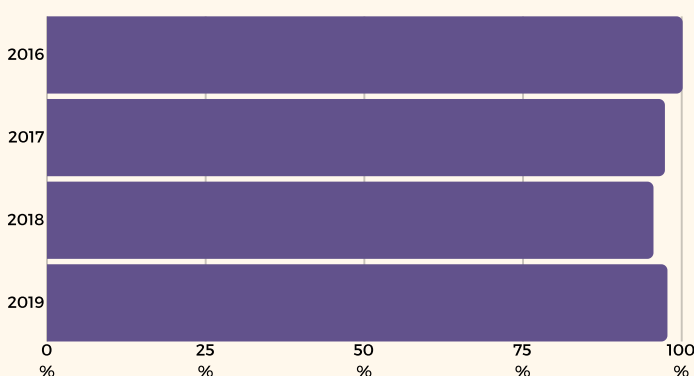
### RULES

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| <p><b>Swimwear:</b></p> <ul style="list-style-type: none"> <li>• One traditional swimsuit</li> <li>• one swim hat</li> <li>• goggles</li> <li>• ear plugs</li> </ul> | <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• an observer will be appointed to ensure you adhere to the rules</li> <li>• the start and finish are an in water start in waves based on speed (slowest to fastest)</li> <li>• start location is determined by tide times. Your boat will take you to the start, your kayaker will meet you there</li> <li>• start time is based on tide times</li> <li>• you may not touch the boat/kayak or any other person</li> <li>• you can have a support swimmer, please contact the organisers for more information</li> </ul> |
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### FINAL THOUGHTS

- the average water temperature for the swim can vary greatly from 16 degrees in June to 26 degrees in August
- the water temperature can differ around the course
- the water type varies around the course from fresh, to briny to salty
- the swim is tidal based and it's very important you give an accurate swim speed on entry. If you miss making the tide times it can add hours to your swim
- the swim can be rough due to a lot of boat traffic about. Plus you'll likely be kept closer to Manhattan where wash can bounce back from the wall
- Keep your mouth shut!
- Consider getting travel vaccines (Hep A as a minimum)
- Breathe left!
- Look forward when in the Hudson so you can see the Statue of Liberty getting closer!
- Feeding will be from the kayak
- Some boats may need to leave you near the top of Manhattan if they're too tall to fit under some of the bridges. Your kayaker will remain with you.
- Some boats don't have a toilet! Make sure your support is aware and ready!
- Swim time tends to be approx. 7.5 to 9.5 hours depending on tide strength

### SUCCESS RATE



### QUICK VIEW

	-VE	+VE
Temperature (16-26C)	●●●●●	●●●●●
Distance (45.9km - tidal)	●●●●●	●●●●●
Conditions	●●●●●	●●●●●
Success rate	●●●●●	●●●●●
Price (\$3,000)	●●●●●	●●●●●
Iconic	●●●●●	●●●●●
Water quality	●●●●●	●●●●●