

Open Water Zone Team Selection for 2026

***Top 3 are automatic per age group at the Carolina Cup weekend.**

Open Water Zone Team

Spots available for Female/Male = Total of 48 for the Team

6 - 11-12

6 - 13-14

6 - 15-16

6 - Open

1. Swim the appropriate race at Carolina Cup - NCS Athletes will do both races

- 11-12 Swim the 2K.
- 13 & Over Swim the 3K

2. Top 3 for 11-12, 13-14, 15-16, Open Age Group automatically qualify.

1. Next 3 coaches choice.

○ Coaches choice reasons

- Representing Team USA in an Open Water Meet
- College visit, and has swum on zone team previously
- Other reasons for missing the meet and has swum on zone team previously
- After coaches choice (used very rarely), we go down the results from the Carolina Cup.

Open Age Group,

- Take the best 6 available (After 11-12, 13-14, 15-16 Age Groups have been chosen.)
- Essentially, we take the results, and after the above age groups are chosen, the Top 6 remaining, minus any coaches picks, they will be in the Open Division.
- If any 13-14, 15-16 decline, and there is someone in the Open division, we move them to the appropriate Age Group, then pick the next person for the Open Age Group