



## Panam Aquatic – Cayman Aquatic – Flowers Group 2026 Open Water Festival June 13 and 14, 2026



# IMPORTANT INFORMATION



### DATE OF THE EVENTS

Flowers sea swim: June 13, 2026

PAQ – Cayman Aquatics: June 14, 2026



### CITY

George Town, Grand Cayman



### LOCATION

Public Beach – West Bay

**Cayman Islands Aquatic Sports Association** in its capacity as host of the Pan American OW – Third Stop and the 34th annual FLOWERS one mile sea swim, invites all countries and clubs of the continent to participate in these events under the following conditions:



### REGULATIONS

All provisions set out in the current regulations of World Aquatics and CIASA apply to these competitions. It should be noted that any national team or club wishing to participate must be in good standing with their respective national federation.

#### **Panamerican / Cayman Aquatics events**

- 10km for Youth, Juniors and Seniors (8 x 1,25 KM)
- 7.5km for Youth, Junior and Seniors (6 x 1,25 KM)

#### **Cayman Aquatics / Flowers /**

- Relay 10KM (4 x 2.5km) all categories Teams per gender or mixed (2F + 2M)  
Each swimmer completes 2.5 KM before tagging the next. Changeovers take place from the pontoon.
- Relay 5KM (4 x 1.250) all categories Teams per gender or mixed (2F + 2M)  
Each swimmer completes 2.5 KM before tagging the next. Changeovers take place from the pontoon.
- Flowers Sea Swim : June 13, One mile swim (straight swim) >> [flowersseaswim.com](https://flowersseaswim.com)<<

## INDIVIDUAL SWIMS

### 10km

---

Start from the pontoon, 1.25 KM loop clockwise or counterclockwise (decision will be made the day before the race after observing the prevailing current).

Swimmers taking part in the 10k must be experienced swimmers and to have achieved a 5k previously.

All competitors must be subject to a medical physical examination prior to their event.

Age groups:

- Youth Age group are swimmers ages 14-15. Age is determined as of December 31, 2026.
- Junior Age group are swimmers ages 16 -17. Age is determined as of December 31, 2026.
- Senior Age Group are swimmers ages 18 years or older. Age is determined as of December 31, 2026.

Swimmers who do not finish the 10KM in the time of 3h30mn will be stopped and will not be included in the final ranking.

### 7.5km

---

Start from the pontoon, 1.25 KM loop clockwise or counterclockwise (decision will be made the day before the race after observing the prevailing current).

Swimmers taking part in the 10KM must be experienced swimmers and to have achieved a 5k previously.

All competitors must be subject to a medical physical examination prior to their event.

Age groups:

- Youth Age group are swimmers ages 14-15. Age is determined as of December 31, 2026.
- Junior Age group are swimmers ages 16 -17. Age is determined as of December 31, 2026.

Swimmers who do not finish the 7.5KM in the time of 2h30mn will be stopped and will not be included in the final ranking.

## RELAYS

Age group are swimmers ages 13-99. Age is determined as of December 31, 2026.

Teams per gender or mixed (2F + 2M)

Each team must have its own cap.

The relay exchange will take place by diving from the pontoon.

## FLOWERS SEA SWIM – June 13

Info and registration >> [flowersseaswim.com](https://flowersseaswim.com)<<

[REGISTRATION 10k – 7,5k - RELAYS >>> HERE<<<](#)

[DEADLINE JUNE 1<sup>st</sup>, 2026](#)

## TECHNICAL EQUIPEMENT

Electronic timing: RACE RESULT Ubidium + ActivePro V3 Transponder

The finish line will include 2 ALGE finish cameras for back-up place judging and 2 manual timing.

## ENTRIES FEES PER EVENTS

Individuals	40 CIS (\$50USD)
Relays	80 CIS (\$100USD)

## Swimwear, Technology, and Wearables

Swimwear Protocol: Swimwear worn shall be according to World Aquatics OW rules 10.

## ACCOMODATION

Once you have registered, you will be eligible for a special rate for swimmers and coaches at the Hotel Indigo, our official accommodation partner for the 10KM race, is located 150 meters from the starting point.

Hotel Indigo offer a rate of \$199 per room with breakfast included and resort fee will be waived. To book a room or more, please send us an email at [ciasa@ciasa.ky](mailto:ciasa@ciasa.ky).

[>> Indigo Hotel <<](#)

There are many hotels with restaurants nearby whose prices are higher than those offered by our partner.

- [The Locale Hotel](#)
- [The Sunshine Hotel and Suites](#)

## Current and Weather Information

Weather data over the last 8 years reveals an average air temperature ranging between 27.0 – 32.0 degrees Celsius at the date of the competition, with clear blue skies, nil precipitation.

Prevailing wind pattern is from South-East trade winds at average speeds of 7.9km/h. Expected sea surface temperatures are between 28 and 31 degrees Celsius.

## DETAILED SCHEDULE

### June 14th

5:15am	Registration Open
5:15am	Medical Examination Open
6:00am	Marking
6:30am	Briefing Event
7:00am	Start of the 10KM – 7.5KM - relay
10:30am	Cut Off time for the 10KM (male and female)

[REGISTRATION 10k – 7,5k - RELAYS >>> HERE<<<](#)

[DEADLINE JUNE 1<sup>st</sup>,2026](#)



Event partners:

