

2026 Long Distance Committee Meeting

Committee Name:	Long Distance Committee	Session #:	6
Committee Chair:	Catherine Rust	Vice Chair:	Dave Brancamp
Minutes recorded by:	Dave Brancamp and Christie Ciraulo with AI assist	Date/time of meeting:	10 August 2026, 8:00 pm EDT

Actions Requiring Approval by the House of Delegates:

None

Motions Passed:

None

Committee Present: 9	Committee Absent: 4	Ex Officio Present: 1	Ex Officio Absent: 4	Guest: 0
----------------------	---------------------	-----------------------	----------------------	----------

Committee members present (list all, including chair and vice chair):

Catherine Rust, Dave Brancamp, Jim Davidson, Bob Kolonkowski, Nicki Phillips, David Spitzler, Marnie Whitley, Phyllis Quinn and Stephen Rouch

Committee Members Absent:

John Fox, Vesna Shelnutt, Amy Wagner and Christie Ciraulo

Ex Officio Members Present:

Carrie Stolar

Ex Officio Members Absent:

Jay Eckert, David Miner, Colton Martin and Onshalee Promchitmart

Minutes

The meeting was called to order at 8:00 PM EDT.

1. Catherine Rust opened the meeting as chair and welcomed everyone including our guests.
2. Committee members introduced themselves, their LMSC, time on the committee and their interest in the LDC.
3. Chair Catherine Rust reminded everyone about both the National 5K / 10K Virtual Championship running until September 15th and then starting on September 15th the 3000 / 6000 Virtual Championships.
4. Nicki Phillips gave a summary of the highly successful Middle Distance OWNC at Square Lake in Minnesota on July 25th which had 172 participants.
5. Committee to develop guidelines on air and water quality for open water races. Members include: Nicki, Marnie, Jim, Phyllis, David S., and Stephen.
6. Various members of the LDC gave short presentations on key topics related to long distance and open water swimming. These included Stephen Rouch sharing experiences in preparation for swimming in cold water including important safety consideration. Marnie Whitley shared the importance of safety for cold water swimming and awareness of safety for all open water swimming. Jim Davidson explained the process for the LDC in reviewing and updating any rules to Part 3 of the USMS Rulebook. Jim invited everyone on the call to attend the August 30th Long Distance Forum, where the 2026 changes to Part 3 of the rulebook will be presented, discussed and suggestions made to the committee before taking the proposed changes to the Delegates at the Annual Meeting in September. Nicki Phillips shared a great overview of how to organize an open water national championships including key timelines, requirements and logistics. Nicki stressed the importance of a solid volunteer team for your event. Bob Kolonkowschi spoke on methods for timing open water swims. All presentations will be added to Open Water Central.

7. The committee announced the dates and locations of the 2027 OWNCs:

April 2-3 Sprint Distance (1 mile) / Long Distance (5K) Championships

Benderson Park, Sarasota, FL

June 5 Middle Distance (2 mile) Championships

Lake Berryessa, Napa, CA

June 19 1 Mile / 2 Mile Cable Championships

Charlottesville, VA

June 25 Marathon (10K) Distance Championships

Medford, OR

Tasks for the Upcoming Year

1. Develop guidelines for air and water quality for open water races.
-

The meeting was adjourned at 9:05 PM EDT.

LDC 2026 Meeting Dates

8m Eastern Time as needed:

First Tuesday of each month.

February 3, 2026 - DONE!

March 3, 2026 - DONE!

April 7, 2026 - DONE!

May 5, 2026 - DONE!

June 2, 2026 - Canceled

July 7, 2026 - DONE

August 4, 2026 - DONE

August 10, 2026 - Open to USMS Membership - DONE

August 19, 2026 - Small Group Forum Practice

August 30, 2026 - LDC Forum

September 18-19 (September 20 if needed) USMS Annual Meeting
