



USAT Recommendations for Multisport Age-Group Swim Segments

	Water Temperature (degree f)																															
	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64-77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93
Distance																																
Less than 750 m																																
750 - 1500 m																																
Over 1500 m																																
USAT Wetsuit Rules											Allowed<								No Awards								>Banned					

Legend:

	<u>Less than 750 m</u>	<u>750 - 1500 m</u>	<u>Over 1500 m</u>
<div style="display: inline-block; width: 15px; height: 15px; background-color: green; margin-right: 5px;"></div> Neutral swim conditions	55° - 89° F 12.8° - 31.7° C	56° - 87° F 13.3° - 30.6° C	57° - 86° F 13.9° - 30° C
<div style="display: inline-block; width: 15px; height: 15px; background-color: yellow; margin-right: 5px;"></div> Shorten swim	51° - 54°; 90°- 92° F 10.6° - 12.2°; 32.2° - 33.3° C	52° - 55°; 88° - 90° F 11/1° - 12.8°; 31.1° - 32.2° C	53°-56°; 87°-88° F 11.7° - 13.3°C; 30.6° - 31.1° C
<div style="display: inline-block; width: 15px; height: 15px; background-color: red; margin-right: 5px;"></div> Cancel swim	Below 51°; Above 92° F < 10.6°; > 33.3° C	Below 52°; Above 90° F < 11.1°; > 32.2° C	Below 53°; Above 88° F < 11.7°; > 31.1° C

Note:

- 1) These are recommendations to race management, local officials, and athletes.
- 2) Keep in mind, other factors will influence safety conditions including air temperature, humidity, acclimation, regional adaptation, and wind.
- 3) Water temperature measurement will conform to USAT methodology in the *USAT Competitive Rules*
- 4) USAT does not have a rule requiring mandatory use of a wetsuit, however, RD's may establish that rule.