



Sunday May 3rd 2026

Maracas Bay

SECTION A: INVITATION

The Aquatics Sports Association of Trinidad and Tobago (ASATT) invites our member clubs, local and international open water enthusiasts to participate in Trinidad and Tobago's premier open water swim event – the Subway Maracas Open Water Classic. The event features:

- A 500m race for first timers to the event. Swimmers who previously did not complete a course are also invited to participate
- A 1000m race for all ages
- A 3000m race for 11 & Overs
- A 5000M race for 13 & Overs

SECTION B: EVENT DESCRIPTION AND DEADLINES

1. **Event Date and Location**- The 2026 Subway Maracas Open Water Classic will take place on Sunday May 3rd 2026 at the Maracas Bay, Maracas, with races starting from 7:30am.
2. **Registration Fee & Deadline**- The registration fee is TT\$250.00 via bank deposit and US\$41.66 for online registration. **Entries close at 6:00 p.m. on April 19th, 2026. All participants are urged to register early. The event organiser reserves the right to close registration before April 19th if race quotas are met.** Payment of the registration fee and participation in the race shall signify agreement and acceptance of all rules, terms and conditions contained herein.
3. **Late Registration Fee**- Late registration fee (after 19th April 2026) is \$300.00 for bank deposits and US\$50.00 for online registration. **No t-shirts will be available for late registration. Registration after 19th April is subject to available space in races. ABSOLUTELY NO registration on race day.**
4. **Race Registration and Payment**- Registration is available online via credit card payment using the following link: www.ttaquatics.com/subwaymaracasopenwater. Alternatively, an online deposit or bank transfer, can be done in the account of the Aquatics Sports Association of Trinidad and Tobago (ASATT). If depositing to our bank account kindly follow the steps below:
 - Deposit fees to **First Citizens Bank acc# - 35008268370, in the name of ASATT.**
 - Submit proof of payment to the Administrative Manager (Neal Marcano: adm.asatt@gmail.com /1-868-771-1147) to receive the promo code.
 - Use the promo code to register online via the link listed above.

5. **Registration Contacts-**

- Neal Marcano (Administrative Manager): adm.asatt@gmail.com or 1-868-771-1147
- William Carr (Chair- ASATT Open Water Commission): wcarr@ceejaytt.com or 1-868-788-5833

6. **Race Times -**

Race	Check In Time	Race Time	Max. Race Time
500m	6:30am – 7:00am	7:30am	30 mins
3,000m & 5,000m	7:00am – 7:30am	8:00am	120 mins
1,000m	8:00am – 9:00am	10:30am	90 mins

- All participants are required to check in to the registration tent at the time stated above.
- Warm-up will be 30 minutes prior to the start of each race.
- Roll call and race briefing will occur 15 minutes prior to the start of the race. **It is mandatory for all participating swimmers to be present.**
- Male participants will lead off, followed by the female participants 2 minutes afterwards.
- Seniors (13 & O) will lead off followed by the juniors (12 & U) 5 minutes afterwards.
- Event Management reserves the right to adjust start times if there are safety concerns
- Swimmers exceeding the Max Race time will be picked up by the safety boats

7. **Waiver** -It is mandatory that all swimmers or parents (if under 18) sign a waiver form indicating that they are medically fit to participate in the respective event (see page 9). **Waiver MUST be presented on package collection.**

8. **Awards and Promotional Items**

- All registrants will receive a **commemorative swim cap**
- All finishers will receive a **NEW and IMPROVED Commemorative Medal**. Stay Tuned to the social media of Subway and ASATT for our Medal Reveal
- There shall be special age group awards for 12 & unders and Masters Swimmers
- The top 3 swimmers in each race (female and male) will be awarded
- 500m registrants will receive a **Subway branded Swim Buoy**
- 1000m,3000m & 5000m registrants will receive a **commemorative Tee-Shirt** subject to point 3 above
- Special Prizes will be awarded to our Special Olympian participants.

9. **Merchandising-** Commemorative T-shirts and swim buoys will be available at the following costs:

- Commemorative T-shirts adult - \$120.00 TTD
- Commemorative T-shirts kids - \$100.00 TTD
- Subway-branded swim buoys - \$100.00 TTD

10. **Age and Eligibility** -A swimmer's age is determined as of December 31st 2026. All swimmers should be sanctioned by their coach as being competent to complete the cost. The following rules apply:
- 5,000 metre race -13 years and older
 - 3,000 metre race -11 years and older
 - 1,000 metre race – All ages
 - The 500 metre race is open to first-time competitors of the Subway Maracas Open Water, as well as those who have never completed a Maracas Open Race.
11. **Registration Packages**- Package collection will be done on **Saturday 2nd May** at strategic locations East, West and South, for your convenience. Please indicate your preferred collection point. Locations and times will be communicated via email. Participants are strongly advised to make every effort to collect their package on this date to avoid delays on race day.



SECTION C-

RULES

1. The event will be conducted under the World Aquatics Open Water Swimming Rules, February 2026, and will be enforced by the Meet Referee. See below link for further details. <https://www.worldaquatics.com/rules/competition-regulations>
2. There must be no fighting, kicking or pushing in the water. **Discipline please!**
3. The referee shall signal to swimmers, by raised flag and short blasts on the whistle, that the start is imminent, and when satisfied, indicate by pointing the flag at the starter signalling that the competition is under the starter's orders.
4. The starter shall be stationed in such a position as to be clearly visible to all competitors, and on the signal of the referee, the starter shall announce "take your marks", raise a distinctive flag into the vertical position, simultaneously bring the flag down and activate an audible starting device.
5. **Obstructing, interfering with or making intentional contact** with another swimmer shall, if in the opinion of the referee, be deemed to be **"unsporting impedance,"** lead to disqualification whether made by a swimmer or judge's craft.
6. Judges' boats/kayaks shall maintain a constant position of at least 5 feet at the side of and away from any swimmer and shall manoeuvre so as not to obstruct or place themselves directly ahead of another swimmer. No private vessels will be allowed.
7. Swimmers shall not receive support from any fixed or floating object apart from the swim buoys, EXCEPT that 500m swimmers MAY be assisted by buoys.
8. Swimmers shall not touch or be touched by any officials, except if swimmer is in difficulty. **In the case of difficulty in the water, please remain calm. Extend your hands in an upward position, signalling that help is required. There are sufficient boats available for this purpose.**
9. Swimmers shall not be disqualified for standing during the race, **but walking/running is not allowed,** except from the last marker buoy to the finish line
10. **It is mandatory** for each swimmer **to** have their competition number clearly displayed on their body.

11. No swimmer shall be permitted to use or wear any device that may be an aid to their speed, endurance or buoyancy except as in 7 above. Goggles, caps, nose clips and earplugs swim buoys may be used.
12. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
13. The pacing of a swimmer by another person entering the water is not permitted.
14. The execution of the race on the day is subject to favourable weather conditions, and if, in the case of inclement weather, the race is called off, **there will be no reimbursement of fees to participants.**
15. In case of emergency abandonment, the race will be restarted from the beginning at the earliest possible moment.
16. Protests must be submitted within 30 minutes following the conclusion of the event.
17. The referee shall have full control and authority over all officials and shall adjudicate on all protests related to the conduct of the race, including final placing, if necessary. **The referee's decision shall be final.**
18. The above rules were designed for your safety and well-being. We wish you all success.

HAVE A GREAT SWIM!

OPEN WATER CLASSIC



SECTION D-

THE COURSE

1. **500m Course** - The 500m race will take place parallel to the shore as shown in the diagram below. The race will start in the water and end on land in front of the last lifeguard booth on the western end of the beach.



2. **1000m/3000m/5000m Course** -



Kindly Take Note of the Race Instructions below

- Start in the water at the start buoy.
- Swim 300m heading east to buoy number 1 (the buoy must be to the swimmer's left).
- Swim 100m heading north to buoy number 2 (the buoy must be to the swimmer's left).
- Swim 400m heading west to buoy number 3 (the buoy must be to the swimmer's left).
- Swim 100m heading south to buoy number 4 (the buoy must be to the swimmer's left).
- Swim 100m heading east to the finishing buoy.
- To be completed once for the 1000m. Three times for the 3000m and five times for the 5000m.
- On the final lap, turn between the finish and start buoy and proceed to the finish line on the beach. Race ends in front of the lifeguard booth on the western end of the beach.
- See race diagram above



SUBWAY MARACAS OPEN WATER SWIM CLASSIC 2026

RACE ENTRY FORM & WAIVER

NAME: _____ **SEX:** _____

DATE OF BIRTH: _____ **AGE ON RACE DAY:** _____
yy / mm / dd

CLUB: _____ **(if applicable)** **T-shirt Size:** _____

ADDRESS: _____

TELEPHONE _____ **E-MAIL:** _____

In consideration of your accepting this entry form, I the undersigned, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the organisers of the events and any and all sponsors and their representatives, successors and assigns for any and all injuries (including death) suffered by me in the said event, including pre and post-race activities. I attest and verify that I am physically fit and have trained sufficiently for the completion of this event, and a licensed Medical Doctor has verified my physical condition. Further, I grant full permission to any and all foregoing to use any photographs, videotapes, motion pictures, recordings, and any other record of this event for any legitimate purpose.

DATE

APPLICANT'S SIGNATURE

PARENT/GUARDIAN'S NAME
(BLOCK LETTERS)

Signature (Parent or Guardian)

RACE DISTANCE

Select all that are applicable

500m () 1000m () 3000m () 5000m ()

