

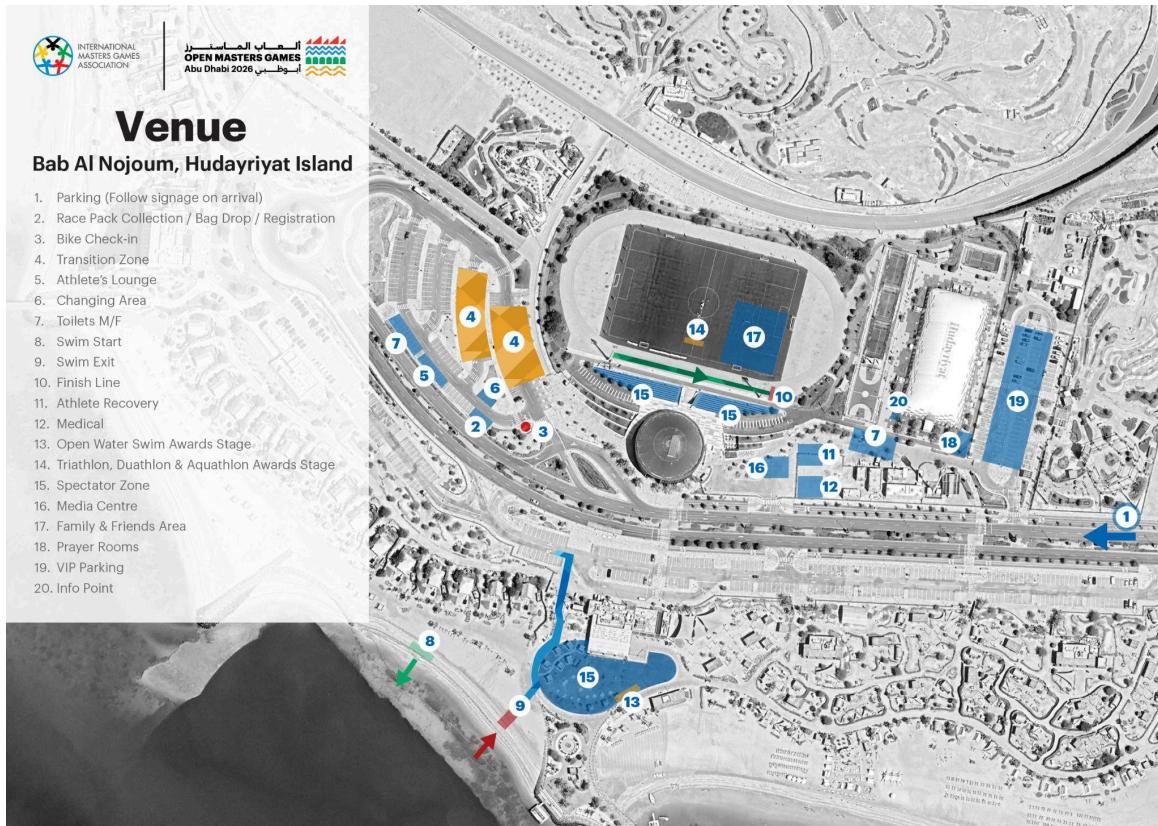
OPEN WATER SWIM

1. Games Overview

The Open Masters Games Abu Dhabi 2026 is an international multi-sport event welcoming masters athletes from around the world. The endurance events will take place at **Al Hudayriat Island, Abu Dhabi**, across three days of competition.

Event	Discipline	Age Eligibility	Distance		Date	Start Time	Venue
			Swim	Laps			
OPEN WATER SWIMMING	5km Open Water	25-100+years	5km	1 Lap of 1.5km	Sat 7 Feb	9:00	HUDAYRIYAT ISLAND, BAB AL NAJOUR
	2.5km Open Water	25-100+years	2.5km	2 Laps of 1.25km	Sat 7 Feb	12:00	HUDAYRIYAT ISLAND, BAB AL NAJOUR
	1.5km Open Water	25-100+years	1.5km	4 Laps of 1.25km	Sat 7 Feb	13:30	HUDAYRIYAT ISLAND, BAB AL NAJOUR

2. Venue Details



The Open Water Swim is hosted at **Al Hudayriat Island**, a purpose-built sports and recreation destination.

Venue: Hudayriyat Island (Open Water Swim)

The event venue is at Bab Al Nojoum Beach on Hudayriyat Island - [Please click here for location.](#)

3. Event Schedule

Key Dates

- **Friday 6 February 2026**
Race Pack Collection, Swim Familiarisation
- **Saturday 7 February 2026**
Open Water Swim Races

Start time	Finish time	Category	Activity
FRIDAY 6 FEBRUARY			
6:30	-	ALL	Race Village Opens
9:00	18:00	ALL	Race Pack Collection - Open Water Swim, Triathlon, Duathlon & Aquathlon
10:00	11:30	OPEN WATER SWIM	Swim course familiarization 1st session - 600m course/loop (last swimmer allowed in water at 11:00)
12:00	13:30	OPEN WATER SWIM	Swim course familiarization 2nd session - 600m course/loop (last swimmer allowed in water at 13:00)
	19:00	ALL	Race Village Closes
SATURDAY 7 FEBRUARY			
6:30	-	ALL	Race Village Opens
9:00	11:00	OPEN WATER SWIM	RACE START: OPEN WATER SWIM 5km
11:00	11:45	OPEN WATER SWIM	Awards Ceremony: 5km Open Water Swim
12:00	13:30	OPEN WATER SWIM	RACE START: OPEN WATER SWIM 2.5km
13:30	14:30	OPEN WATER SWIM	RACE START: OPEN WATER SWIM 1.5km
14:30	15:45	OPEN WATER SWIM	Awards Ceremony: 2.5km & 1.5km Open Water Swim
19:00	-	ALL	Race Village Closes

4. Athlete Registration, Race Pack Collection & Bag Drop

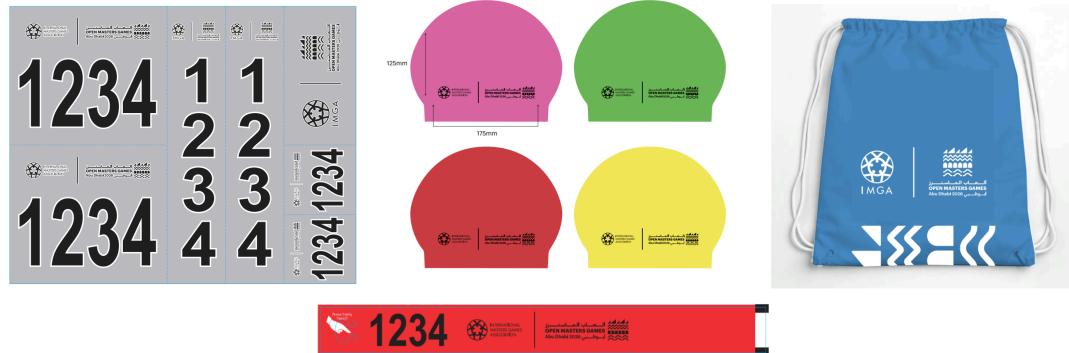
Race pack collection takes place within the **Race Village**.

- Friday 6 Feb 9:00-18:00
- Saturday 7 Feb 8:00-6:00

Athletes need to present their Open Masters Games Accreditation in order to collect their race pack.

Race packs include:

- Body decal
- Swim Cap
- Race bag
- Wristband
- Timing chip



Swim Course Familiarisation

- Friday 6 February: 10:00–11:30 (Last entry 11:10)
- Saturday 6 February: 12:00–13:30 (Last entry 13:10)

The swim familiarisation will be a 600m loop course. You need to wear your race wristband in order to gain access to the swim familiarisation course. Final entry into the water is strictly controlled for safety, and is 20mins before the end of the session time.

Bag Drop

A secure bag drop facility is available within the Race Village.

Athletes must:

- Attach their race number sticker to their bag
- Wear their wristband when collecting bags

Valuables should not be left in the bag drop.

5. Start Waves

Saturday 7 February
Open Water Swim

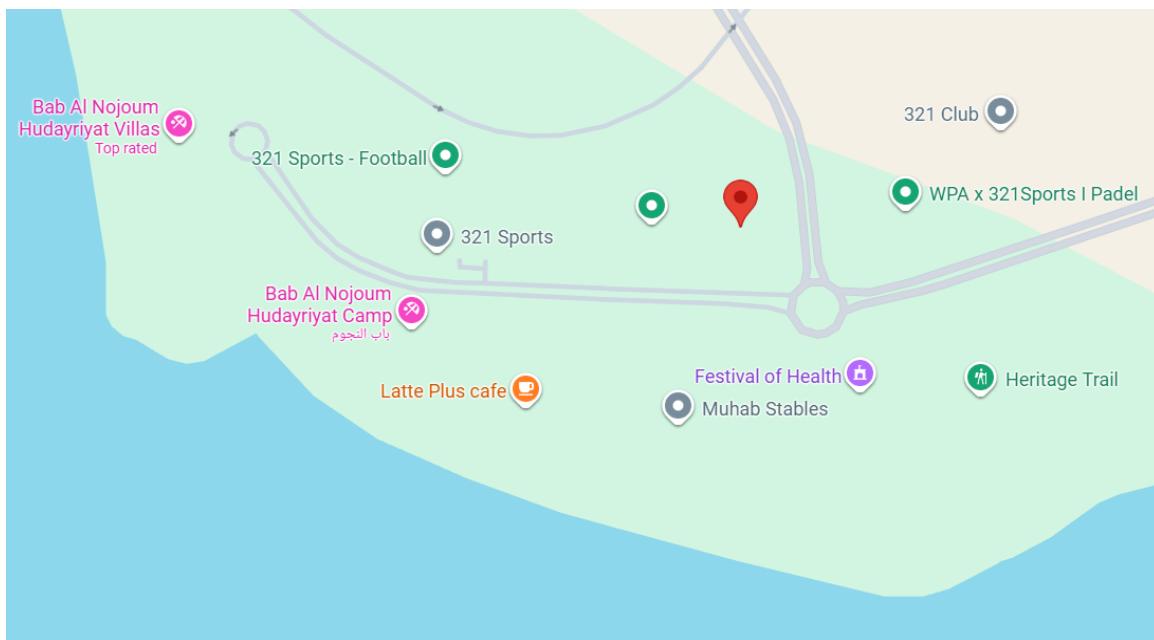
Distance	Wave	Bib range	Wristband	Start time	Age categories	Cap colour	Wave Pax
5km Open Water Swim	1	001-169	Race#	9:00 AM	Male 25-44yrs	RED	63
	2		Race#	9:05 AM	Male 45+yrs	RED	57
	3		Race#	9:10 AM	All Female	YELLOW	35
2.5km Open Water Swim	1	170-369	Race#	12:00 AM	Male 25-44yrs	LUMO GREEN	56
	2		Race#	12:05 AM	Male 45+yrs	LUMO GREEN	62
	3		Race#	12:10 AM	All Female	PINK	62
1.5km Open Water Swim	1	370-999	Race#	13:30 PM	Male 25-44yrs	YELLOW	343
	2		Race#	13:35 PM	Male 45+yrs	YELLOW	164
	3		Race#	13:40 PM	All Female	RED	107

Athletes must:

- Check their allocated wave and start time in advance
- Wear the correct swim cap
- Wear their wristband to gain access to the start pen
- Start only in their assigned wave

6. Parking

Designated athlete parking is available at Al Hudayriat Island. Parking areas are clearly signposted.



7. Swim Courses





Swim Course Description

- Open-water ocean swim
- Clearly marked with buoys
- Final course briefing will take place on the start line 15min before your scheduled start wave.
- Lifeguards and rescue craft will be on course for your safety.
- If you need assistance on course, please alert the nearest life saver by raising your left arm.
- Course Configuration:
 - 5km Course - 4 Laps of 1.25km loop*
 - 2.5km Course - 2 Laps of 1.25km loop*
 - 1.5km Race - 1 single lap of 1.5km loop

*Loop size is adjusted to account for swim to / from the beach

Swim Course Cut-off Times

The swim course cut-off time for all 3 distances are as follows:

- 5km – 2hr cut off
- 2.5km – 1hr after first athlete cut off
- 1.5km – 30min after the first athlete cut off

Cut-off times are set in line with World Aquatics guidelines and are designed to ensure athlete safety and fair racing conditions.

8. Results

Live results will be available online during the event. Final results will be published following verification.

Details of the results platform will be shared prior to race day.

9. Awards & Categories

Award Ceremonies - Saturday 7 February

- 11:00-11:45: 5km Open Water Swim
- 14:30-15:45 2.5km & 1.5km Open Water Swim

Athletes are encouraged to attend their award ceremony in race kit.

10. Important Notes

- No jewellery can be worn and nails must be cut to a short length.
- For Open Water Swimming competitions with water temperature from 18°C and above, swimsuits (men and women) can be worn and shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to the specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for swimming pool competition.
- For Open Water Swimming competitions in water with temperature below 18°C, the use of wetsuits is compulsory.
- Wetsuits are not permitted in Open Water Swimming competitions in water with temperature 18.0°C and above, except when conditions are hazardous for the competitors, the Chief Referee may, upon recommendation from the Safety Officer & Medical Officer declare wetsuits as mandatory in temperatures up to 20.0°C.
- Wetsuits shall completely cover the torso, back, and thighs. They shall not extend beyond the neck, wrists and ankles.
- The body parts, after the shoulder and/or below the thigh do not necessarily need to be covered

Athletes are responsible for checking the latest event updates prior to race day.

11. Welcome Ceremony Transportation

FRIDAY 6 FEBRUARY

PARK & RIDE SHUTTLE SERVICE

» SHUTTLES OPERATE FROM | 04:00 PM

VENUE ACCESS

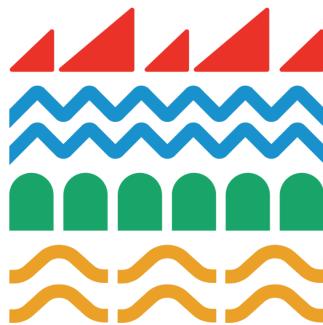
- GATES OPEN AT | 05:30 PM
- LAST ENTRY AT | 07:15 PM

LAST SHUTTLE TO VENUE

- MARINA MALL | 06:30 PM
- AL RAHA BEACH PARK & RIDE | 06:30 PM
- ADNEC D | 06:45 PM

RETURN TRANSPORT

LAST BUS DEPARTS THE VENUE AT | 11:30 PM



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OPEN MASTERS GAMES
Abu Dhabi 2026
أبوظبي

