

|                             |                         |                              |                       |
|-----------------------------|-------------------------|------------------------------|-----------------------|
| <b>Committee Name:</b>      | Long Distance           | <b>Session #:</b>            | 3                     |
| <b>Committee Chair:</b>     | Catherine Rust          | <b>Vice Chair:</b>           | Dave Brancamp         |
| <b>Minutes recorded by:</b> | Christie Ciraulo and AI | <b>Date/time of meeting:</b> | 07 April 2026. 8pmEDT |

**Actions Requiring Approval by the House of Delegates:**

- 1. none

**Motions Passed: (see below)**

- 1. none

|                                   |                            |                             |                            |                 |
|-----------------------------------|----------------------------|-----------------------------|----------------------------|-----------------|
| <b>Committee Present: 11</b>      | <b>Committee Absent: 3</b> | <b>ExOfficio Present: 3</b> | <b>ExOfficio Absent: 1</b> | <b>Guest: 1</b> |
| <b>Committee members present:</b> |                            |                             |                            |                 |
| Catherine Rust                    |                            |                             |                            |                 |
| David Brancamp                    |                            |                             |                            |                 |
| Christie Ciraulo                  |                            |                             |                            |                 |
| James Davidson                    |                            |                             |                            |                 |
| John Fox                          |                            |                             |                            |                 |
| Bob Kolonkowski                   |                            |                             |                            |                 |
| Nicki Phillips                    |                            |                             |                            |                 |
| Phyllis Quinn                     |                            |                             |                            |                 |
| Stephen Rouch                     |                            |                             |                            |                 |
| David Spitzler                    |                            |                             |                            |                 |
| <b>Committee Members Absent:</b>  |                            |                             |                            |                 |
| Vesna Shelnut                     |                            |                             |                            |                 |
| Amy Wagner                        |                            |                             |                            |                 |
| Marnie Whitley                    |                            |                             |                            |                 |
| <b>ExOfficio Members Present:</b> |                            |                             |                            |                 |
| Carrie Stolar                     |                            |                             |                            |                 |
| Jay Eckert                        |                            |                             |                            |                 |
| Colton Martin                     |                            |                             |                            |                 |
| David Miner                       |                            |                             |                            |                 |
| <b>ExOfficio Members Absent:</b>  |                            |                             |                            |                 |
| Onshalee Promchitmart             |                            |                             |                            |                 |
| <b>Guest:</b>                     |                            |                             |                            |                 |
| Dawson Hughes                     |                            |                             |                            |                 |

**Minutes**

The meeting was called to order at 8pmEDT.

**Meeting Opened by Chair Catherine Rust**

## Meeting Summary Reports

1. Jay presented a review of the recent Sarasota national championship open water swims. The events in Sarasota attracted approximately 230 participants across two races, the one mile and the 5K.  
Concern was expressed having the event on Easter weekend as it created high hotel costs. A different weekend is being considered for next year.
2. David Miner updated the committee on sanctioned races, noting 31 completed with two pending, which is on track with last year's numbers.
3. Jim presented a proposed rule to Part 5 of the rule book. The committee discussed updates to rule 507.1.7 which comes under the Legislation Committee. The LDC will submit the rule to Legislation who will then be the committee to present the proposed amendment to the HOD. Neoprene caps and the 78-degree water temperature threshold rule 303.4.2.A was discussed at length. The recommendation was presented to comply with other water sports rules. Phyllis agreed to compile pros and cons about the current rule, with David Spitzler with the assist to create a shared Google document.  
Further rules discussions were tabled until the next meeting.
4. Dawson provided a comprehensive update of transgender athlete eligibility policies. Competition categories will be determined by state and local laws. The new policy follows local laws regarding gender identity protections, with 21 states and DC having specific protections while 29 states do not. Dawson explained that competition categories will be determined by athletes' USMS membership selections, and a new registration process will be implemented to handle event licenses and national recognition opt-ins. The committee discussed specific questions about virtual events, All-Stars programs, and registration procedures, with Dawson noting that the current policy is interim and will be refined over the coming months. He also discussed implementation challenges with the new registration system allowing an opt out of gender declaration and national recognition procedures for transgender athletes. Stephen shared his struggles with trying to register under the new system. Dawson will back channel with Stephen and assured the committee that the system is a work in progress, but that it is moving forward and expects it to be fine-tuned in time for 2027 registration.

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### Next Steps

1. David Spitzler creates and shares a Google Doc for neoprene cap discussion.
2. Phyllis becomes editor in chief of neoprene google doc and lists the pros and cons,
3. Dawson follows up with Phyllis re virtual events will be handled (some discussion was held).
4. Stephen follows up with Dawson when he wants to back channel register.

The meeting was adjourned at 9:00EST

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**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

June 2, 2026

July 7, 2026

August 4, 2026

September 1, 2026

October 6, 2026