

FOR IMMEDIATE RELEASE: Friday, April 21, 2023



## Grimes Defends Title at 10K National Championships

[Results](#) | [Live Stream](#) | [Meet Info](#)

**SARASOTA, Fla.** – The 2023 Open Water National Championships kicked off Friday morning in Sarasota, Fla., with the men’s and women’s 10K races. Today’s events serve as part of the selection procedures for the U.S. Open Water National and National Junior Teams, as well as several international competitions.

### **Women’s 10K – FINAL**

- 1 – Katie Grimes (Las Vegas, Nev./Sandpipers of Nevada), 1:58:08
- 2 – Mariah Denigan (Walton, Ky./Indiana Swim Club), 1:58:23
- 3 – Claire Weinstein (White Plains, N.Y./Sandpipers of Nevada), 1:58:24
- 4 – Ashley Twichell (Fayetteville, N.Y./TAC Titans), 1:58:25
- 5 – Maria de Valdes (ESP), 1:59:06
- 6 – Kensey McMahan (Jacksonville, Fla./University of Alabama Swim Club), 1:59:09
- 7 – Angela Martinez (ESP), 2:00:28
- 8 – Leah DeGeorge (Jacksonville, Fla./University of Florida), 2:00:31

### Race Notes:

- With her first-place result, Grimes qualifies for the [2023 Open Water World Aquatics Championships](#) in Fukuoka, Japan. This is the second time in Grimes’ career that she has qualified for Open Water World Aquatics Championships after she competed at last year’s competition.
- The top-six American finishers in today’s 10K are qualified for the U.S. Open Water National Team.

*Grimes on her race: “It felt good. It was a little more difficult than I thought it was going to be. It’s definitely one of the closer races we’ve had for an Open Water Nationals. I feel like, in the past it’s been a little bit more spread out but this year, it was pretty tight for a good majority of the race so that required a lot of strategizing. The whole time I was basically just thinking and planning in my head. It was a lot of brain power as well as physical energy.”*

*Grimes on qualifying for the 2023 Open Water World Aquatics Championship Team: “That was obviously the goal. It’s nice to get that off the plate now and focus on pool. Going into the summer, I’m really happy to represent the U.S. in both open water and, hopefully, the pool so we will see how Nationals.”*

## **Men's 10K – FINAL**

- 1 – Carlos Garach (ESP), 1:51:05.65
- 2 – Brennan Gravley (Las Vegas, Nev./University of Florida), 1:51:05.78
- 3 – Dylan Gravley (Las Vegas, Nev./Sun Devil Swimming), 1:51:07.77
- 4 – Joey Tepper (Egg Harbor Township, N.J./University of Florida), 1:51:11:02
- 5 – Ivan Puskovitch (West Chester, Pa./TSM Aquatics), 1:51:13.07
- 6 – Luke Ellis (Las Vegas, Nev./Sandpipers of Nevada), 1:51:13.26
- 7 – Guillem Pujol (ESP), 1:51:28.63
- 8 – Alejandro Puebla (ESP), 1:51:29.17
- 9 – Simon Lamar (Hacienda Heights, Calif./FAST Swim Team), 1:51:31.52

### Race notes:

- As the top-American finisher, Brennan Gravley qualifies for the 2023 Open Water World Aquatics Championships. This is his third qualification for Open Water World Aquatics Championships after he competed at the 2019 and 2022 competitions.
- The top-six American finishers in today's 10K are qualified for the U.S. Open Water National Team.

*Brennan Gravley on qualifying for the 2023 Open Water World Aquatics Championship Team: "I'm always grateful for the opportunity. Part of being an athlete in America and swimming domestically, there's always kids on your team that are always on your heels. I'm still young myself but as you saw today, there's plenty of guys that came in at the finish with us. The sport always keeps you honest and it's very intense in a setting like this that's kind of pool-like, not choppy, so it kept us all really close. I'm really excited for the roster that we might bring to Worlds and the National Team for the summer. I think there are going to be a lot of really cool opportunities. I can't wait to be representing the USA again."*

*Dylan Gravley on the race: "It was pretty cool to watch from the back there. It was really explosive there at the end. Really the last stretch was the hard part of the race. (Carlos Garach) kicked it into high gear in that last probably 200 meters when we really started cooking then he added the kick and it just really blew up there at the end. There was a lot of action ahead of me, guys going back and forth. It was really quick there at the finish and a pleasure to finish with those guys because it's a high-class crew."*

*Dylan Gravley finishing next to his brother: "I could tell he was on his feet just by the way he was tapping me – so, kind of a secret language – but it was a fun finish, good race, wasn't too quick in the middle portion so I think it set up a fast finish. We always really appreciate having international competitors at the event because it's hard to travel across the pond and join us in America. It's just really special to have more guys. I had a really fun time racing that kid. I know he's pretty darn fast in the pool. I could feel that at the end. It was a lot of fun and it was fun to be top-two Americans."*

More than 240 athletes from across the country, as well as competitors from Spain, Sweden and Japan have descended on Sarasota for this Open Water National Championships. Swimming continues Saturday with the 5K Junior National Championship and concludes with the 7.5K Junior National Championship and 5K National Championship on Sunday.

Start lists for this weekend's competition can be found [here](#). For a complete schedule and timeline, [click here](#). Action in Sarasota can be streamed at [www.usaswimming.org/watch](http://www.usaswimming.org/watch). For results, water quality and more, visit the [meet information page](#).

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