

2025 METRO/NEW JERSEY OPEN WATER CHAMPIONSHIP



2025 Metro/New Jersey Open Water Championships

September 21, 2025
North Hempstead Beach Park
Hosted by Metropolitan Swimming
Sanction # 250901-OWS

Metro reserves the right to adjust the meet information and format.
Please make sure to check the Metro website and with the coaches for updates.

Entry Deadline is **6:00 PM September 15, 2025**

Entry Corrections Deadline is **12:00 PM September 19, 2025**

Updated Information will be available: <https://www.gomotionapp.com/team/mrlsc/page/open-water-championship>

Table of Contents

SESSION SCHEDULE	2
EVENT ORDER	2
GENERAL INFORMATION	3
ENTERING THE MEET	5
CHAMPIONSHIP PROCEDURES	6
SAFE SPORT	8
TIME STANDARDS	10

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FRIDAY	Technical Meeting	8:00 PM	on Zoom
SUNDAY	Registration	9:30 AM	
	Warmup	10:00 AM - 10:45 AM	
	Mandatory Safety Meeting	10:45 AM	

EVENT ORDER

W	1.25K - 11:00 AM*	M	W	5K - 11:35 AM*	M
1	10 & Under	2	15	13-14	16
3	11-12	4	17	15-16	18
			19	17-18	20
			21	19 & Over	22
			W	2.5K - 11:40 AM*	M
			5	11-12	6
			7	13-14	8
			9	15-16	10
			11	17-18	12
			13	19 & Over	14

* All start times are approximate and subject to change by the Meet Director and/or Meet Referee.

GENERAL INFORMATION

Questions

For all meet related questions
entries@metroswimming.org

Meet Referee
Christopher Barry
accebarry@verizon.net

Administrative Referee
Jeff Chu
entries@metroswimming.org

Meet Director
George Fleckenstein
george.fleckenstein@metroswimming.org

Independent Safety Monitor
Nelson Gonzalez
nelsonshorses1@aol.com

Facility

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North Hempstead Beach Park is a beach located on Hempstead Harbor in Port Washington, in Nassau County, on the North Shore of Long Island, in New York. It is located in and owned and operated by the Town of North Hempstead at the North side of the Long Island Sound. The total area of the park is 60 acres (24 ha), and the total length of the property's beachfront is approximately .5 miles (0.80 km). The LI Sound is a tidal estuary of the Atlantic Ocean so the saltwater from the ocean mixes with fresh water from rivers draining from the land. The salinity of the sound is 2.3% compared to the ocean which is 3.7%.

Expected High Tide 12:09 pm

Historical Water temperatures at Port Washington, NY: September 65.7-78 F

Historical Air temperatures at Port Washington, NY: September 62-77 F

Meeting Schedule

Technical Meeting

8:00 PM

September 19, 2025

Officials Meeting

Following Technical Meeting

September 19, 2025

Zoom Registration: <https://zoom.us/meeting/register/jxr3yusWSfmP0fto5vkFOg>

Mandatory Pre-Race Safety Briefing - all swimmers MUST attend or they will not be allowed to swim.

10:45 AM - 1.25 K swimmers

11:15 PM - 5K and 2.5K swimmers

Officials

Officials wishing to volunteer should sign up by September ##, 2025.

Officials Signup: <https://forms.gle/nYe2nfezocoTYEVT7>

The Meet is open to all USA Swimming certified officials

Volunteers

Anyone wishing to volunteer should sign up by September ##, 2025.

Volunteer Signup: <https://forms.gle/sSutqKZPgLo4x7Tj6>

Admissions

Admission is free.

Race Course and Operations

The race will be set up in a 1.25K course and the three distances. 5K, 2.5K, and 1.25K will consist of an in-water start and return to a beach finish. Large buoys will mark each turn. See course maps below. The course is set; however, the race committee reserves the right to change the configuration and/or direction of each event due to race day conditions. Water Depth is less than 20m throughout the course.

No feeding station will be used. The use of feed sticks by coaches will NOT be permitted. Aside from Safety and Officials' boats, additional craft may not enter the racecourse. This is a non-escorted swim. The swimmers must swim within the finish chute and will finish by running up the beach and across the finish structure.

Toenails and finger nails will be checked before the race by the Head Referee or their designee. If the nails are too long, they must be cut to a reasonable length at the discretion of the Referee.

Timing

These races will utilize electronic "chip" timing, and swimmers will wear one timing chip on their ankle.

ENTERING THE MEET

Meet Entries

1. A swimmer may enter any event for which they
2. All entries must be submitted via email to entries@metroswimming.org by September ##, 2025. This is the only accepted way to enter this meet, with the exception of new swims achieved after the meet deadline.
3. Your entry file should be supplemented by a proof of times report, also emailed to entries@metroswimming.org.

Eligibility

1. All athletes must be registered for 2025 with USA Swimming as of the entry deadline. Any swimmer, who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
2. Entry times must equal or better the qualifying standards. Entry times may not be converted.
3. Swimmers entered with unprovable times will not be seeded.
4. In compliance with USA Swimming regulations, all adult athletes (those who are 18 or older) participating in the meet must have up-to-date Athlete Protection Training (APT) in order to compete. Swimmers who turn 18 during the meet, need to have completed the APT in order to continue competing, even if their age for the meet is still considered to be 17.
5. Masters athletes must be at least 18 years old. Masters athletes who are not Year-Round Athlete Members of USA Swimming must register for a Single Event Open Water Membership (additional fee applies). Qualifying Standards for Masters Events are recommended only.
6. Age on September 21, 2025 will determine age for the entire meet.

Qualifying Period

Times must have been achieved between May 1, 2024 and the meet entry deadline.

Number of Events

A swimmer may not swim more than one (1) individual event.

Bonus Events

No Bonus Events are being offered.

DEI

Metro may waive entry fees and facility surcharge for registered outreach swimmers. Coaches should contact Eddie Oyola - ddei@metroswimming.org and identify registered swimmers whom they wish to consider for waiver of fees when submitting meet entries.

Disability Swimmers

Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete or the athlete's coach is also responsible for notifying the Meet Referee of any disability prior to the competition so that all appropriate accommodations can be made. Qualification standards for this meet will be the USA Swimming Para Sectional Times Standards??.

Entry Fees

USA Swimming Member Registration Fee: \$60.00
Make checks out to Metropolitan Swimming and mail to:
P.O. Box 2350
Selden, NY 11784

Non-Member USA Swimming (USA Masters) Registration Fee: \$84 Non-members must use the Single Meet Open Water membership:
<https://omr.usaswimming.org/omr/welcome/71E39066504649>

← 2025 MR Metro/NJ Open Water Championship

2. The USA Swimming Code of Conduct is in effect for the duration of the meet.

Membership Requirements

All swimmers must be registered for 2025 with USA Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered will be scratched from the meet. Registrations will not be processed at the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

SWIMS - Proof of Times

All times must be provable in the SWIMS database.

Entering Official Times

1. Verification of times for all events is required.
2. Coaches entering athletes with custom times, or times not yet in SWIMS, must be prepared to provide the meet results for the unproven times.
3. Any proof of time must be submitted prior to the technical meeting.
4. The proof of times must include the name and USA-Swimming ID of the athlete as well as the meet, event, and time swum.
5. High School, College, YMCA and similar non-USA Swimming meets swims must be officially authorized by USA Swimming.

Responsibility Clause

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined \$150; no further entries will be accepted from the club until the fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming for 2025.

Registration

Email to entries@metroswimming.org will be used for meet entry.

Check-In

All athletes must check in before warming up.

Warmup and Safety

Warm up will be available 10:00 a.m. – 10:45 a.m. ONLY on the portion of the race course closest to the finish area.

Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. All athlete members must be under the supervision of a USA Swimming member coach during warm-ups, competition and warm-downs. Only athletes entered in this meet may use the warm-up lanes. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for supervision. Coaches must notify the Meet Director of any different coaching

category depending on entries. Year-round athletes may be seeded in earlier waves than Masters athletes.

Time Trials

Time Trials will not be offered.

Format

All events are timed finals.

Scratch Procedure

Before September 21, 2025, coaches should send scratches by email to entries@metroswimming.org. On the day of the meet, coaches should indicate scratches at the check-in table.

Meet Jury

For consideration of all other protests lodged at the meet, the Meet Referee may appoint a meet jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.

Results

Posed on Meet Mobile (Unofficial) and on the Metropolitan Swimming website.

Awards

INDIVIDUAL AWARDS; MR/NJ LSC Separately.
1 K – The top 8 10&under and 11-12 of each gender will receive medals. All finishers will receive a paper certificate.
3K – The top 8 in 11-12, 13-14, 15-16, 17-18 of each gender will receive medals. The top 3 overall year-round athletes of each gender will receive awards. The top 3 of each age group for Masters will receive medals.
5K – the top 8 in 13-14, 15-16, 17-18 of each gender will receive medals. The top 3 overall year-round athletes of each gender will receive awards. The top 3 of each age group for Masters will receive medals.

TEAM AWARDS: 5K (year-round) - The top 2 teams based on total time of their fastest 4 athletes by gender will receive an award.

Safety Personnel will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. The weather and water conditions are unpredictable; please use good judgement if you are uncertain about swimming in open water. The 5K should not be an athlete's first open water experience.

The Referee, the Meet Director, or the Independent Safety Monitor have the authority to postpone or cancel the race.

1. Fingernails and Toenails must be neatly trimmed and not extend past the finger/toe, to prevent injury to others. Race Officials may require nail trimming to compete.

← 2025 MR Metro/NJ Open Water Championship

Marshals or other safety personnel will be present throughout warmups and competition and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers and officials will be allowed on inside certain portions of the venue.

Lodging

Travelodge by Wyndham Manhasset - 1177 Northern Blvd, Manhasset, NY • (516) 708-4952
Red Roof PLUS+ Long Island Garden City, 699 Dibblee Dr, Westbury, NY 11590 • (516) 686-9135
Hilton Garden Inn Roslyn, 3 Harbor Park Dr, Port Washington, NY 11050 • (516) 626-3600

referee before he/she warms up. The referee will assign the swimmer to a registered coach for warm-ups.

4. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
5. All participants will be recorded by meet management on the entry to the racecourse and exit of the race course.
6. Athletes abandoning the race must notify safety personnel and/or officials.
7. No glass containers are permitted on the beach.

Photography

Photographers are required to complete a [*photography registration form*](#).

Parking

Free Parking is available in the park, a two-minute walk from the race check-in.

Merchants

Fine Designs Graphics will have race logo textiles for sale.

SAFE SPORT

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report. All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

← 2025 MR Metro/NJ Open Water Championship

the home club coach is not planning to attend the event, swimmers must designate a supervising coach. Arriving with a fellow LSC club/coach is preferred, however if a swimmer arrives without a coach, he/ she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

During the entire meet, use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks, while athletes are in vulnerable positions, and are not permitted in changing areas, rest rooms or locker rooms.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

All athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership via the USA Swimming App. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course. Upon acceptance of their entries, the participant waives all claims against Town of North Hempstead, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and Metropolitan Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

TIME STANDARDS

Eligibility period: from May 1, 2024 to meet entry deadline

GIRLS			10 & Under	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
7:35.49	6:46.89	6:51.09	400/500 FREE	6:44.59	6:37.09	7:26.99
GIRLS			11-12	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
6:38.39	5:54.99	5:56.49	400/500 FREE	5:09.89	5:41.19	6:27.49
13:44.69	12:13.49	12:29.19	800/1000 FREE	10:50.39	11:57.89	13:30.19
23:07.29	23:11.29	23:55.39	1500/1650 FREE	20:33.99	22:34.69	22:37.49
GIRLS			13-14	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
6:20.09	5:34.99	5:40.89	400/500 FREE	5:24.09	5:13.39	5:58.99
13:01.79	11:31.49	11:41.99	800/1000 FREE	11:13.99	10:48.39	12:23.89
21:43.19	21:53.29	22:23.09	1500/1650 FREE	21:27.39	20:39.49	20:43.19
GIRLS			15 & Over	BOYS		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY

← 2025 MR Metro/NJ Open Water Championship

WOMEN			Masters	MEN		
SCY	SCM	LCM	EVENT	LCM	SCM	SCY
6:20.09	5:34.99	5:40.89	400/500 FREE	5:24.09	5:13.39	5:58.99
13:01.79	11:31.49	11:41.99	800/1000 FREE	11:13.99	10:48.39	12:23.89
21:43.19	21:53.29	22:23.09	1500/1650 FREE	21:27.39	20:39.49	20:43.19

COURSE MAP

