2026 Metropolitan/New Jersey Open Water Swimming Championships

September 20, 2026

SANCTION: Held under Sanction **# 260902-OWS** of USA Swimming/Metropolitan Swimming, Inc.,

LOCATION:
North Hempstead Beach Park
175 W. Shore Drive
Port Washington, NY 11050

FACILITY: 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 and owned and operated by the Town of North Hempstead at the south 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%.

EVENTS: **5K Race, 2.5K Race**, **1.25K Race**

GENERAL INFO:
Expected high tide: 7:30 am Expected low tide: 1:09 pm
Historical Water temperatures at Port Washington, NY: September 65.7-78 F
Historical Air temperatures at Port Washington, NY: September 62-77 F

FORMAT:
All events are timed finals.
Year-round Athletes with qualifying times will be seeded into the first wave(s) of each event, then Masters in subsequent waves.

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.

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.

2026 Open Water Championships Schedule*

Sunday, September 20	
7:00-8:30	Registration 5K and 2.5K
7:30-8:30	Warm-up 5K and 2.5K
8:45	Briefing 5K
9:00	Race begins 5K
9:50	Briefing 2.5K
10:00 -11:00	Registration 1.25K
10:30 -11:00	Warm-up 1.25K
10:15	Race begins 2.5K
11:00	Awards 5K
11:00	Briefing 1.25K
11:15	Race begins 1.25K
12:00	Awards 2.5K
12:30	Awards 1.25K

*All times are subject to change by the Independent Safety Monitor, Meet Director, or Meet Referee.

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

ELIGIBILITY: Open to all USA Swimming registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
"Deck Registrations" will NOT be accepted.

Athletes in 10 & under, 11-12, 13-14, 15 & over must have achieved the qualifying standards listed below between May 1, 2025 and the entry deadline.
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. Age on **September 20, 2026** will determine age for the entire meet.

DISABILITY SWIMMERS: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: **Teams** must enter their athletes using USA Swimming's Online Meet Entry (OME) Program (link to be provided). Athletes eligible for multiple events may switch to the shorter of the two events on the day of the Championships, at the discretion of the Meet Referee.
Email Entries to: owentries@metroswimming.org

Direct questions regarding entries to: owentries@metroswimming.org

DEADLINE:

1: Metro and New Jersey LSC teams will be given priority on a first come/first served basis. Metro teams' entries must be received by **September 1, 2026**.
2: The final entry deadline for this meet is **September 13, 2026.**
3: Entries from other LSC's will be entered in the order they are received, as space allows. An email confirming receipt of entries will be sent if you provide an email contact..

ENTRY FEE:

USA Swimming Member Registration Fee: $60.00

Non-Member USA Swimming (USA Masters) Registration Fee: $84 Non-members must use the Single Meet Open Water membership.
Link TBD or email metro.office@metroswimming.org

All entries will include a commemorative beach towel.
NO REFUNDS WILL BE ALLOWED.

WARM-UP:

Warm up will be available 7:30 am – 8:30 am for the 5K and 2.5K.
ONLY on the portion of the racecourse closest to the finish area.
10:30am -11:00am for the 1.25K, in a guarded area off the course.

COACHES:

In accordance with Metropolitan Swimming Inc. Policy, only coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet.

AWARDS:

INDIVIDUAL AWARDS; EACH LSC
1.25K – The top 8 10&under and 11-12 of each gender will receive medals.
2.5K – 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 of each age group for Masters will receive medals.

The top overall year-round athlete of each event will receive an award.

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

OFFICIALS:

Meet Referee: Sandy Graham, sandylgraham@earthlink.net 845-444-4681
Officials wishing to volunteer should contact Sandy

VOLUNTEER:

Individuals able to help out as kayakers or with boats for course safety should contact the Meet Director – george.fleckenstein@metroswimming.org

ADMIN. REFEREE:

Kenneth Graham - ksg@alumni.caltech.edu 845-444-4678

MEET DIRECTOR:

George Fleckenstein - george.fleckenstein@metroswimming.org 631-335-4998

INDEPENDENT SAFTY MONITOR:

Nelson Gonzalez – nelsonshorses@aol.com 631-654-8326

RULES:

The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.

MANDATORY BRIEFINGS:

All swimmers must be present for the Pre-Race Briefing at the race start area prior to each race. At this meeting, race officials will distribute last minute information on weather and water conditions, emergency procedures, etc.

RESULTS:

Results will be posted at metroswimming.org and Meet Mobile.

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ABANDONMENT: Athletes abandoning the race during the swim must notify safety personnel and/or officials

SAFETY: 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. Finger 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.
2. No shaving is permitted at the competition site.
3. Swimmers (Under 18) must be under the supervision of a coach. If a swimmer arrives at the meet without a coach, the swimmer should notify the 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.

WATER DEPTH: Water Depth is less than 20m throughout the course.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against the 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 that USA Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. It is understood that Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

REQUIRED STATEMENTS: **Any swimmer entered in the meet must be a certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. 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.**

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.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.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.

DECK CHANGING: **Deck changes are prohibited.**

ADMISSION: Admission to the Championships is free.

MERCHANTS: Fine Designs Graphics will have race logo textiles for sale.

PARKING: Free Parking is available in the park, adjacent to the race check-in.

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

Google Maps https://maps.app.goo.gl/Av5QbbKpGT1hWv217

2026 METRO/NEW JERSEY OPEN WATER CHAMPIONSHIPS

TIME STANDARDS

Eligibility period: from May 1, 2025 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
6:12.19	5:00.79	5:32.89	**400/500 FREE**	5:09.89	4:59.39	5:45.99
12:49.99	10:24.69	11:28.39	**800/1000 FREE**	10:50.39	10:27.09	11:57.79
21:26.19	19:49.29	22:02.19	**1500/1650 FREE**	20:33.99	19:47.59	20:02.89

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

2026 Metropolitan/New Jersey Swimming Open Water Swimming Championships
North Hempstead Beach Park
Port Washington,NY

1.25K RACE COURSE

5K Race – Four Times around the course

2.5K Race – Twice around the course

1.25K Race – Once around the course

Beach start

Photographer Registration Form

As of 05/18/16 - <u>All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.</u>
This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name_____

Phone Number_____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID_____ #_____

Taking photos of_____

On behalf of_____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date_____

Meet_____ Location_____