

2024 Metropolitan/New Jersey Open Water Swimming Championships



September 22, 2024



- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **240951-OW**
- LOCATION:** Glen Island Park Beach
Weyman Ave.
New Rochelle, NY 10805
- FACILITY:** Glen Island Park Beach is at the North side of the Long Island Sound. 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% as compared to the ocean which is 3.7%.
- GENERAL INFO:** Expected Low Tide 8:52 am
Expected Sunrise 6:42 am
Historical Water temperatures at New Rochelle, NY:
September 68-72 F
Historical Air temperatures at New Rochelle, NY:
September 59-73 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, or may be combined.
- 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 race course. 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.
- Toe nails 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.
- 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. All athletes (or their parent/guardian) will be required to sign a Waiver & Release Form. No athlete may participate without a signed form.
- Athletes in 10&under, 11-12, 13-14, 15&over must have achieved the qualifying standards listed below between September 9, 2020 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 22, 2024** will determine age for the entire meet.
- DISABILITY** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need

SWIMMERS:	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:	Athletes are permitted to enter and compete in one event only. Athletes eligible for multiple events may switch to the shorter of the two on the day of the Championships, at the discretion of the Meet Director. Please send hytek entries to entries@metroswimming.org. For Masters entries (single-event open water membership), email jeff.chu@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, 2024. 2: The final entry deadline for this meet is September 13, 2024. 3: Entries from other LSC's will be entered in the order they were received, as space allows. An email confirming receipt of entries will be sent if you provide an email contact. Please contact Jeff Chu if you do not receive such a report within 5 days of your original email.
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: https://omr.usaswimming.org/omr/welcome/71E39066504649 All entries include a t-shirt. NO REFUNDS WILL BE ALLOWED. Payments can be made out to Metropolitan Swimming and sent to: P.O. Box 2350 Selden, NY 11784
WARM-UP:	Warm up will be available 7:00 a.m. – 7:45 a.m. ONLY on the portion of the race course closest to the finish area.
SCRATCHES:	Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.
COACHES:	In accordance with Metropolitan Swimming Inc. Policy, only those 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 1.25 K – The top 8 10&under and 11-12 of each gender will receive medals. All finishers will receive a paper certificate. 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 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.
OFFICIALS:	Meet Referee: Jeff Chu, jeff.chu@metroswimming.org, 631-219-6424 and Christopher Barry accebarry@verizon.net, 908-612-3480 Officials wishing to volunteer should complete an application at https://forms.gle/7S8RaYRnwSVy1xxF7

VOLUNTEER:	Individuals able to help out as kayakers or with boats for course safety should complete an application at: https://forms.gle/GvZubRy7jcfjHgz96
ADMIN. REFEREE:	Sandy Graham
MEET DIRECTOR:	George Fleckenstein george.fleckenstein@metroswimming.org 631-335-4998
INDEPENDENT SAFETY MONITOR:	Nelson Gonzalez
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.
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 Westchester County, 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. Use of Audio or visual recording devices, including a cell phone, is not permitted in

changing areas, rest rooms, 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.

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: Vendor information TBD.

PARKING: Free Parking is available in the park, a two-minute walk from the race check-in. There is NO PARKING on the street.

LODGING: Holiday Inn Express New Rochelle - 43 Church St, New Rochelle, NY 10801 • [\(914\) 740-1810](tel:9147401810)
Hotel Noma - 1 Radisson Plaza, New Rochelle, NY 10801 • [\(914\) 576-3700](tel:9145763700)
Residence Inn New Rochelle - 35 Lecount Pl, New Rochelle, NY 10801 • [\(914\) 636-7888](tel:9146367888)

DIRECTIONS: From New York:
Bronx: Take the Bronx River Parkway North to the Cross County Parkway East to the Hutchinson River Parkway North to Mamaroneck Avenue Exit 23 S. Stay on this for one mile and take I-95 North **New England Thruway** to Exit 15 New Rochelle/The Pelhams: Follow exit ramp to traffic light. Turn left onto Main Street. Go to the second traffic light and make a right onto Weyman Avenue. Follow Weyman for .7 miles to Glen Island Park. Follow the service road .3 miles over the drawbridge to the parking lot.

Brooklyn: Take the Tri-borough Bridge North to the Cross Bronx Expressway East to I-95 North **New England Thruway** to Exit 15 New Rochelle/The Pelhams: Follow exit ramp to traffic light. Turn left onto Main Street. Go to the second traffic light and make a right onto Weyman Avenue. Follow Weyman for .7 miles to Glen Island Park. Follow the service road .3 miles over the drawbridge to the parking lot.

Queens: Take the Cross Island Parkway North to the Throgs Neck Bridge to I-95 North **New England Thruway** to Exit 15 New Rochelle/The Pelhams: Follow exit ramp to traffic light. Turn left onto Main Street. Go to the second traffic light and make a right onto Weyman Avenue. Follow Weyman for .7 miles to Glen Island Park. Follow the service road .3 miles over the drawbridge to the parking lot. Manhattan: Take the Westside Highway North to the Cross Bronx Expressway East to I-95 North to Playland Parkway, Exit 19.

From New Jersey: Take the George Washington Bridge to the Cross Bronx Expressway East to I-95 North **New England Thruway** to Exit 15 New Rochelle/The Pelhams: Follow exit ramp to traffic light. Turn left onto Main Street. Go to the second traffic light and make a right onto Weyman Avenue. Follow Weyman for .7 miles to Glen Island Park. Follow the service road .3 miles over the drawbridge to the parking lot.

From Connecticut: Take I-95 South or Take the Merritt Parkway to the Cross Westchester Expressway (287 East) to I-95 South, **New England Thruway** to Exit 15 New Rochelle/The Pelhams: Follow exit ramp to traffic light. Turn left onto Main Street. Go to the second traffic light and make a right onto Weyman Avenue. Follow Weyman for .7 miles to Glen Island Park. Follow the service road .3 miles over the

drawbridge to the parking lot.

	1.25K Qualifying Standards													
	Girls							Boys						
	500SCY	1000SCY	1650SCY	200LCM	400LCM	800LCM	1500LCM	500SCY	1000SCY	1650SCY	200LCM	400LCM	800LCM	1500LCM
11-12	6:38.39	13:44.69	23:07.29	2:50.39	5:56.49	12:29.19	23:55.39	6:27.49	13:30.19	22:37.49	2:45.19	5:09.89	10:50.39	20:33.99
10&U	7:35.49			3:20.99	6:51.09			7:26.99			3:12.09	6:44.59		

	2.5K Qualifying Standards											
	Girls and Women						Boys and Men					
	500SCY	1000SCY	1650SCY	400LCM	800LCM	1500LCM	500SCY	1000SCY	1650SCY	400LCM	800LCM	1500LCM
15&Over	6:12.19	12:49.99	21:26.19	5:32.89	11:28.39	22:02.19	5:45.99	11:57.79	20:02.89	5:09.89	10:50.39	20:33.99
13-14	6:20.09	13:01.79	21:43.19	5:40.89	11:41.99	22:23.09	5:58.99	12:23.89	20:43.19	5:24.09	11:13.99	21:27.39
11-12	6:38.39	13:44.69	23:07.29	5:56.49	12:29.19	23:55.39	6:27.49	13:30.19	22:37.49	5:48.69	12:15.19	23:25.49
Masters	6:38.39	13:44.69	23:07.29	5:56.49	12:29.19	23:55.39	6:27.49	13:30.19	22:37.49	5:48.69	12:15.19	23:25.49

	5K Time Standards											
	Girls and Women						Boys and Men					
	500SCY	1000SCY	1650SCY	400LCM	800LCM	1500LCM	500SCY	1000SCY	1650SCY	400LCM	800LCM	1500LCM
15&Over	6:12.19	12:49.99	21:26.19	5:32.89	11:28.39	22:02.19	5:45.99	11:57.79	20:02.89	5:09.89	10:50.39	20:33.99
13-14	6:20.09	13:01.79	21:43.19	5:40.89	11:41.99	22:23.09	5:58.99	12:23.89	20:43.19	5:24.09	11:13.99	21:27.39
Masters	6:20.09	13:01.79	21:43.19	5:40.89	11:41.99	22:23.09	5:58.99	12:23.89	20:43.19	5:24.09	11:13.99	21:27.39

Schedule*

6:30 am	Athlete Check-In
7:00 am	Warm-up Begins
7:45 am	Mandatory Briefing for 1.25K, Check-In Ends, Warmup ends
8:00 am	1.25K Start Championship
8:10 am	Mandatory Briefing for 5K and 2.5K
8:35 am	5K Start Championship
8:40 am	2.5K Start Championship
9:00 am	Awards 1.25K
10:00 am	Awards 5K and 2.5K

*All times are subject to change by Meet Director/Referee.

2024 Metropolitan/New Jersey Open Water Swimming Championships

RACE COURSE

1.25K Race – Once around the course

2.5K Race – Twice around the course

5K Race – Four Times around the course

In-water start

Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - 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.

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 _____