

2023 Go for the Gold

Hosted by the Bergen Barracuda Swim Team
at the Raritan Valley Community College

NJ Swimming:	Official Sanction Document		
Date of Meet:	Saturday, October 21st, and Sunday, 22nd, 2023		
Facility:	Raritan Valley Community College <i>(Link to Address, Directions, & Facility Information)</i>		
Host Team Contact:	Nicole DeCaro		Nicole@bbswim.org
Meet Director:	Nicole DeCaro		Nicole@bbswim.org
Meet Referees:	Raymond Wong		officials@bbswim.org
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Erin Kelly Phil Umbrino		Erin@bbswim.org Phil@bbswim.org
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Monday October 2nd, 2023, at 6:00am		
Entry Deadline:	Friday October 13th, 2023, at 6:00pm.		
Swimmer Age	Swimmer ages for this meet are as of: October 21 st , 2023		
Entry Fees & Surcharges:	Individual Event: \$7		Relay Event: \$10
	400 IM/500 Free Event: \$9		
	There will be a \$10/day athlete surcharge.		
Meet Course:	Short Course Yards (SCY). Converted times will be accepted.		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • There will be 10 & Under, 11-12, 13-14, 14 & Under, and 15-19 events. • There are no qualifying times for this meet, except for the 400 IM and 500 Freestyle events. • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own. 		
Entry Limits:	Daily: 4 Individual events 1 Relay event	Meet: 8 Individual events 2 Relay events	
Checks Payable To:	Bergen Barracuda Swim Team		
Email Entry Files To:	besmarttinc@gmail.com		



Tentative Meet Schedule

This schedule is tentative pending receipt of entries.

Depending on the entries, sessions may be combined or split.

The complete schedule with session warm-up, and start times will be established when all entries have been received and a timeline developed.

The schedule will be published on the meet section of the NJS website, the meet website, and e-mailed to the coaches of participating teams.

Saturday		
Session 1	Morning	11-12
Session 2	Midday	10 & Under
Session 3	Afternoon	13-19
Session 4	Evening	19 & Under 500 Freestyle
Sunday		
Session 5	Morning	11-12
Session 6	Midday	10 & Under
Session 7	Afternoon	13-19
Session 8	Evening	19 & Under 400 IM

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Medals will be awarded for the top three swimmers in each individual event. Medals will be awarded to the top three relays in each relay event. Medals will be awarded for the top 3 13-14, and 15-19 swimmers in the 13-19 individual events. Medals will be awarded to the top 3 14 & Under, 15-19 in the 19 & Under individual events.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will not be permitted into the facility. The meet will be livestreamed. A link will be posted at www.besmarttinc.com shortly before each session. Heat sheets will be available online at www.besmarttinc.com and Meet Mobile.
Concessions:	None.
Vendor:	None.
Distance Events:	<ul style="list-style-type: none"> The 400 yard IM and 500 yard Freestyle events will be run fastest to slowest, alternating genders. Heats may be combined without an empty lane to save time. Swimmers are responsible to supply their own timer, and for the 500 freestyle, a person to count. There will be a 15 minute break/warm-up before the start of the first heats of these events.
Heat Limited Events	<ul style="list-style-type: none"> The 13-19 400 yard IM and 500 yard Freestyle may be limited to the fastest 4 heats per event, depending on the timeline developed after entries are received.
Internet Website Posting:	Internet location for all meet information: http://www.besmarttinc.com
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Zone Championship Team or for NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.



Event List

Session	Event #	Event				Equal/Faster
1	1	Women	11-12	200	Medley Relay	
1	2	Men	11-12	200	Medley Relay	
1	3	Women	11-12	200	Free	
1	4	Men	11-12	200	Free	
1	5	Women	11-12	100	Breast	
1	6	Men	11-12	100	Breast	
1	7	Women	11-12	50	Back	
1	8	Men	11-12	50	Back	
1	9	Women	11-12	100	Fly	
1	10	Men	11-12	100	Fly	
1	11	Women	11-12	50	Free	
1	12	Men	11-12	50	Free	
1	13	Women	11-12	200	Back	
1	14	Men	11-12	200	Back	
1	15	Women	11-12	100	IM	
1	16	Men	11-12	100	IM	
2	17	Women	10 & U	200	Medley Relay	
2	18	Men	10 & U	200	Medley Relay	
2	19	Women	10 & U	200	Free	
2	20	Men	10 & U	200	Free	
2	21	Women	10 & U	100	Breast	
2	22	Men	10 & U	100	Breast	
2	23	Women	10 & U	50	Back	
2	24	Men	10 & U	50	Back	
2	25	Women	10 & U	100	Fly	
2	26	Men	10 & U	100	Fly	
2	27	Women	10 & U	50	Free	
2	28	Men	10 & U	50	Free	
2	29	Women	10 & U	100	IM	
2	30	Men	10 & U	100	IM	
3	31	Women	13-14	200	Free Relay	
3	32	Men	13-14	200	Free Relay	
3	33	Women	15-19	200	Free Relay	
3	34	Men	15-19	200	Free Relay	
3	35A	Women	13-14	200	IM	
3	35B	Women	15-19	200	IM	
3	36A	Men	13-14	200	IM	
3	36B	Men	15-19	200	IM	
3	37A	Women	13-14	200	Fly	
3	37B	Women	15-19	200	Fly	
3	38A	Men	13-14	200	Fly	



Session	Event #	Event				Equal/Faster
3	38B	Men	15-19	200	Fly	
3	39A	Women	13-14	100	Free	
3	39B	Women	15-19	100	Free	
3	40A	Men	13-14	100	Free	
3	40B	Men	15-19	100	Free	
3	41A	Women	13-14	100	Back	
3	41B	Women	15-19	100	Back	
3	42A	Men	13-14	100	Back	
3	42B	Men	15-19	100	Back	
3	43A	Women	13-14	100	Breast	
3	43B	Women	15-19	100	Breast	
3	44A	Men	13-14	100	Breast	
3	44B	Men	15-19	100	Breast	
4	45A	Women	14 & U	500	Free	6:24.99
4	45B	Women	15-19	500	Free	6:12.19
4	46A	Men	14 & U	500	Free	6:23.19
4	46B	Men	15-19	500	Free	5:51.69
5	47	Women	11-12	200	Free Relay	
5	48	Men	11-12	200	Free Relay	
5	49	Women	11-12	200	IM	
5	50	Men	11-12	200	IM	
5	51	Women	11-12	200	Breast	
5	52	Men	11-12	200	Breast	
5	53	Women	11-12	50	Fly	
5	54	Men	11-12	50	Fly	
5	55	Women	11-12	100	Back	
5	56	Men	11-12	100	Back	
5	57	Women	11-12	50	Breast	
5	58	Men	11-12	50	Breast	
5	59	Women	11-12	100	Free	
5	60	Men	11-12	100	Free	
6	61	Women	10 & U	200	Free Relay	
6	62	Men	10 & U	200	Free Relay	
6	63	Women	10 & U	200	IM	
6	64	Men	10 & U	200	IM	
6	65	Women	10 & U	50	Breast	
6	66	Men	10 & U	50	Breast	
6	67	Women	10 & U	100	Back	
6	68	Men	10 & U	100	Back	
6	69	Women	10 & U	50	Fly	
6	70	Men	10 & U	50	Fly	
6	71	Women	10 & U	100	Free	
6	72	Men	10 & U	100	Free	



Session	Event #	Event				Equal/Faster
7	73	Women	13-14	200	Medley Relay	
7	74	Men	13-14	200	Medley Relay	
7	75	Women	15-19	200	Medley Relay	
7	76	Men	15-19	200	Medley Relay	
7	77A	Women	13-14	200	Free	
7	77B	Women	15-19	200	Free	
7	78A	Men	13-14	200	Free	
7	78B	Men	15-19	200	Free	
7	79A	Women	13-14	100	Fly	
7	79B	Women	15-19	100	Fly	
7	80A	Men	13-14	100	Fly	
7	80B	Men	15-19	100	Fly	
7	81A	Women	13-14	200	Breast	
7	81B	Women	15-19	200	Breast	
7	82A	Men	13-14	200	Breast	
7	82B	Men	15-19	200	Breast	
7	83A	Women	13-14	50	Free	
7	83B	Women	15-19	50	Free	
7	84A	Men	13-14	50	Free	
7	84B	Men	15-19	50	Free	
7	85A	Women	13-14	200	Back	
7	85B	Women	15-19	200	Back	
7	86A	Men	13-14	200	Back	
7	86B	Men	15-19	200	Back	
8	87A	Women	14 & U	400	IM	5:55.69
8	87B	Women	15-19	400	IM	5:44.99
8	88A	Men	14 & U	400	IM	5:50.29
8	88B	Men	15-19	400	IM	5:29.19

