

2024 NJS Long Course 13 & Over Silver-Bronze Championships

Hosted by Bergen Barracuda Swim Team
at Sonny Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Friday-Sunday July 12th-14th, 2024		
Location:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Nicole Cicalo-DeCaro		nicole@bbswim.org
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Raymond Wong		officials@bbswim.org
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Phil Umbrino Olivia Schlackman		phil@bbswim.org olivia@bbswim.org
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday June 14th . <i>(Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)</i>		
Entry Deadline:	Tuesday July 2nd, 2024, at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: July 12th, 2024		
Entry Fees:	Individual Entry: \$15.00		Relay Event Entry: \$25.00
	There will be an athlete surcharge of \$15.		
Meet Course:	Long Course Meters (LCM). Converted times will be accepted.		
Meet Format:	<ul style="list-style-type: none"> This meet will be run as a prelims/finals meet, except for distance and relay events, which will be timed finals. There will be 13-14, and 15 & Over events. The 13-14 events will have one heat at finals, and the 15 & Over events will have two heats at finals. Swimmers 20 years and older will be entered exhibition and will only swim in prelims and timed finals. There are minimum ("faster than") and maximum ("no faster than") time standards for this meet. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. <i>(See NJ Swimming Championships additional considerations section for details).</i> This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 		
Entry Limits:	Daily: 3 Individual Events 2 Relay Events	Meet: 9 Individual Events 5 Relay Events	
Checks Payable To:	Bergen Barracuda Swim Team		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



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, published on the meet website, and e-mailed to the coaches of participating teams.

Friday		
Session 1	Morning	15 & Over Women, 13-14 Boys Prelims
Session 2	Afternoon	13-14 Girls, 15 & Over Men Prelims
Session 3	Evening	Finals
Saturday		
Session 4	Morning	13-14 Girls, 15 & Over Men Prelims
Session 5	Midday	Distance
Session 6	Afternoon	15 & Over Women, 13-14 Boys Prelims
Session 7	Evening	Finals
Sunday		
Session 8	Morning	15 & Over Women, 13-14 Boys Prelims
Session 9	Midday	Distance
Session 10	Afternoon	13-14 Girls, 15 & Over Men Prelims
Session 11	Evening	Finals

Scoring:	<ul style="list-style-type: none"> Team scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. Medals will be awarded to 1st through 3rd place in each relay event. Swimmers 20 years and older, and relay teams with swimmers 20 years and older will not receive awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet.
Admissions:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Tickets will go on sale the Tuesday before the meet. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets. Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of packaged concessions.
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.
Disatance Events:	<ul style="list-style-type: none"> Swimmers in the 800 & 1500 freestyle events are responsible to supply their own timer and person to count. Distance events will be seeded fast to slow alternating genders. Slower heats may be combined without an empty lane between genders.
Heat-limited Events:	<ul style="list-style-type: none"> The meet host retains the right to limit heats in 50- and 100-meter events to ensure that sessions are not overcrowded or run for an excessive amount of time. Swimmers with a Silver qualification time in a heat-limited event will be excluded from any heat limits.
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.
Scratch Rule:	<ul style="list-style-type: none"> • The meet will follow USA Swimming rule 207.11.6.D and rule 207.11.6.E for scratches from finals. • A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. • In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.
Ties in prelims events rule:	<ul style="list-style-type: none"> • Any ties occurring during prelims that affect the heat in which a swimmer will compete at finals and/or their status as first or second alternate will be resolved in a manner that the referee, swimmers and coaches agree on during or immediately following prelims in accord with USA Swimming rule 105.5.2.



Special Considerations for NJ Swimming Championships

Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in long course meters. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming. All entry times must be proved upon meet entry. See "Proof of Times Reporting" below. All entry times must be achieved during the meet qualifying period of April 1st, 2023 through the entry date of the meet.
Proof of Time Reporting:	<ul style="list-style-type: none"> All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report. Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS and Swimcloud.com are acceptable.
Relays	<p>Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2023 may swim on relays. Where a relay leg distance is not normally contested for 13 & Over swimmers (ie 50 backstroke, breaststroke, butterfly), the athlete swimming that stroke may not have a Gold time in the 100 of that stroke. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines. (See NJS Policy & Procedures Manual for explanation)</p> <ul style="list-style-type: none"> If a swimmer achieves a gold time in an event during the meet they are still eligible to swim in that leg of the relay All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy & Procedures Manual)
Swimmer Championship Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. Swimmers may not compete in any event in which they have received a New Jersey Swimming Gold Time since January 1st, 2023. If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event. All transfer swimmer(s) must swim unattached for 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.
State Championships Restriction:	<ul style="list-style-type: none"> Swimmers may not compete in a given event at both a Silver Championship meet and the SC Gold meet, unless they achieve the SC Gold qualifying time in that event at the Silver meet, or at another Sanctioned or Approved meet attended in between the Silver meet and Gold meet.



Event List

Round	Event #	Event	Equal/Slower	Equal/Faster
Session: 1 Friday Prelims 15 & Over Women, 13-14 Boys				
Prelims	4	Boys 13-14 200 Freestyle	2:14.50	2:23.29
Prelims	5	Women 15 & Over 200 Freestyle	2:18.00	2:25.39
Prelims	8	Boys 13-14 100 Breaststroke	1:22.30	
Prelims	9	Women 15 & Over 100 Breaststroke	1:26.20	
Prelims	12	Boys 13-14 100 Butterfly	1:11.50	
Prelims	13	Women 15 & Over 100 Butterfly	1:11.90	
Prelims	16	Boys 13-14 100 Backstroke	1:12.20	
Prelims	17	Women 15 & Over 100 Backstroke	1:13.10	
Prelims	20	Boys 13-14 400 Freestyle	4:46.70	5:09.99
Prelims	21	Women 15 & Over 400 Freestyle	4:54.50	5:19.99
Session: 2 Friday Prelims 13-14 Girls, 15 & Over Men				
Prelims	3	Girls 13-14 200 Freestyle	2:23.20	2:30.79
Prelims	6	Men 15 & Over 200 Freestyle	2:04.80	2:09.29
Prelims	7	Girls 13-14 100 Breaststroke	1:28.40	
Prelims	10	Men 15 & Over 100 Breaststroke	1:14.70	
Prelims	11	Girls 13-14 100 Butterfly	1:18.00	
Prelims	14	Men 15 & Over 100 Butterfly	1:03.30	
Prelims	15	Girls 13-14 100 Backstroke	1:16.30	
Prelims	18	Men 15 & Over 100 Backstroke	1:06.40	
Prelims	19	Girls 13-14 400 Freestyle	5:01.30	5:25.29
Prelims	22	Men 15 & Over 400 Freestyle	4:27.70	4:43.79
Session: 3 Friday Finals				
Finals	1	Women Open 200 Medley Relay		
Finals	2	Men Open 200 Medley Relay		
<i>Finals of Events #3-22 - two heats for 15 & Over, 1 heat for 13-14</i>				
Finals	23	Women Open 400 Freestyle Relay		
Finals	24	Men Open 400 Freestyle Relay		
Session: 4 Saturday Prelims 13-14 Girls, 15 & Over Men				
Prelims	29	Girls 13-14 200 Butterfly	2:38.60	3:12.99
Prelims	32	Men 15 & Over 200 Butterfly	2:21.50	2:52.29
Prelims	33	Girls 13-14 50 Freestyle	30.90	
Prelims	36	Men 15 & Over 50 Freestyle	26.50	
Prelims	37	Girls 13-14 200 Breaststroke	3:00.50	3:18.09
Prelims	40	Men 15 & Over 200 Breaststroke	2:40.50	2:55.29
Prelims	41	Girls 13-14 400 IM	5:41.30	6:25.89
Prelims	44	Men 15 & Over 400 IM	5:07.30	5:42.99
Session: 5 Saturday Distance				
Finals	25	Girls 13-14 1500 Freestyle	19:48.10	22:23.09
Finals	26	Boys 13-14 1500 Freestyle	18:59.00	21:27.39
Finals	27	Women 15 & Over 800 Freestyle	10:09.00	11:28.39
Finals	28	Men 15 & Over 800 Freestyle	9:33.30	10:50.09



Round	Event #	Event	Equal/Slower	Equal/Faster
Session: 6 Saturday Prelims 15 & Over Women, 13-14 Boys				
Prelims	30	Boys 13-14 200 Butterfly	2:28.60	3:00.89
Prelims	31	Women 15 & Over 200 Butterfly	2:33.90	3:07.29
Prelims	34	Boys 13-14 50 Freestyle	28.70	
Prelims	35	Women 15 & Over 50 Freestyle	30.20	
Prelims	38	Boys 13-14 200 Breaststroke	2:48.80	3:10.79
Prelims	39	Women 15 & Over 200 Breaststroke	2:57.40	3:20.49
Prelims	42	Boys 13-14 400 IM	5:22.60	6:01.49
Prelims	43	Women 15 & Over 400 IM	5:35.10	6:18.79
Session: 7 Saturday Finals				
<i>Finals of Events #29-44 – two heats for 15 & Over, 1 heat for 13-14</i>				
Finals	45	Women Open 800 Freestyle Relay		
Finals	46	Men Open 800 Freestyle Relay		
Session: 8 Sunday Prelims 15 & Over Women, 13-14 Boys				
Prelims	54	Boys 13-14 200 Backstroke	2:29.60	2:47.89
Prelims	55	Women 15 & Over 200 Backstroke	2:34.40	2:46.89
Prelims	58	Boys 13-14 100 Freestyle	1:01.90	
Prelims	59	Women 15 & Over 100 Freestyle	1:04.30	
Prelims	62	Boys 13-14 200 IM	2:31.70	2:43.49
Prelims	63	Women 15 & Over 200 IM	2:36.30	2:45.09
Session: 9 Sunday Distance				
Finals	47	Girls 13-14 800 Freestyle	10:21.00	11:41.99
Finals	48	Boys 13-14 800 Freestyle	9:56.30	11:13.99
Finals	49	Women 15 & Over 1500 Freestyle	19:29.60	22:02.19
Finals	50	Men 15 & Over 1500 Freestyle	18:11.70	20:33.99
Session: 10 Sunday Prelims 13-14 Girls, 15 & Over Men				
Prelims	53	Girls 13-14 200 Backstroke	2:38.10	2:52.99
Prelims	56	Men 15 & Over 200 Backstroke	2:22.70	2:37.59
Prelims	57	Girls 13-14 100 Freestyle	1:07.00	
Prelims	60	Men 15 & Over 100 Freestyle	57.10	
Prelims	61	Girls 13-14 200 IM	2:40.80	2:50.49
Prelims	64	Men 15 & Over 200 IM	2:21.60	2:26.99
Session: 12 Sunday Finals				
Finals	51	Women Open 200 Freestyle Relay		
Finals	52	Men Open 200 Freestyle Relay		
<i>Finals of Events #53-64 – two heats for 15 & Over, 1 heat for 13-14</i>				
Finals	65	Women Open 400 Medley Relay		
Finals	66	Men Open 400 Medley Relay		

