



2023 Caitlin Lehmann Memorial

Hosted by the Cougar Aquatic Team

Hosted by Cougar Aquatic Team at Jersey Aquatic Center

NJ Swimming:			
Date of Meet:	Saturday November 11th, 2023		
Facility:	Jersey Aquatic Center <i>(Link to Address, Directions, & Facility Information)</i>		
Host Team Contact:	Jon Siegel		jon@cougaraquatic.com
Meet Director:	Jon Siegel		jon@cougaraquatic.com
Meet Referee:	John Butler		j.m.butler@comcast.net
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Terry Murray Rich Palm		teammurray@verizon.net rich@cougaraquatic.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	To be determined		
Entry Deadline:	Friday November 3rd, 2023, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: Saturday November 11th, 2023		
Entry Fees:	Individual Entry : \$7.00		Relay Entry: \$10.00 There will be a \$10 swimmer surcharge.
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• There will be 5-6, 7-8, 9-10, 11-12, 13-14, 13 & Over, and 15-19 events.• There are no qualifying times for this meet.• 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: 4 Individual Events 1 Relay event	
Checks Payable To:	Cougar Aquatic Team, LLC		
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.

Saturday

Session 1	Morning	13 & Over
Session 2	Midday	10 & Under Mini-meet
Session 3	Afternoon	11-12

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none">• None.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none">• Spectators will be allowed into the facility up to its capacity. Two spectators only per family please.• Heat sheets will be available online at www.besmarttinc.com and Meet Mobile.
Concessions:	<ul style="list-style-type: none">• None.
Vendor:	<ul style="list-style-type: none">• None.
Internet Website Posting:	<ul style="list-style-type: none">• 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				
1	1A	Women	13-14	200	IM	
1	1B	Women	15-19	200	IM	
1	2A	Men	13-14	200	IM	
1	2B	Men	15-19	200	IM	
1	3A	Women	13-14	100	Free	
1	3B	Women	15-19	100	Free	
1	4A	Men	13-14	100	Free	
1	4B	Men	15-19	100	Free	
1	5A	Women	13-14	200	Back	
1	5B	Women	15-19	200	Back	
1	6A	Men	13-14	200	Back	
1	6B	Men	15-19	200	Back	
1	7A	Women	13-14	100	Fly	
1	7B	Women	15-19	100	Fly	
1	8A	Men	13-14	100	Fly	
1	8B	Men	15-19	100	Fly	
1	9A	Women	13-14	200	Breast	
1	9B	Women	15-19	200	Breast	
1	10A	Men	13-14	200	Breast	
1	10B	Men	15-19	200	Breast	
1	11A	Women	13-14	50	Free	
1	11B	Women	15-19	50	Free	
1	12A	Men	13-14	50	Free	
1	12B	Men	15-19	50	Free	
1	13A	Women	13-14	100	Back	
1	13B	Women	15-19	100	Back	
1	14A	Men	13-14	100	Back	
1	14B	Men	15-19	100	Back	
1	15A	Women	13-14	200	Fly	
1	15B	Women	15-19	200	Fly	
1	16A	Men	13-14	200	Fly	
1	16B	Men	15-19	200	Fly	
1	17A	Women	13-14	100	Breast	
1	17B	Women	15-19	100	Breast	
1	18A	Men	13-14	100	Breast	
1	18B	Men	15-19	100	Breast	
1	19A	Women	13-14	200	Free	
1	19B	Women	15-19	200	Free	
1	20A	Men	13-14	200	Free	
1	20B	Men	15-19	200	Free	
1	21	Women	13-19	200	Free Relay	
1	22	Men	13-19	200	Free Relay	
2	23	Women	9-10	50	Free	
2	24	Men	9-10	50	Free	



Session	Event #	Event				
2	25	Women	7-8	50	Free	
2	26	Men	7-8	50	Free	
2	27	Women	5-6	25	Free	
2	28	Men	5-6	25	Free	
2	29	Women	9-10	50	Back	
2	30	Men	9-10	50	Back	
2	31	Women	7-8	50	Back	
2	32	Men	7-8	50	Back	
2	33	Women	5-6	25	Back	
2	34	Men	5-6	25	Back	
2	35	Women	9-10	100	IM	
2	36	Men	9-10	100	IM	
2	37	Women	9-10	50	Breast	
2	38	Men	9-10	50	Breast	
2	39	Women	7-8	25	Breast	
2	40	Men	7-8	25	Breast	
2	41	Women	9-10	50	Fly	
2	42	Men	9-10	50	Fly	
2	43	Women	7-8	25	Fly	
2	44	Men	7-8	25	Fly	
2	45	Women	7-8	100	IM	
2	46	Men	7-8	100	IM	
2	47	Women	10 & U	200	Free Relay	
2	48	Men	10 & U	200	Free Relay	
3	49	Women	11-12	100	IM	
3	50	Men	11-12	100	IM	
3	51	Women	11-12	50	Free	
3	52	Men	11-12	50	Free	
3	53	Women	11-12	100	Breast	
3	54	Men	11-12	100	Breast	
3	55	Women	11-12	50	Fly	
3	56	Men	11-12	50	Fly	
3	57	Women	11-12	100	Back	
3	58	Men	11-12	100	Back	
3	59	Women	11-12	100	Free	
3	60	Men	11-12	100	Free	
3	61	Women	11-12	50	Breast	
3	62	Men	11-12	50	Breast	
3	63	Women	11-12	100	Fly	
3	64	Men	11-12	100	Fly	
3	65	Women	11-12	50	Back	
3	66	Men	11-12	50	Back	
3	67	Women	11-12	200	Free	
3	68	Men	11-12	200	Free	
3	69	Women	11-12	200	Free Relay	
3	70	Men	11-12	200	Free Relay	

