

Holiday Classic XXXVI

Hosted by Eastern Express
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction Document		
Date of Meet:	Friday December 15 th to Sunday December 17 th , 2023		
Facility Information:	Sonny Werblin Recreation Center, Rutgers University		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Gary Thayer		gght466@gmail.com
Admin Officials:	Be Smartt		besmarttinc@gmail.com
Safety Marshall:	Kevin Dobson Shannon Nelson		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Wednesday November 1 st , 2023, at 6:00am		
Entry Deadline:	Wednesday December 6 th , 2023, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: December 15th, 2023		
Entry Fees:	Individual Entry:	\$12.00	Relays: \$18.00
	1000/1650 Freestyle Entry:	\$15.00	
	There will be a swimmer surcharge of \$15 per day.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none">• There will be 12 & Under, 13-14, 15 & Over, and Open events offered.• This meet will have prelims/finals events morning and evening, with timed final events in the afternoon. There will be 2 heats at finals for 13-14 events and 3 heats for Open events.• The scoring 13-14 500 freestyle & 400 IM are timed finals events and will swim in the morning preliminaries sessions, except for the fastest heat which will swim at finals.• There are minimum “faster than” times for all events. Times must have been achieved since January 1st, 2022. Proof of time is required for the prelims/finals and the 1000/1650 freestyle events. (Hy-Tek/Team Unify proof of time reports suffice for this purpose)• The 1000 and the Open 1650 freestyle events are timed finals, with slower heats swimming midday and the fastest heat swimming with finals.• Swimmers may compete in either the prelims/finals events or the timed finals events each day. Swimmers may choose to swim in different sessions each day.• All swimmers may compete in the 1000 and 1650 freestyle events provided they meet the qualifying standards.• All swimmers may compete in relay events.• 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 (<i>prelims</i>) 4 Individual events (<i>timed finals</i>) 2 Relays		Meet: 12 Individual Events 6 Relays
	Teams are limited to three relays (A, B, C) per event.		
Checks Payable To:	Express Sports Inc		
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.

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

Friday		
Session 1	Morning	Preliminaries
Session 2	Midday	500 Freestyle
Session 3	Afternoon	Timed Finals
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Preliminaries
Session 6	Late Morning	400 IM
Session 7	Midday	1000 Freestyle
Session 8	Afternoon	Timed Finals
Session 9	Evening	Finals
Sunday		
Session 10	Morning	Preliminaries
Session 11	Midday	1650 Freestyle
Session 12	Afternoon	Timed Finals
Session 13	Evening	Finals

Scoring:	<ul style="list-style-type: none"> Team scoring will be kept. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. Only the 12 & Under events in the afternoon timed finals sessions will score.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to the fastest 3 swimmers in each individual scoring event. Ribbons will be awarded to swimmers in 4th through 8th place in each individual scoring event. Medals will be awarded to the 1st place team and ribbons to the teams placing 2nd and 3rd in each scoring relay event. Non-scoring events in the afternoon timed finals sessions will not receive awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions & Programs:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Ticket sales information will be published at besmarttinc.com two weeks before the meet start. 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 snacks and drinks.
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.



Scratch Rule:	<ul style="list-style-type: none"> • This 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 207.11.6.3 and then fails to swim the event at finals will be barred from further competition in the meet. • In addition, the club of a swimmer who qualifies for finals, bonus or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in according to the above procedures may be fined \$150 for each occurrence. (This section supersedes the “scratch rule” section in the general NJS Information and Policies for Sanctioned Meets)
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> • The 1000 and 1650 freestyle events are timed finals. • The slower heats of the 1000 and 1650 freestyles will be swum fastest to slowest as a separate session after the AM prelims on Saturday and Sunday. • The fastest heats (top 8 swimmers) of the 1000 and 1650 will compete during the evening finals session. • Heats of Women & Men may be combined to conserve time and space. • Swimmers must provide their own timers and counters. • Proof of time is required for entry into these events. • 14 & Under Distance Standards: There are different qualifying standards for all athletes 14 & under. These events will be contested and scored as an Open event – no 14 & Under Finals Heat or separate awards.
500 Freestyle/400 IM Events in Friday/Saturday Prelims sessions	<ul style="list-style-type: none"> • The 13-14 Events will be Timed Finals, with the fastest 8 swimmers competing at Evening Finals. All other heats will be swum after the main preliminaries session. • The Open 500 Free and 400 IM are Prelims/Finals Events, with prelim heats swimming fast-to-slow. • The swimming order in the prelims session will be the two fastest 13-14 heats not in finals, followed by Heats 1 & 2 of the Open event (the 2 Circle-Seeded heats), then alternating single heats of 13-14 and Open events fast-to-slow. The slowest heats may be combined.
50-yard events in afternoon timed finals sessions	<ul style="list-style-type: none"> • Swimmers entering the 50-yard events in the afternoon timed finals session may qualify by: <ul style="list-style-type: none"> • Qualifying for another event in the session, • Having a meet qualifying time in the 100 or 200 of the stroke, or • Having a qualifying time for the 50-yard event itself.
Bonus Events:	<ul style="list-style-type: none"> • Any swimmer qualifying for at least one morning preliminary event may enter up two two bonus preliminary events of 200 yards or less throughout the meet.
Heat-Limited Events	<ul style="list-style-type: none"> • Once all entries have been received and processed, the entry coordinator will determine whether it will be necessary to heat-limit any distance event (400 IM, and 500 and longer freestyle events). • Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet. • Every effort will be made to allow as many athletes to compete in these events as possible. • Additional swimmers will be added if there are scratches in the event and/or there is extra space on the timeline. Refunds will be processed after the meet only for swimmers not given the opportunity to participate in the event, not for those following normal scratch procedures. • Approximately one week before the meet, all coaches with swimmers in an oversubscribed distance event will be e-mailed and asked to declare any scratches that they know of in advance.



Event List – Prelim/Finals & Distance Events

There are two event files for this meet as there are different time standards for the afternoon timed-finals events. A full list of events by session with qualifying times is [here](#). The distance events are included in both files for convenience; the time standards are the same and either may be used for entries.

Session	Event #	Event				Equal/Faster
4	201	Mixed		200	Medley Relay	
2	203	Women	13-14	500	Free	5:31.99
2	204	Men	13-14	500	Free	5:16.99
2	205	Women		500	Free	5:16.99
2	206	Men		500	Free	4:55.99
1	207	Women	13-14	50	Free	26.39
1	208	Men	13-14	50	Free	24.79
1	209	Women		50	Free	24.99
1	210	Men		50	Free	22.79
1	211	Women	13-14	200	Fly	2:21.99
1	212	Men	13-14	200	Fly	2:13.99
1	213	Women		200	Fly	2:14.99
1	214	Men		200	Fly	2:04.99
1	215	Women	13-14	100	Back	1:04.99
1	216	Men	13-14	100	Back	1:00.99
1	217	Women		100	Back	1:01.49
1	218	Men		100	Back	55.99
1	219	Women	13-14	200	Breast	2:40.99
1	220	Men	13-14	200	Breast	2:32.99
1	221	Women		200	Breast	2:31.99
1	222	Men		200	Breast	2:18.99
4	223	Women	13-14	400	Free Relay	
4	224	Men	13-14	400	Free Relay	
4	225	Women		400	Free Relay	
4	226	Men		400	Free Relay	
9	401	Women		200	Medley Relay	
9	402	Men		200	Medley Relay	
7	403A	Women	14 & U	1000	Free	11:14.99
7	403B	Women	15 & O	1000	Free	10:59.99
7	404A	Men	14 & U	1000	Free	10:39.99
7	404B	Men	15 & O	1000	Free	10:19.99
5	405	Women	13-14	100	Breast	1:14.99
5	406	Men	13-14	100	Breast	1:10.99
5	407	Women		100	Breast	1:10.49
5	408	Men		100	Breast	1:03.49
5	409	Women	13-14	200	Free	2:06.99
5	410	Men	13-14	200	Free	1:58.99
5	411	Women		200	Free	1:58.99
5	412	Men		200	Free	1:48.99
5	413	Women	13-14	100	Fly	1:03.99
5	414	Men	13-14	100	Fly	59.99
5	415	Women		100	Fly	1:00.99
5	416	Men		100	Fly	55.49



Session	Event #	Event				Equal/Faster
6	417	Women	13-14	400	IM	4:59.99
6	418	Men	13-14	400	IM	4:43.99
6	419	Women		400	IM	4:45.99
6	420	Men		400	IM	4:24.99
9	421	Women		800	Free Relay	
9	422	Men		800	Free Relay	
13	601	Women		200	Free Relay	
13	602	Men		200	Free Relay	
11	603A	Women	14 & U	1650	Free	18:59.99
11	603B	Women	15 & O	1650	Free	18:29.99
10	605	Women	13-14	200	Back	2:19.99
10	606	Men	13-14	200	Back	2:11.99
10	607	Women		200	Back	2:12.99
10	608	Men		200	Back	2:01.99
10	609	Women	13-14	100	Free	57.99
10	610	Men	13-14	100	Free	54.49
10	611	Women		100	Free	54.49
10	612	Men		100	Free	49.49
11	614A	Men	14 & U	1650	Free	18:19.99
11	614B	Men	15 & O	1650	Free	17:19.99
10	615	Women	13-14	200	IM	2:21.99
10	616	Men	13-14	200	IM	2:13.99
10	617	Women		200	IM	2:13.99
10	618	Men		200	IM	2:02.99
13	619	Women	13-14	400	Medley Relay	
13	620	Men	13-14	400	Medley Relay	
13	621	Women		400	Medley Relay	
13	622	Men		400	Medley Relay	



Event List – Distance & Timed Finals

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Session	Event #	Event					Equal/Faster
3	101	Women	12 & U	200	Free Relay		
3	102	Men	12 & U	200	Free Relay		
3	103	Women	13 & O	200	Free Relay		
3	104	Men	13 & O	200	Free Relay		
3	105	Women	12 & U	500	Free		6:06.99
3	106	Men	12 & U	500	Free		6:06.99
3	107	Women	13-14	500	Free		5:51.99
3	108	Men	13-14	500	Free		5:36.99
3	109	Women	15 & O	500	Free		5:36.99
3	110	Men	15 & O	500	Free		5:15.99
3	111	Women	12 & U	50	Free		29.69
3	112	Men	12 & U	50	Free		29.69
3	113	Women	13-14	50	Free		28.39
3	114	Men	13-14	50	Free		26.79
3	115	Women	15 & O	50	Free		26.99
3	116	Men	15 & O	50	Free		24.79
3	117	Women	12 & U	200	Fly		2:35.99
3	118	Men	12 & U	200	Fly		2:35.99
3	119	Women	13-14	200	Fly		2:29.99
3	120	Men	13-14	200	Fly		2:21.99
3	121	Women	15 & O	200	Fly		2:22.99
3	122	Men	15 & O	200	Fly		2:12.99
3	123	Women	12 & U	100	Back		1:14.99
3	124	Men	12 & U	100	Back		1:14.99
3	125	Women	13-14	100	Back		1:08.99
3	126	Men	13-14	100	Back		1:04.99
3	127	Women	15 & O	100	Back		1:05.49
3	128	Men	15 & O	100	Back		59.99
3	129	Women	12 & U	200	Breast		2:59.99
3	130	Men	12 & U	200	Breast		2:59.99
3	131	Women	13-14	200	Breast		2:48.99
3	132	Men	13-14	200	Breast		2:40.99
3	133	Women	15 & O	200	Breast		2:39.99
3	134	Men	15 & O	200	Breast		2:26.99
3	135	Women	12 & U	100	IM		1:13.99
3	136	Men	12 & U	100	IM		1:13.99
3	137	Women	13-14	100	IM		1:09.99
3	138	Men	13-14	100	IM		1:06.99



Session	Event #	Event				Equal/Faster
3	139	Women	15 & O	100	IM	1:07.99
3	140	Men	15 & O	100	IM	1:02.99
8	301	Women	12 & U	200	Medley Relay	
8	302	Men	12 & U	200	Medley Relay	
8	303	Women	13 & O	200	Medley Relay	
8	304	Men	13 & O	200	Medley Relay	
8	305	Women	12 & U	100	Breast	1:24.99
8	306	Men	12 & U	100	Breast	1:24.99
8	307	Women	13-14	100	Breast	1:18.99
8	308	Men	13-14	100	Breast	1:14.99
8	309	Women	15 & O	100	Breast	1:14.49
8	310	Men	15 & O	100	Breast	1:07.49
8	311	Women	12 & U	200	Free	2:18.99
8	312	Men	12 & U	200	Free	2:18.99
8	313	Women	13-14	200	Free	2:14.99
8	314	Men	13-14	200	Free	2:06.99
8	315	Women	15 & O	200	Free	2:06.99
8	316	Men	15 & O	200	Free	1:56.99
8	317	Women	12 & U	50	Back	34.99
8	318	Men	12 & U	50	Back	34.99
8	319	Women	13-14	50	Back	31.99
8	320	Men	13-14	50	Back	29.99
8	321	Women	15 & O	50	Back	30.99
8	322	Men	15 & O	50	Back	27.99
8	323	Women	12 & U	100	Fly	1:14.99
8	324	Men	12 & U	100	Fly	1:14.99
8	325	Women	13-14	100	Fly	1:07.99
8	326	Men	13-14	100	Fly	1:03.99
8	327	Women	15 & O	100	Fly	1:04.99
8	328	Men	15 & O	100	Fly	59.49
8	329	Women	12 & U	400	IM	5:25.99
8	330	Men	12 & U	400	IM	5:25.99
8	331	Women	13-14	400	IM	5:15.99
8	332	Men	13-14	400	IM	4:59.99
8	333	Women	15 & O	400	IM	5:01.99
8	334	Men	15 & O	400	IM	4:40.99
7	403A	Women	14 & U	1000	Free	11:14.99
7	403B	Women	15 & O	1000	Free	10:59.99
7	404A	Men	14 & U	1000	Free	10:39.99
7	404B	Men	15 & O	1000	Free	10:19.99
12	501	Mixed	12 & U	200	Medley Relay	
12	502	Mixed	13 & O	200	Medley Relay	
12	503	Women	12 & U	200	Back	2:31.99



Session	Event #	Event				Equal/Faster
12	504	Men	12 & U	200	Back	2:31.99
12	505	Women	13-14	200	Back	2:27.99
12	506	Men	13-14	200	Back	2:19.99
12	507	Women	15 & O	200	Back	2:20.99
12	508	Men	15 & O	200	Back	2:09.99
12	509	Women	12 & U	50	Breast	38.99
12	510	Men	12 & U	50	Breast	38.99
12	511	Women	13-14	50	Breast	35.99
12	512	Men	13-14	50	Breast	32.99
12	513	Women	15 & O	50	Breast	34.99
12	514	Men	15 & O	50	Breast	30.99
12	515	Women	12 & U	100	Free	1:04.99
12	516	Men	12 & U	100	Free	1:04.99
12	517	Women	13-14	100	Free	1:01.99
12	518	Men	13-14	100	Free	58.49
12	519	Women	15 & O	100	Free	58.99
12	520	Men	15 & O	100	Free	53.99
12	521	Women	12 & U	50	Fly	33.99
12	522	Men	12 & U	50	Fly	33.99
12	523	Women	13-14	50	Fly	30.99
12	524	Men	13-14	50	Fly	28.99
12	525	Women	15 & O	50	Fly	29.99
12	526	Men	15 & O	50	Fly	26.99
12	527	Women	12 & U	200	IM	2:34.99
12	528	Men	12 & U	200	IM	2:34.99
12	529	Women	13-14	200	IM	2:29.99
12	530	Men	13-14	200	IM	2:21.99
12	531	Women	15 & O	200	IM	2:21.99
12	532	Men	15 & O	200	IM	2:10.99
11	603A	Women	14 & U	1650	Free	18:59.99
11	603B	Women	15 & O	1650	Free	18:29.99
11	614A	Men	14 & U	1650	Free	18:19.99
11	614B	Men	15 & O	1650	Free	17:19.99

