

# EEX Jeffrey S. Mace Memorial Summer Sizzle XXXII

Hosted by Eastern Express Swim Team  
at the Werblin Recreation Center, Rutgers University

*Held under the sanction of USA Swimming*

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Date of Meet:	Friday June 28 <sup>th</sup> to Sunday June 30 <sup>th</sup> , 2024		
Location:	<a href="#">Sonny Werblin Recreation Center, Rutgers University</a> <i>(link to facility location &amp; directions, and pool certification information)</i>		
Host Team Contact:	Michael Randazzo	908-448-8476	<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referees:	Judy Sharkey		<a href="mailto:jmsharkey@aol.com">jmsharkey@aol.com</a>
Admin Officials:	Be Smartt		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Kevin Dobson Shannon Nelson		<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Wednesday May 1<sup>st</sup>, 2024, at 6:00am</b>		
Entry Deadline:	<b>Friday June 14<sup>th</sup>, 2024, at 6:00pm or when the meet fills.</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>June 28<sup>th</sup>, 2024</b>		
Entry Fees:	Individual Entry: Prelim/Final, Timed Final 400 Events: \$12.50, Distance (800, 1500) Events: \$15.00,		Relays: \$20
	<b><i>There will be a \$15 per swimmer per day surcharge.</i></b>		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as prelims finals, except for the 12 &amp; Under 400 events, and the 800 &amp; 1500 meter freestyle events..</li> <li>• Open events will have 3 heats at finals, except for the 400 Freestyle and 400 IM, which will have 2.</li> <li>• 13-14 events will have 2 heats at finals, except for the 400 Freestyle and 400 IM, which will have 1.</li> <li>• 12 &amp; Under events will have 1 heat at finals, except for the 400 Freestyle and 400 IM.</li> <li>• <b>There are minimum (“faster than”) time standards for this meet.</b></li> <li>• <b>The Open events have separate SCY and LCM time standards. Converted times are not acceptable for these events.</b></li> <li>• <b>The 12 &amp; Under and 13-14 events must be entered in SC Yards.</b> The Entry File is not set up to accept converted times; however, if a coach feels that a swimmer in one of these age groups has achieved a cut time by way of a converted LCM or SCM time, they may type in a custom time and send the converted proof of time separately.</li> <li>• <b>Proof of time will be required for all individual events</b> (Hy-Tek proof of time and top times reports will suffice for this purpose).</li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. Once a session has been seeded, swimmers will be responsible for reporting to the blocks on their own.</li> </ul>		
Entry Limits:	Daily: 3 Individual Events 2 Relays	Meet: 9 Individual Events 6 Relays	
	<b>Teams are limited to three relays (A, B, C) per event.</b>		
Checks Payable To:	<b>Express Sports Inc</b>		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
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 of the NJS website, and e-mailed to the coaches of participating teams.***

Friday		
Session 1	Morning	Open Preliminaries
Session 2	Midday	Open & 13-14 400 Freestyle Preliminaries
Session 3	Afternoon	14 & Under Preliminaries
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Preliminaries
Session 6	Midday	800 Freestyle Timed Finals
Session 7	Afternoon	14 & Under Preliminaries
Session 8	Evening	Finals
Sunday		
Session 9	Morning	Open Preliminaries
Session 10	Midday	1500 Freestyle Timed Finals Slower Heats
Session 11	Afternoon	14 & Under Preliminaries
Session 12	Evening	Finals

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will be kept to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Individual Events:               <ul style="list-style-type: none"> <li>Open &amp; 13-14 events: Medals will be awarded to the swimmers placing 1<sup>st</sup> to 3<sup>rd</sup>.</li> <li>12 &amp; Under events: Medals will be awarded to the swimmers placing 1<sup>st</sup> to 3<sup>rd</sup>, and ribbons to swimmers placing 4<sup>th</sup>-8<sup>th</sup>.</li> </ul> </li> <li>Relay Events: Medals will be awarded to the swimmers on the team placing 1<sup>st</sup> and ribbons to the swimmers on the teams placing 2<sup>nd</sup> to 3<sup>rd</sup>.</li> <li>There will be Team Awards for Top 3 Combined Scores and first overall women/men</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.</li> </ul>
Admissions and Programs:	<ul style="list-style-type: none"> <li>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 <a href="http://go.rutgers.edu/swimmeet-tickets">go.rutgers.edu/swimmeet-tickets</a>.</li> <li>Programs will be available via the Meet Mobile app (fee) and on besmarttinc.com (free).</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>Rutgers will be selling snacks and drinks.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>Metro Swim Shop will be in attendance.</li> </ul>



## Meet Notes

Scratch Rule:	<ul style="list-style-type: none"> <li>This meet will follow USA Swimming Rule 207.11.6.D and rule 207.11.6.E for scratches from finals.</li> <li>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.</li> <li>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 <b>\$150</b> for each occurrence. (This section supersedes the “scratch rule” section in the general NJS Information and Policies for Sanctioned Meets)</li> </ul>
Additional Entry Information	<ul style="list-style-type: none"> <li>All entry times must be achieved during the meet qualifying period of <b>October 1<sup>st</sup>, 2022</b>, through the entry deadline.</li> <li>Swimmers entering Morning Open Prelims and Distance Timed Final Events may do so with LC Meters or SC Yards entry times. Note that there are different time standards for the two courses. At Prelims, all yards times will be seeded in the first heats, followed by all lc meter entry times. No converted times are permitted.</li> <li>Entry times for 12 &amp; Under and 13-14 events must be in <b>short course yards</b>.</li> <li>Proof of time is required for all entries (see below).</li> <li><b>Incorrect entries:</b> <ul style="list-style-type: none"> <li>—Entries without proof of time</li> <li>—Entries using previous years’ event files</li> </ul>           ...will be rejected and teams will need to resubmit their entries using the current/correct event file. Only at this point will the entry be considered ‘accepted’ and placed in line for processing.         </li> </ul>
Distance Events (800 & 1500)	<ul style="list-style-type: none"> <li>The 800 and 1500 freestyle events are timed finals.</li> <li>These events will be seeded and scored as ‘Open’ but have different qualifying times for 14 &amp; Under and 15 &amp; Over Swimmers.</li> <li>All Heats of the 800 will swim Midday on Saturday, and swim fast-to-slow, alternating 2 heats of women, 2 heats of men.</li> <li>The slower heats of the 1500 will swim Sunday midday fast to slow, alternating single heats of each gender.</li> <li>Genders may be combined in the slower heats of the midday sessions to save time, without a lane between the two genders.</li> <li>The fastest heats of the 1500 Freestyle Events will compete in Event # Order at Sunday Evening Finals.           <ul style="list-style-type: none"> <li>Swimmers competing in the midday sessions <b>must provide their own timers and counters</b>. Swimmers competing at in the fastest heats of 1500 at finals <b>must provide counters</b>.</li> </ul> </li> </ul>
400 Freestyle	<ul style="list-style-type: none"> <li>The 12 &amp; Under 400-Freestyle Events are Timed Finals and will swim at the end of the 14 &amp; Under preliminary session on Friday.</li> <li>The Preliminary Heats of the 400 Freestyle for Open and 13-14 Events will be swum Midday on Friday following Morning Open Prelims:           <ul style="list-style-type: none"> <li>Preliminary heats of the Open and 13-14 events will swim fast to slow alternating two heats of women, two heats of men.</li> <li>Slower heats may be combined to save time.</li> </ul> </li> <li>Swimmers <b>must provide their own timers</b> for the midday prelims</li> </ul>
50-Meter Events:	<ul style="list-style-type: none"> <li>Swimmers entering the 50-meter freestyle, breaststroke, backstroke and butterfly events may qualify by <b>any</b> of these methods:           <ol style="list-style-type: none"> <li>Meeting the qualifying time for the event</li> <li>Qualifying for any other event in the same session               <ul style="list-style-type: none"> <li>Having the qualifying time in the 100 or 200 of the corresponding stroke</li> </ul> </li> </ol> </li> </ul>
Bonus Events:	<ul style="list-style-type: none"> <li>Any swimmer qualifying for at least one morning preliminary event may enter up to two bonus preliminary events of 200 yards or less throughout the meet.</li> </ul>



Heat-Limited Events	<ul style="list-style-type: none"> <li>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 400 and longer freestyle events).</li> <li>Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet.</li> <li>Every effort will be made to allow as many athletes to compete in these events as possible.</li> <li>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 <b>not given the opportunity</b> to participate in the event, not for those following normal scratch procedures.</li> <li>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.</li> </ul>
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## Event List

- Events are listed in session order. Events in **preliminary** sessions **may not swim in numerical order**.
- Events grouped with a solid box around them will alternate genders.
- \*\* 50-meter events have multiple qualifying methods. See notes above.
- † 13-14 and 12 & Under only have SCY qualifying times. See notes above.

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
<b>Session: 1 Friday Open Preliminaries</b>				
Prelims	115	Women 50 Freestyle	**29.49	**24.99
Prelims	116	Men 50 Freestyle	**26.49	**22.79
Prelims	121	Women 200 Butterfly	2:34.99	2:14.99
Prelims	122	Men 200 Butterfly	2:21.99	2:03.99
Prelims	127	Women 100 Backstroke	1:11.99	1:01.49
Prelims	128	Men 100 Backstroke	1:05.49	55.99
Prelims	133	Women 200 Breaststroke	2:56.99	2:31.99
Prelims	134	Men 200 Breaststroke	2:41.99	2:16.99



Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
<b>Session: 2 Friday 400 Freestyle Preliminaries</b>				
Prelims	109	Women 400 Freestyle	4:47.99	5:17.99
Prelims	110	Men 400 Freestyle	4:29.99	4:56.99
Prelims	107	Girls 13-14 400 Freestyle	†	5:31.99
Prelims	108	Boys 13-14 400 Freestyle	†	5:16.99
<b>Session: 3 Friday 14 &amp; Under Preliminaries</b>				
Finals	101	Mixed 12 & Under 200 Medley Relay		
Finals	102	Mixed 13-14 200 Medley Relay		
Prelims	111	Girls 12 & Under 50 Freestyle	†	**28.19
Prelims	112	Boys 12 & Under 50 Freestyle	†	**28.19
Prelims	113	Girls 13-14 50 Freestyle	†	**26.39
Prelims	114	Boys 13-14 50 Freestyle	†	**24.79
Prelims	117	Girls 12 & Under 200 Butterfly	†	2:29.99
Prelims	118	Boys 12 & Under 200 Butterfly	†	2:29.99
Prelims	119	Girls 13-14 200 Butterfly	†	2:21.99
Prelims	120	Boys 13-14 200 Butterfly	†	2:13.99
Prelims	123	Girls 12 & Under 100 Backstroke	†	1:11.99
Prelims	124	Boys 12 & Under 100 Backstroke	†	1:11.99
Prelims	125	Girls 13-14 100 Backstroke	†	1:04.99
Prelims	126	Boys 13-14 100 Backstroke	†	1:00.99
Prelims	129	Girls 12 & Under 200 Breaststroke	†	2:53.99
Prelims	130	Boys 12 & Under 200 Breaststroke	†	2:53.99
Prelims	131	Girls 13-14 200 Breaststroke	†	2:40.99
Prelims	132	Boys 13-14 200 Breaststroke	†	2:32.99
Finals	105	Girls 12 & Under 400 Freestyle	†	5:50.99
Finals	106	Boys 12 & Under 400 Freestyle	†	5:50.99
<b>Session: 4 Friday Finals</b>				
Finals	103	Mixed 200 Medley Relay		
Finals	<i>Finals of Events 107-134 in numerical order</i>			
Finals	135	Women 400 Freestyle Relay		
Finals	136	Men 400 Freestyle Relay		
<b>Session: 5 Saturday Open Preliminaries</b>				
Prelims	213	Women 200 Freestyle	2:16.99	1:58.99
Prelims	214	Men 200 Freestyle	2:04.49	1:48.99
Prelims	219	Women 100 Breaststroke	1:21.99	1:10.49
Prelims	220	Men 100 Breaststroke	1:14.49	1:03.49
Prelims	225	Women 50 Backstroke	**32.99	**28.49
Prelims	226	Men 50 Backstroke	**30.49	**25.99
Prelims	231	Women 100 Butterfly	1:10.99	1:00.99
Prelims	232	Men 100 Butterfly	1:03.99	55.49
Prelims	237	Women 400 IM	5:21.99	4:43.99
Prelims	238	Men 400 IM	5:00.99	4:21.99
<b>Session: 6 Saturday 800 Freestyle</b>				
Finals	201	Women 800 Freestyle	9:54.99	10:54.99
Finals	202	Men 800 Freestyle	9:14.99	10:14.99



Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
<b>Session: 7 Saturday 14 &amp; Under Preliminaries</b>				
Finals	203	Girls 12 & Under 200 Medley Relay		
Finals	204	Boys 12 & Under 200 Medley Relay		
Finals	205	Girls 13-14 200 Medley Relay		
Finals	206	Boys 13-14 200 Medley Relay		
Prelims	209	Girls 12 & Under 200 Freestyle	†	2:12.99
Prelims	210	Boys 12 & Under 200 Freestyle	†	2:12.99
Prelims	211	Girls 13-14 200 Freestyle	†	2:06.99
Prelims	212	Boys 13-14 200 Freestyle	†	1:58.99
Prelims	215	Girls 12 & Under 100 Breaststroke	†	1:21.99
Prelims	216	Boys 12 & Under 100 Breaststroke	†	1:21.99
Prelims	217	Girls 13-14 100 Breaststroke	†	1:14.99
Prelims	218	Boys 13-14 100 Breaststroke	†	1:10.99
Prelims	221	Girls 12 & Under 50 Backstroke	†	**33.49
Prelims	222	Boys 12 & Under 50 Backstroke	†	**33.49
Prelims	223	Girls 13-14 50 Backstroke	†	**30.99
Prelims	224	Boys 13-14 50 Backstroke	†	**28.99
Prelims	227	Girls 12 & Under 100 Butterfly	†	1:11.99
Prelims	228	Boys 12 & Under 100 Butterfly	†	1:11.99
Prelims	229	Girls 13-14 100 Butterfly	†	1:03.99
Prelims	230	Boys 13-14 100 Butterfly	†	59.99
Finals	233	Girls 12 & Under 400 IM	†	5:13.99
Finals	234	Boys 12 & Under 400 IM	†	5:13.99
Prelims	235	Girls 13-14 400 IM	†	4:59.99
Prelims	236	Boys 13-14 400 IM	†	4:43.99
<b>Session: 8 Saturday Finals</b>				
Finals	207	Women 200 Medley Relay		
Finals	208	Men 200 Medley Relay		
Finals	<i>Finals of Events 209-232, 236-240 in numerical order</i>			
Finals	239	Women 800 Freestyle Relay		
Finals	240	Men 800 Freestyle Relay		
<b>Session: 9 Sunday Open Preliminaries</b>				
Prelims	311	Women 200 Backstroke	2:33.99	2:12.99
Prelims	312	Men 200 Backstroke	2:21.99	2:00.99
Prelims	317	Women 50 Breaststroke	**36.49	**31.99
Prelims	318	Men 50 Breaststroke	**32.99	**28.99
Prelims	325	Women 100 Freestyle	1:02.99	54.49
Prelims	326	Men 100 Freestyle	57.49	49.49
Prelims	333	Women 50 Butterfly	**31.49	**27.49
Prelims	334	Men 50 Butterfly	**28.99	**24.99
Prelims	339	Women 200 IM	2:33.99	2:13.99
Prelims	340	Men 200 IM	2:21.99	2:01.99
<b>Session: 10 Sunday 1500 Freestyle Slower Heats</b>				
Finals-S	319	Women 1500 Freestyle	19:04.99	18:24.99
Finals-S	328	Men 1500 Freestyle	17:54.99	17:14.99



Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
<b>Session: 11 Sunday 14 &amp; Under Preliminaries</b>				
Finals	301	Girls 12 & Under 200 Freestyle Relay		
Finals	302	Boys 12 & Under 200 Freestyle Relay		
Finals	303	Girls 13-14 200 Freestyle Relay		
Finals	304	Boys 13-14 200 Freestyle Relay		
Prelims	307	Girls 12 & Under 200 Backstroke	†	2:27.99
Prelims	308	Boys 12 & Under 200 Backstroke	†	2:27.99
Prelims	309	Girls 13-14 200 Backstroke	†	2:19.99
Prelims	310	Boys 13-14 200 Backstroke	†	2:11.99
Prelims	313	Girls 12 & Under 50 Breaststroke	†	**37.49
Prelims	314	Boys 12 & Under 50 Breaststroke	†	**37.49
Prelims	315	Girls 13-14 50 Breaststroke	†	**34.49
Prelims	316	Boys 13-14 50 Breaststroke	†	**32.49
Prelims	321	Girls 12 & Under 100 Freestyle	†	1:01.99
Prelims	322	Boys 12 & Under 100 Freestyle	†	1:01.99
Prelims	323	Girls 13-14 100 Freestyle	†	57.99
Prelims	324	Boys 13-14 100 Freestyle	†	53.99
Prelims	329	Girls 12 & Under 50 Butterfly	†	**32.49
Prelims	330	Boys 12 & Under 50 Butterfly	†	**32.49
Prelims	331	Girls 13-14 50 Butterfly	†	**29.99
Prelims	332	Boys 13-14 50 Butterfly	†	**27.99
Prelims	335	Girls 12 & Under 200 IM	†	2:28.99
Prelims	336	Boys 12 & Under 200 IM	†	2:28.99
Prelims	337	Girls 13-14 200 IM	†	2:20.99
Prelims	338	Boys 13-14 200 IM	†	2:12.99
<b>Session: 12 Sunday Finals</b>				
Finals	305	Women 200 Freestyle Relay		
Finals	306	Men 200 Freestyle Relay		
Finals	<i>Finals of Events 307-318, 319 Fastest Heat, Finals of Event 321-326, 328 Fastest Heat, Finals of Events 328-340, all in numerical order</i>			
Finals	341	Women 400 Medley Relay		
Finals	342	Men 400 Medley Relay		

