

2024 NJS Long Course 12 & Under Silver-Bronze Championships

Hosted by Hamilton YMCA Aquatic Club
at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Friday-Sunday July 12 th -14 th , 2024		
Location:	DeNunzio Natatorium, Princeton University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Sue Welsh		swelshhacy@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Bach LeQuang		blequang@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Sandra Franc Webster Bozzo		francswiss@comcast.net bozzow@rider.edu
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday, June 14 th , 2024. Note that teams will not be closed out of this championship meet provided entries are received by the deadline.		
Entry Deadline:	Tuesday, July 2 nd , 2024, at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: July 12 th , 2024		
Entry Fees:	Individual Entry: \$15.00		Relay Entry: \$25.00
	There will be a surcharge of \$15 per athlete.		
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 timed final meet. There will be 10 & Under, and 11-12 events. 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 is 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 1 Relay Event	Meet: 9 Individual Events 2 Relay Events	
Checks Payable To:	Hamilton Aquatic Club		
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 section of the NJS website, the meet website, and e-
mailed to the coaches of participating teams.***

Friday		
Session 1	Morning	11-12 Girls, 10 & Under Boys
Session 2	Early Afternoon	1500 Freestyle
Session 3	Afternoon	10 & Under Girls, 11-12 Boys
Saturday		
Session 4	Morning	11-12 Girls, 10 & Under Boys
Session 5	Midday	800 Freestyle
Session 6	Afternoon	10 & Under Girls, 11-12 Boys
Sunday		
Session 7	Morning	11-12 Girls, 10 & Under Boys
Session 8	Midday	10 & Under Girls, 11-12 Boys

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 the fastest three swimmers, and ribbons awarded to swimmers placing 4th-8th in individual events. Medals will be awarded to the fastest three relay teams in relay events.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts may be used during this meet.
Programs:	<ul style="list-style-type: none"> Heat sheets will be online at www.besmartinc.com (free) and Meet Mobile (subscription required)
Admission:	<ul style="list-style-type: none"> Spectators will be allowed into the natatorium subject to capacity constraints.
Concessions:	<ul style="list-style-type: none"> None.
Vendor:	<ul style="list-style-type: none"> A swim vendor will be in attendance.
Distance Events:	<ul style="list-style-type: none"> Swimmers in the 800 & 1500 freestyle are responsible to provide their own time and a person to count.
Heat-Limited Events:	<ul style="list-style-type: none"> The meet host retains the right to limit heats in 50- & 100-meter events to ensure that sessions are not overcrowded or run for an excessive amount of time. Swimmers with the silver qualification time in a heat-limited event are not subject to the limits.
Internet Website Posting:	<ul style="list-style-type: none"> Internet location for all meet information: http://www.besmartinc.com
Meet Requirement Statement:	<p>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.</p>



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. 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 that stroke in a 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 the LC Silver Championship meet and the LC Gold Championship meet, unless they achieve the LC 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

Event #	Event	Equal/Slower	Equal/Faster
Session: 1 Friday 11-12 Girls, 10 & Under Boys			
1	Girls 11-12 200 Backstroke	2:55.30	3:09.89
2	Boys 10 & Under 100 Freestyle	1:26.10	
3	Girls 11-12 100 Freestyle	1:11.90	
4	Boys 10 & Under 50 Breaststroke	53.30	
5	Girls 11-12 50 Breaststroke	45.60	
6	Boys 10 & Under 100 Butterfly	1:50.80	
7	Girls 11-12 100 Butterfly	1:28.40	
Session: 2 Friday 1500 Freestyle			
9	Girls 11-12 1500 Freestyle	22:05.00	23:55.39
10	Boys 11-12 1500 Freestyle	21:37.40	23:25.49
Session: 3 Friday 10 & Under Girls, 11-12 Boys			
12	Boys 11-12 200 Backstroke	2:51.00	3:19.49
13	Girls 10 & Under 100 Freestyle	1:27.10	
14	Boys 11-12 100 Freestyle	1:12.00	
15	Girls 10 & Under 50 Breaststroke	54.00	
16	Boys 11-12 50 Breaststroke	45.20	
17	Girls 10 & Under 100 Butterfly	1:53.00	
18	Boys 11-12 100 Butterfly	1:26.30	
Session: 4 Saturday 11-12 Girls, 10 & Under Boys			
19	Girls 11-12 200 Medley Relay		
20	Boys 10 & Under 200 Medley Relay		
21	Girls 11-12 400 IM	6:16.90	7:16.69
22	Boys 10 & Under 200 Freestyle	2:50.80	3:31.29
23	Girls 11-12 200 Freestyle	2:34.90	2:47.19
24	Boys 10 & Under 100 Backstroke	1:38.40	
25	Girls 11-12 100 Backstroke	1:23.80	
26	Boys 10 & Under 50 Butterfly	46.00	
27	Girls 11-12 50 Butterfly	37.40	
29	Girls 11-12 200 Breaststroke	3:19.40	3:35.99
Session: 5 Saturday 800 Freestyle			
31	Girls 11-12 800 Freestyle	11:29.30	12:26.69
32	Boys 11-12 800 Freestyle	11:18.60	12:15.19



	Event #	Event	Equal/Slower	Equal/Faster
Session: 6 Saturday 10 & Under Girls, 11-12 Boys				
	34	Boys 11-12 200 Medley Relay		
	35	Girls 10 & Under 200 Medley Relay		
	36	Boys 11-12 400 IM	6:08.50	7:09.89
	37	Girls 10 & Under 200 Freestyle	2:56.30	3:30.29
	38	Boys 11-12 200 Freestyle	2:32.20	2:49.99
	39	Girls 10 & Under 100 Backstroke	1:39.50	
	40	Boys 11-12 100 Backstroke	1:24.00	
	41	Girls 10 & Under 50 Butterfly	47.10	
	42	Boys 11-12 50 Butterfly	37.80	
	44	Boys 11-12 200 Breaststroke	3:12.60	3:44.69
Session: 7 Sunday 11-12 Girls 10 & Under Boys				
	45	Girls 11-12 200 Freestyle Relay		
	46	Boys 10 & Under 200 Freestyle Relay		
	47	Girls 11-12 200 Butterfly	2:55.60	3:26.09
	48	Boys 10 & Under 100 Breaststroke	1:56.00	
	49	Girls 11-12 100 Breaststroke	1:37.00	
	50	Boys 10 & Under 50 Freestyle	38.60	
	51	Girls 11-12 50 Freestyle	33.00	
	52	Boys 10 & Under 200 IM	3:15.40	4:06.19
	53	Girls 11-12 200 IM	2:55.30	3:11.39
	54	Boys 10 & Under 50 Backstroke	46.20	
	55	Girls 11-12 50 Backstroke	39.70	
	56	Boys 10 & Under 400 Freestyle	5:59.50	7:29.29
	57	Girls 11-12 400 Freestyle	5:29.10	5:56.49
Session: 8 Sunday 10 & Under Girls, 11-12 Boys				
	58	Boys 11-12 200 Freestyle Relay		
	59	Girls 10 & Under 200 Freestyle Relay		
	60	Boys 11-12 200 Butterfly	2:51.90	3:20.49
	61	Girls 10 & Under 100 Breaststroke	1:55.80	
	62	Boys 11-12 100 Breaststroke	1:37.80	
	63	Girls 10 & Under 50 Freestyle	39.60	
	64	Boys 11-12 50 Freestyle	32.80	
	65	Girls 10 & Under 200 IM	3:17.10	4:09.39
	66	Boys 11-12 200 IM	2:53.20	3:10.99
	67	Girls 10 & Under 50 Backstroke	47.20	
	68	Boys 11-12 50 Backstroke	39.70	
	69	Girls 10 & Under 400 Freestyle	6:05.40	7:36.79
	70	Boys 11-12 400 Freestyle	5:21.90	6:15.49

