

2024 Summer Solstice

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		
Date of Meet:	Saturday-Sunday June 1st-2nd, 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:	Saturday: Gary Thayer Sunday: Frank Fitzgerald		gght466@gmail.com Frank@rsinj.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:	Tuesday May 14th, 2024, at 6am		
Entry Deadline:	Friday May 24th, 2024, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: June 1st, 2024		
Entry Fees:	Individual Entry: \$10.00 400 IM/Freestyle Entry: \$12.00 There will be a surcharge of \$15/athlete per day.		Relay Entry: \$20.00
Meet Course:	Long Course Meters (LCM).		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as timed final meet.• There will be 10 & Under, 11-12, 13-14, and 15 & Over 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 1 Relay Event	Meet: 6 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.***

Saturday		
Session 1	Morning	13 & Over
Session 2	Midday	13 & Over 400 IM
Session 3	Afternoon	12 & Under
Sunday		
Session 4	Morning	13 & Over
Session 5	Midday	13 & Over 400 Freestyle
Session 6	Afternoon	12 & Under

Scoring:	<ul style="list-style-type: none"> Team scoring will not be kept.
Awards:	<ul style="list-style-type: none"> There will be awards for the fastest three swimmers in individual events. The 13 & Over events will have awards for 13-14, 15 & Over swimmers.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will 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.
Relays:	<ul style="list-style-type: none"> All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. Unattached swimmers may not swim in any relay.
Distance/Heat-Limited Events:	<ul style="list-style-type: none"> The 13 & Over 400 freestyle/IM sessions may have to be limited, depending on entries. If this happens, coaches of affected swimmers will be offered an opportunity to amend their entries to add events in the 13 & Over main session to the affected swimmers. The 400 freestyle/IM events will swim fastest to slowest, alternating genders.
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>



Event List

	Event #	Event
Session: 1 Saturday 13 & Over		
	1	Girls 13-14 200 Medley Relay
	2	Boys 13-14 200 Medley Relay
	3	Women 15 & Over 200 Medley Relay
	4	Men 15 & Over 200 Medley Relay
	5	Women 13 & Over 200 Freestyle
	6	Men 13 & Over 200 Freestyle
	7	Women 13 & Over 50 Backstroke
	8	Men 13 & Over 50 Backstroke
	9	Women 13 & Over 50 Freestyle
	10	Men 13 & Over 50 Freestyle
	11	Women 13 & Over 100 Breaststroke
	12	Men 13 & Over 100 Breaststroke
	13	Women 13 & Over 100 Butterfly
	14	Men 13 & Over 100 Butterfly
	15	Women 13 & Over 200 Backstroke
	16	Men 13 & Over 200 Backstroke
Session: 2 Saturday 400 IM		
	17	Women 13 & Over 400 IM
	18	Men 13 & Over 400 IM
Session: 3 Saturday 12 & Under		
	19	Girls 10 & Under 200 Medley Relay
	20	Boys 10 & Under 200 Medley Relay
	21	Girls 11-12 200 Medley Relay
	22	Boys 11-12 200 Medley Relay
	23	Girls 10 & Under 200 Freestyle
	24	Boys 10 & Under 200 Freestyle
	25	Girls 11-12 200 Freestyle
	26	Boys 11-12 200 Freestyle
	27	Girls 10 & Under 100 Breaststroke
	28	Boys 10 & Under 100 Breaststroke
	29	Girls 11-12 100 Breaststroke
	30	Boys 11-12 100 Breaststroke
	31	Girls 10 & Under 50 Backstroke
	32	Boys 10 & Under 50 Backstroke
	33	Girls 11-12 50 Backstroke
	34	Boys 11-12 50 Backstroke
	35	Girls 10 & Under 50 Freestyle
	36	Boys 10 & Under 50 Freestyle
	37	Girls 11-12 50 Freestyle
	38	Boys 11-12 50 Freestyle
	39	Girls 10 & Under 100 Butterfly
	40	Boys 10 & Under 100 Butterfly
	41	Girls 11-12 100 Butterfly
	42	Boys 11-12 100 Butterfly



	Event #	Event
Session: 4 Sunday 13 & Over		
	43	Girls 13-14 200 Freestyle Relay
	44	Boys 13-14 200 Freestyle Relay
	45	Women 15 & Over 200 Freestyle Relay
	46	Men 15 & Over 200 Freestyle Relay
	47	Women 13 & Over 200 IM
	48	Men 13 & Over 200 IM
	49	Women 13 & Over 50 Breaststroke
	50	Men 13 & Over 50 Breaststroke
	51	Women 13 & Over 50 Butterfly
	52	Men 13 & Over 50 Butterfly
	53	Women 13 & Over 100 Backstroke
	54	Men 13 & Over 100 Backstroke
	55	Women 13 & Over 200 Breaststroke
	56	Men 13 & Over 200 Breaststroke
	57	Women 13 & Over 100 Freestyle
	58	Men 13 & Over 100 Freestyle
	59	Women 13 & Over 200 Butterfly
	60	Men 13 & Over 200 Butterfly
Session: 5 Sunday 400 Freestyle		
	61	Women 13 & Over 400 Freestyle
	62	Men 13 & Over 400 Freestyle
Session: 6 Sunday 12 & Under		
	63	Girls 10 & Under 200 Freestyle Relay
	64	Boys 10 & Under 200 Freestyle Relay
	65	Girls 11-12 200 Freestyle Relay
	66	Boys 11-12 200 Freestyle Relay
	67	Girls 10 & Under 200 IM
	68	Boys 10 & Under 200 IM
	69	Girls 11-12 200 IM
	70	Boys 11-12 200 IM
	71	Girls 10 & Under 50 Breaststroke
	72	Boys 10 & Under 50 Breaststroke
	73	Girls 11-12 50 Breaststroke
	74	Boys 11-12 50 Breaststroke
	75	Girls 10 & Under 50 Butterfly
	76	Boys 10 & Under 50 Butterfly
	77	Girls 11-12 50 Butterfly
	78	Boys 11-12 50 Butterfly
	79	Girls 10 & Under 100 Backstroke
	80	Boys 10 & Under 100 Backstroke
	81	Girls 11-12 100 Backstroke
	82	Boys 11-12 100 Backstroke
	83	Girls 10 & Under 100 Freestyle
	84	Boys 10 & Under 100 Freestyle
	85	Girls 11-12 100 Freestyle
	86	Boys 11-12 100 Freestyle

