

# 2024 July Heat Wave

## Hosted by the Madison Area YMCA Swim Team

at the DeNunzio Natatorium, Princeton University  
Held under the sanction of USA Swimming

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Date of Meet:	<b>Saturday-Sunday July 6<sup>th</sup>-7<sup>th</sup>, 2024</b>		
Location:	<a href="#">DeNunzio Natatorium, Princeton University</a> <i>(link to facility location &amp; directions, and pool certification information)</i>		
Host Team Contact:	Yean Jimenez		<a href="mailto:Yjimenez@madisonymca.org">Yjimenez@madisonymca.org</a>
Meet Director:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Greg Spicka		<a href="mailto:gregoryspicka@outlook.com">gregoryspicka@outlook.com</a>
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshals:	Kate Hay, Yean Jimenez		<a href="mailto:katherineahay@gmail.com">katherineahay@gmail.com</a> <a href="mailto:Yjimenez@madisonymca.org">Yjimenez@madisonymca.org</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Monday June 17<sup>th</sup>, 2024, at 6:00am</b>		
Entry Deadline:	<b>Friday June 28<sup>th</sup>, 2024, at 6:00pm</b> or when the meet fills, if earlier		
Swimmer Age	Swimmer ages for this meet are as of: <b>July 6<sup>th</sup>, 2024</b>		
Entry Fees:	Individual Entry Fee: <b>\$12.00</b> Distance (400, 800, 1500): <b>\$16.00</b> <b>There will be a \$20 per swimmer surcharge.</b>		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as a timed finals meet.</li> <li>• There will be 10 &amp; Under, 11-12, 12 &amp; Under, 13-14, 15 &amp; Over, and Open events.</li> <li>• <b>There are qualifying times for events 400 meters and longer..</b></li> <li>• 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.</li> </ul>		
Entry Limits:	Daily: <b>3</b> Individual Events in main session + <b>1</b> Distance event	Meet: <b>8</b> Individual Events	
Checks Payable To:	<b>Madison MPO</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 section of the NJS website, the meet website, and e-mailed to the coaches of participating teams.*

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

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will not be kept.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>
Admissions:	<ul style="list-style-type: none"> <li>Spectators will be admitted into the facility up to its capacity.</li> </ul>
Programs:	<ul style="list-style-type: none"> <li>Heat sheets will be online at <a href="http://www.besmartinc.com">www.besmartinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>Depending on entries, the distance events in the midday sessions may be limited. If there are too many entries, swimmers entering later may be removed from the events and offered entry into a shorter event or a refund.</li> </ul>
Internet Website Posting:	<ul style="list-style-type: none"> <li>Internet location for all meet information: <a href="http://www.besmartinc.com">http://www.besmartinc.com</a></li> </ul>
Meet Requirement Statement:	<ul style="list-style-type: none"> <li>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.</li> </ul>



## Event List

Event #	Event	Equal/Faster
<b>Session: 1 Saturday 12 &amp; Under</b>		
1	Girls 12 & Under 200 Butterfly	
2	Boys 12 & Under 200 Butterfly	
3	Girls 12 & Under 50 Backstroke	
4	Boys 12 & Under 50 Backstroke	
5	Girls 12 & Under 100 Breaststroke	
6	Boys 12 & Under 100 Breaststroke	
7	Girls 12 & Under 200 IM	
8	Boys 12 & Under 200 IM	
9	Girls 12 & Under 100 Freestyle	
10	Boys 12 & Under 100 Freestyle	
11	Girls 12 & Under 50 Butterfly	
12	Boys 12 & Under 50 Butterfly	
13	Girls 12 & Under 200 Backstroke	
14	Boys 12 & Under 200 Backstroke	
<b>Session: 2 Saturday Distance</b>		
15	Women 400 IM	
	14 & Under	6:27.49
	15 & Over	6:15.59
16	Men 400 IM	
	14 & Under	6:21.49
	15 & Over	5:58.09
17	Women 800 Freestyle	
	14 & Under	11:41.99
	15 & Over	11:28.39
18	Men 800 Freestyle	
	14 & Under	11:13.99
	15 & Over	10:50.99
<b>Session: 3 Saturday 13 &amp; Over</b>		
19	Women 13 & Over 200 Breaststroke	
20	Men 13 & Over 200 Breaststroke	
21	Women 13 & Over 50 Freestyle	
22	Men 13 & Over 50 Freestyle	
23	Women 13 & Over 100 Butterfly	
24	Men 13 & Over 100 Butterfly	
25	Women 13 & Over 50 Breaststroke	
26	Men 13 & Over 50 Breaststroke	
27	Women 13 & Over 200 Freestyle	
28	Men 13 & Over 200 Freestyle	
29	Women 13 & Over 100 Backstroke	
30	Men 13 & Over 100 Backstroke	



	Event #	Event	Equal/Faster
<b>Session: 4 Sunday 12 &amp; Under</b>			
	31	Girls 12 & Under 200 Breaststroke	
	32	Boys 12 & Under 200 Breaststroke	
	33	Girls 12 & Under 50 Freestyle	
	34	Boys 12 & Under 50 Freestyle	
	35	Girls 12 & Under 100 Butterfly	
	36	Boys 12 & Under 100 Butterfly	
	37	Girls 12 & Under 50 Breaststroke	
	38	Boys 12 & Under 50 Breaststroke	
	39	Girls 12 & Under 200 Freestyle	
	40	Boys 12 & Under 200 Freestyle	
	41	Girls 12 & Under 100 Backstroke	
	42	Boys 12 & Under 100 Backstroke	
<b>Session: 5 Sunday Distance</b>			
	43	Women 400 Freestyle	
		14 & Under	5:32.99
		15 & Over	5:21.79
	44	Men 400 Freestyle	
		14 & Under	5:31.39
		15 & Over	5:03.89
	45	Women 1500 Freestyle	
		14 & Under	22:23.09
		15 & Over	22:02.19
	46	Men 1500 Freestyle	
		14 & Under	21:27.39
		15 & Over	20:33.99
<b>Session: 6 Sunday 13 &amp; Over</b>			
	47	Women 13 & Over 200 Butterfly	
	48	Men 13 & Over 200 Butterfly	
	49	Women 13 & Over 50 Backstroke	
	50	Men 13 & Over 50 Backstroke	
	51	Women 13 & Over 100 Breaststroke	
	52	Men 13 & Over 100 Breaststroke	
	53	Women 13 & Over 200 IM	
	54	Men 13 & Over 200 IM	
	55	Women 13 & Over 100 Freestyle	
	56	Men 13 & Over 100 Freestyle	
	57	Women 13 & Over 50 Butterfly	
	58	Men 13 & Over 50 Butterfly	
	59	Women 13 & Over 200 Backstroke	
	60	Men 13 & Over 200 Backstroke	

