

2024 NJ Swimming LC Gold Championship

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

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Friday-Sunday July 26th-28th, 2024		
Location:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Friday, Saturday: Janice Rein Sunday: Rob Curry		janice.rein@rutgers.edu rksauce@yahoo.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Bercy Zuniga Carlos Catalano		scarletaquatics@gmail.com ccatalano.scarlet@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Monday July 1st, 2024 <i>(Teams cannot get closed out of this championship meet provided entries are received by the entry deadline)</i>		
Entry Deadline:	Tuesday July 16th, 2024 at 11:59 pm		
Swimmer Age	Swimmer ages for this meet are as of: July 26 th , 2024		
Entry Fees:	Individual Entry: \$15.00		Relay Event Entry: \$25.00
	There will be an athlete surcharge of \$15.		
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 a prelims/finals meet for 13 & over swimmers except for distance events and as a timed final meet for 12 & Under. There will be 10 & Under, 11-12, 13-14, 15 & over, 13 & over, and Open events. The 13 & over events will be divided into 13-14, and 15 & over divisions for reporting and scoring. There will be one heat for 13-14 and two heats for 15 & over swimmers in the prelims/finals events. There are minimum "faster than" time standards for this meet. This is a New Jersey Swimming Championship and proof of time is required for all individual entries. 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 2 Relay Events.	Meet: 9 Individual Events 5 Relay Events	
Checks Payable To:	Scarlet Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



Age-Up Exception applies to this meet

- Any 10-year old, 12-year old, or 14-year old swimmer who has one or more Gold times prior to the Silver-Bronze meets on July 12th, and then ages up between July 13th and July 26th, 2024, is eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below:

How to enter:

- Enter the swimmer at the qualifying time for the event.
- Provide proof of the original qualifying time, as a separate PDF, or reference to SWIMS results.
- Please note in the entry e-mail that this swim is an age-up exception.

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, published on the meet website, and e-mailed to the coaches of participating teams.

Friday		
Session 1	Morning	13 & Over Prelims
Session 2	Afternoon	Age Group
Session 3	Evening	13 & Over Finals
Saturday		
Session 4	Morning	13 & Over Prelims
Session 5	Midday	Distance
Session 6	Afternoon	Age Group
Session 7	Evening	13 & Over Finals
Sunday		
Session 8	Morning	13 & Over Prelims
Session 9	Midday	Distance
Session 10	Afternoon	Age Group
Session 11	Evening	Finals

Scoring:	<ul style="list-style-type: none"> • Team scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. • In 13-14 prelims/finals events, scores for places 9-16 will be based on prelims results. • Swimmers 20 years and older will swim "exhibition" – they will swim in prelims only. • Relays with 20 years and older swimmers participating will not score.
Awards:	<ul style="list-style-type: none"> • Medals will be awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. • Medals will be awarded to 1st through 3rd place in each relay event.
Starts:	<ul style="list-style-type: none"> • 'Fly-over/Over-the-top' starts will be used during this meet.
Admissions:	<ul style="list-style-type: none"> • 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 go.rutgers.edu/swimmeet-tickets. All volunteer timers will be required to purchase tickets. • 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 limited number of packaged concessions.
Vendor:	<ul style="list-style-type: none"> • None.



Internet Website Posting:	Internet location for all meet information: http://www.besmartinc.com
Meet Requirement Statement:	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.
Scratch Rule:	<ul style="list-style-type: none"> The 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.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. <p>In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.</p>
Ties in prelims events rule:	<ul style="list-style-type: none"> Any ties occurring during prelims that affect the heat in which a swimmer will compete at finals and/or their status as first or second alternate will be resolved in a manner that the referee, swimmers and coaches agree on during or immediately following prelims in accord with USA Swimming rule 105.5.2.

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.
Distance Events	<ul style="list-style-type: none"> All distance events will be seeded fast to slow and swum alternating genders. Heats of opposite genders may be combined without an empty lane between genders. Swimmers are responsible for providing their own timers and counters for distance events.
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. A relay with a 20 year or older swimmer will not score. Unattached swimmers may not swim in any relay.
Swimmer Championship Eligibility:	<ul style="list-style-type: none"> This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. 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.



Event List

	Event #	Event	Equal/Faster
Session: 1 Friday Prelims			
Prelims	19	Women 13 & Over 200 Freestyle	
		13-14	2:23.19
		15 & Over	2:17.99
Prelims	20	Men 13 & Over 200 Freestyle	
		13-14	2:14.49
		15 & Over	2:04.79
Prelims	21	Women 13 & Over 100 Breaststroke	
		13-14	1:28.39
		15 & Over	1:26.19
Prelims	22	Men 13 & Over 100 Breaststroke	
		13-14	1:22.29
		15 & Over	1:14.69
Prelims	23	Women 13 & Over 100 Butterfly	
		13-14	1:17.99
		15 & Over	1:11.89
Prelims	24	Men 13 & Over 100 Butterfly	
		13-14	1:11.49
		15 & Over	1:03.29
Prelims	25	Women 13 & Over 100 Backstroke	
		13-14	1:16.29
		15 & Over	1:13.09
Prelims	26	Men 13 & Over 100 Backstroke	
		13-14	1:12.19
		15 & Over	1:06.39
Prelims	27	Women 13 & Over 400 Freestyle	
		13-14	5:01.29
		15 & Over	4:54.49
Prelims	28	Men 13 & Over 400 Freestyle	
		13-14	4:46.69
		15 & Over	4:27.69



	Event #	Event	Equal/Faster
Session: 2 Friday Age Group			
Finals	1	Girls 11-12 200 Backstroke	2:55.29
Finals	2	Boys 11-12 200 Backstroke	2:50.99
Finals	3	Girls 10 & Under 100 Freestyle	1:27.09
Finals	4	Boys 10 & Under 100 Freestyle	1:26.09
Finals	5	Girls 11-12 100 Freestyle	1:11.89
Finals	6	Boys 11-12 100 Freestyle	1:11.99
Finals	7	Girls 10 & Under 50 Breaststroke	53.99
Finals	8	Boys 10 & Under 50 Breaststroke	53.29
Finals	9	Girls 11-12 50 Breaststroke	45.59
Finals	10	Boys 11-12 50 Breaststroke	45.19
Finals	11	Girls 10 & Under 100 Butterfly	1:52.99
Finals	12	Boys 10 & Under 100 Butterfly	1:50.79
Finals	13	Girls 11-12 100 Butterfly	1:28.39
Finals	14	Boys 11-12 100 Butterfly	1:26.29
Finals	15	Girls 11-12 1500 Freestyle	22:04.99
Finals	16	Boys 11-12 1500 Freestyle	21:37.39
Session: 3 Friday Finals			
Finals	17	Women Open 200 Medley Relay	
Finals	18	Men Open 200 Medley Relay	
<i>Finals of events 19-28, 1 final for 13-14, 2 finals for 15-19</i>			
Finals	29	Women Open 400 Freestyle Relay	
Finals	30	Men Open 400 Freestyle Relay	



	Event #	Event	Equal/Faster
Session: 4 Saturday Prelims			
Prelims	57	Women 13 & Over 200 Butterfly	
		13-14	2:38.59
		15 & Over	2:33.89
Prelims	58	Men 13 & Over 200 Butterfly	
		13-14	2:28.59
		15 & Over	2:21.49
Prelims	59	Women 13 & Over 50 Freestyle	
		13-14	30.89
		15 & Over	30.19
Prelims	60	Men 13 & Over 50 Freestyle	
		13-14	28.69
		15 & Over	26.49
Prelims	61	Women 13 & Over 200 Breaststroke	
		13-14	3:00.49
		15 & Over	2:57.39
Prelims	62	Men 13 & Over 200 Breaststroke	
		13-14	2:48.79
		15 & Over	2:40.49
Prelims	63	Women 13 & Over 400 IM	
		13-14	5:41.29
		15 & Over	5:35.09
Prelims	64	Men 13 & Over 400 IM	
		13-14	5:22.59
		15 & Over	5:07.29
Session: 5 Saturday Distance			
Finals	31	Girls 13-14 1500 Freestyle	19:48.09
Finals	32	Boys 13-14 1500 Freestyle	18:58.99
Finals	33	Women 15 & Over 800 Freestyle	10:08.99
Finals	34	Men 15 & Over 800 Freestyle	9:33.29



	Event #	Event	Equal/Faster
Session: 6 Saturday Age Group			
Finals	35	Girls 11-12 200 Medley Relay	
Finals	36	Boys 11-12 200 Medley Relay	
Finals	37	Girls 10 & Under 200 Medley Relay	
Finals	38	Boys 10 & Under 200 Medley Relay	
Finals	39	Girls 11-12 400 IM	6:16.89
Finals	40	Boys 11-12 400 IM	6:08.49
Finals	41	Girls 10 & Under 200 Freestyle	2:56.29
Finals	42	Boys 10 & Under 200 Freestyle	2:50.79
Finals	43	Girls 11-12 200 Freestyle	2:34.89
Finals	44	Boys 11-12 200 Freestyle	2:32.19
Finals	45	Girls 10 & Under 100 Backstroke	1:39.49
Finals	46	Boys 10 & Under 100 Backstroke	1:38.39
Finals	47	Girls 11-12 100 Backstroke	1:23.79
Finals	48	Boys 11-12 100 Backstroke	1:23.99
Finals	49	Girls 10 & Under 50 Butterfly	47.09
Finals	50	Boys 10 & Under 50 Butterfly	45.99
Finals	51	Girls 11-12 50 Butterfly	37.39
Finals	52	Boys 11-12 50 Butterfly	37.79
Finals	53	Girls 11-12 200 Breaststroke	3:19.39
Finals	54	Boys 11-12 200 Breaststroke	3:12.59
Finals	55	Girls 11-12 800 Freestyle	11:29.29
Finals	56	Boys 11-12 800 Freestyle	11:18.59
Session: 7 Saturday Finals			
<i>Finals of events 57-64, 1 final for 13-14, 2 finals for 15-19</i>			
Finals	65	Women Open 800 Freestyle Relay	
Finals	66	Men Open 800 Freestyle Relay	



	Event #	Event	Equal/Faster
Session: 8 Sunday Prelims			
Prelims	99	Women 13 & Over 200 Backstroke	
		13-14	2:38.09
		15 & Over	2:34.39
Prelims	100	Men 13 & Over 200 Backstroke	
		13-14	2:29.59
		15 & Over	2:22.69
Prelims	101	Women 13 & Over 100 Freestyle	
		13-14	1:06.99
		15 & Over	1:04.29
Prelims	102	Men 13 & Over 100 Freestyle	
		13-14	1:01.89
		15 & Over	57.09
Prelims	103	Women 13 & Over 200 IM	
		13-14	2:40.79
		15 & Over	2:36.29
Prelims	104	Men 13 & Over 200 IM	
		13-14	2:31.69
		15 & Over	2:21.59
Session: 9 Sunday Distance			
Finals	67	Girls 13-14 800 Freestyle	10:20.99
Finals	68	Boys 13-14 800 Freestyle	9:56.29
Finals	69	Women 15 & Over 1500 Freestyle	19:29.59
Finals	70	Men 15 & Over 1500 Freestyle	18:11.69



	Event #	Event	Equal/Faster
Session: 10 Sunday Age Group			
Finals	71	Girls 11-12 200 Freestyle Relay	
Finals	72	Boys 11-12 200 Freestyle Relay	
Finals	73	Girls 10 & Under 200 Freestyle Relay	
Finals	74	Boys 10 & Under 200 Freestyle Relay	
Finals	75	Girls 11-12 200 Butterfly	2:55.59
Finals	76	Boys 11-12 200 Butterfly	2:51.89
Finals	77	Girls 10 & Under 100 Breaststroke	1:55.79
Finals	78	Boys 10 & Under 100 Breaststroke	1:55.99
Finals	79	Girls 11-12 100 Breaststroke	1:36.99
Finals	80	Boys 11-12 100 Breaststroke	1:37.79
Finals	81	Girls 10 & Under 50 Freestyle	39.59
Finals	82	Boys 10 & Under 50 Freestyle	38.59
Finals	83	Girls 11-12 50 Freestyle	32.99
Finals	84	Boys 11-12 50 Freestyle	32.79
Finals	85	Girls 10 & Under 200 IM	3:17.09
Finals	86	Boys 10 & Under 200 IM	3:15.39
Finals	87	Girls 11-12 200 IM	2:55.29
Finals	88	Boys 11-12 200 IM	2:53.19
Finals	89	Girls 10 & Under 50 Backstroke	47.19
Finals	90	Boys 10 & Under 50 Backstroke	46.19
Finals	91	Girls 11-12 50 Backstroke	39.69
Finals	92	Boys 11-12 50 Backstroke	39.69
Finals	93	Girls 10 & Under 400 Freestyle	6:05.39
Finals	94	Boys 10 & Under 400 Freestyle	5:59.49
Finals	95	Girls 11-12 400 Freestyle	5:29.09
Finals	96	Boys 11-12 400 Freestyle	5:21.89
Session: 11 Sunday Finals			
Finals	97	Women Open 200 Freestyle Relay	
Finals	98	Men Open 200 Freestyle Relay	
<i>Finals of events 99-104, 1 final for 13-14, 2 finals for 15-19</i>			
Finals	105	Women Open 400 Medley Relay	
Finals	106	Men Open 400 Medley Relay	

