

# 2024 STAC IM Tough

Hosted by Streamline Aquatics Club  
at the Raritan Valley Community College

*Held under the sanction of USA Swimming*

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Date of Meet:	<b>Saturday-Sunday January 20<sup>th</sup>-21<sup>st</sup>, 2024</b>		
Location:	<a href="#">Raritan Valley Community College</a>		
Host Team Contact:	Clare Zeszotarski	908-208-3457	<a href="mailto:administrator@njstac.org">administrator@njstac.org</a>
Meet Director:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Eric Tanalski		<a href="mailto:eric@tanalski.net">eric@tanalski.net</a>
Admin Officials:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshalls:	Clare Zeszotarski Brian Greene		<a href="mailto:administrator@njstac.org">administrator@njstac.org</a> <a href="mailto:bgswim@me.com">bgswim@me.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Wednesday December 20<sup>th</sup>, 2023, at 6:00am</b>		
Entry Deadline:	<b>Friday January 12<sup>th</sup>, 2024, at 6:00pm unless the meet fills earlier.</b>		
Swimmer Age	Swimmer age for this meet is as of: Saturday December 20 <sup>th</sup> , 2024		
Entry Fees:	Individual Entry:	<b>\$7.00</b>	
	400 IM:	<b>\$9.00</b>	
	1650 Freestyle:	<b>\$14.00</b>	
	<b>There will be a \$10 athlete per day surcharge.</b>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as a timed final meet.</li> <li>• This meet will have 10 &amp; Under, 11-12, 12 &amp; Under, 13-14, and 15 &amp; Over events.</li> <li>• Teams will be responsible for marshaling their own swimmers.</li> <li>• <b>There are "faster than" time standards for events 400 yards and longer.</b></li> <li>• This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.</li> <li>• <b>This meet has the same events each day. Teams may enter both days but a swimmer may not swim the same event both days.</b></li> </ul>		
Entry Limits:	Daily: <b>4</b> Individual Events	Meet: <b>8</b> Individual Events	
Checks Payable To:	<b>Streamline Aquatics Club</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, published on 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:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> <li>• Ribbons will be awarded for the fastest three swimmers in each age group in each event.</li> <li>• Heat winners will be awarded prizes.</li> </ul>
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> <li>• Spectators will be allowed into the facility up to its capacity.</li> <li>• Heat sheets will be available online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and Meet Mobile.</li> </ul>
Concessions:	None.
Vendor:	None.
Internet Website Posting:	<ul style="list-style-type: none"> <li>• Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.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

*A list of events by sessions is [here](#).*

ession #	Event #	Event				Equal/Faster
1	1	Women	10 & U	100	IM	
1	2	Men	10 & U	100	IM	
1	3	Women	11-12	100	IM	
1	4	Men	11-12	100	IM	
1	5	Women	10 & U	50	Fly	
1	6	Men	10 & U	50	Fly	
1	7	Women	11-12	50	Fly	
1	8	Men	11-12	50	Fly	
1	9	Women	10 & U	100	Back	
1	10	Men	10 & U	100	Back	
1	11	Women	11-12	100	Back	
1	12	Men	11-12	100	Back	
1	13	Women	12 & U	200	Breast	
1	14	Men	12 & U	200	Breast	
1	15	Women	10 & U	50	Back	
1	16	Men	10 & U	50	Back	
1	17	Women	11-12	50	Back	
1	18	Men	11-12	50	Back	
1	19	Women	10 & U	100	Fly	
1	20	Men	10 & U	100	Fly	
1	21	Women	11-12	100	Fly	
1	22	Men	11-12	100	Fly	
1	23	Women	10 & U	200	Free	
1	24	Men	10 & U	200	Free	
1	25	Women	11-12	200	Free	
1	26	Men	11-12	200	Free	
1	27	Women	10 & U	50	Breast	
1	28	Men	10 & U	50	Breast	
1	29	Women	11-12	50	Breast	
1	30	Men	11-12	50	Breast	
1	31	Women	10 & U	100	Free	
1	32	Men	10 & U	100	Free	
1	33	Women	11-12	100	Free	
1	34	Men	11-12	100	Free	
1	35	Women	12 & U	200	Fly	
1	36	Men	12 & U	200	Fly	
1	37	Women	10 & U	50	Free	
1	38	Men	10 & U	50	Free	
1	39	Women	11-12	50	Free	
1	40	Men	11-12	50	Free	
1	41	Women	10 & U	100	Breast	
1	42	Men	10 & U	100	Breast	
1	43	Women	11-12	100	Breast	

Session #	Event #	Event				Equal/Faster
1	44	Men	11-12	100	Breast	
1	45	Women	12 & U	200	Back	
1	46	Men	12 & U	200	Back	
1	47	Women	10 & U	200	IM	
1	48	Men	10 & U	200	IM	
1	49	Women	11-12	200	IM	
1	50	Men	11-12	200	IM	
2	51	Women	12 & U	400	IM	6:24.19
2	52	Men	12 & U	400	IM	6:13.09
2	53A	Women	13-14	400	IM	6:03.59
2	53B	Women	15 & O	400	IM	5:55.89
2	54A	Men	13-14	400	IM	5:41.49
2	54B	Men	15 & O	400	IM	5:26.99
2	55A	Women	11-12	1650	Free	24:53.99
2	55B	Women	13-14	1650	Free	23:23.49
2	55C	Women	15 & O	1650	Free	23:05.19
2	56A	Men	11-12	1650	Free	24:21.89
2	56B	Men	13-14	1650	Free	22:18.89
2	56C	Men	15 & O	1650	Free	21:35.39
3	57	Women	13-14	200	Free	
3	58	Men	13-14	200	Free	
3	59	Women	15 & O	200	Free	
3	60	Men	15 & O	200	Free	
3	61	Women	13-14	100	Back	
3	62	Men	13-14	100	Back	
3	63	Women	15 & O	100	Back	
3	64	Men	15 & O	100	Back	
3	65	Women	13-14	200	Breast	
3	66	Men	13-14	200	Breast	
3	67	Women	15 & O	200	Breast	
3	68	Men	15 & O	200	Breast	
3	69	Women	13-14	100	Fly	
3	70	Men	13-14	100	Fly	
3	71	Women	15 & O	100	Fly	
3	72	Men	15 & O	100	Fly	
3	73	Women	13-14	100	Free	
3	74	Men	13-14	100	Free	
3	75	Women	15 & O	100	Free	
3	76	Men	15 & O	100	Free	
3	77A	Women	13-14	200	Fly	
3	77B	Women	15 & O	200	Fly	
3	78A	Men	13-14	200	Fly	
3	78B	Men	15 & O	200	Fly	
3	79	Women	13-14	100	Breast	
3	80	Men	13-14	100	Breast	
3	81	Women	15 & O	100	Breast	
3	82	Men	15 & O	100	Breast	

Session #	Event #	Event				Equal/Faster
3	83	Women	13-14	200	Back	
3	84	Men	13-14	200	Back	
3	85	Women	15 & 0	200	Back	
3	86	Men	15 & 0	200	Back	
3	87	Women	13-14	50	Free	
3	88	Men	13-14	50	Free	
3	89	Women	15 & 0	50	Free	
3	90	Men	15 & 0	50	Free	
3	91	Women	13-14	200	IM	
3	92	Men	13-14	200	IM	
3	93	Women	15 & 0	200	IM	
3	94	Men	15 & 0	200	IM	
4	101	Women	10 & U	100	IM	
4	102	Men	10 & U	100	IM	
4	103	Women	11-12	100	IM	
4	104	Men	11-12	100	IM	
4	105	Women	10 & U	50	Fly	
4	106	Men	10 & U	50	Fly	
4	107	Women	11-12	50	Fly	
4	108	Men	11-12	50	Fly	
4	109	Women	10 & U	100	Back	
4	110	Men	10 & U	100	Back	
4	111	Women	11-12	100	Back	
4	112	Men	11-12	100	Back	
4	113	Women	12 & U	200	Breast	
4	114	Men	12 & U	200	Breast	
4	115	Women	10 & U	50	Back	
4	116	Men	10 & U	50	Back	
4	117	Women	11-12	50	Back	
4	118	Men	11-12	50	Back	
4	119	Women	10 & U	100	Fly	
4	120	Men	10 & U	100	Fly	
4	121	Women	11-12	100	Fly	
4	122	Men	11-12	100	Fly	
4	123	Women	10 & U	200	Free	
4	124	Men	10 & U	200	Free	
4	125	Women	11-12	200	Free	
4	126	Men	11-12	200	Free	
4	127	Women	10 & U	50	Breast	
4	128	Men	10 & U	50	Breast	
4	129	Women	11-12	50	Breast	
4	130	Men	11-12	50	Breast	
4	131	Women	10 & U	100	Free	
4	132	Men	10 & U	100	Free	
4	133	Women	11-12	100	Free	
4	134	Men	11-12	100	Free	
4	135	Women	12 & U	200	Fly	

Session #	Event #	Event				Equal/Faster
4	136	Men	12 & U	200	Fly	
4	137	Women	10 & U	50	Free	
4	138	Men	10 & U	50	Free	
4	139	Women	11-12	50	Free	
4	140	Men	11-12	50	Free	
4	141	Women	10 & U	100	Breast	
4	142	Men	10 & U	100	Breast	
4	143	Women	11-12	100	Breast	
4	144	Men	11-12	100	Breast	
4	145	Women	12 & U	200	Back	
4	146	Men	12 & U	200	Back	
4	147	Women	10 & U	200	IM	
4	148	Men	10 & U	200	IM	
4	149	Women	11-12	200	IM	
4	150	Men	11-12	200	IM	
5	151	Women	12 & U	400	IM	6:24.19
5	152	Men	12 & U	400	IM	6:13.09
5	153A	Women	13-14	400	IM	6:03.59
5	153B	Women	15 & O	400	IM	5:55.89
5	154A	Men	13-14	400	IM	5:41.49
5	154B	Men	15 & O	400	IM	5:26.99
5	155A	Women	11-12	1650	Free	24:53.99
5	155B	Women	13-14	1650	Free	23:23.49
5	155C	Women	15 & O	1650	Free	23:05.19
5	156A	Men	11-12	1650	Free	24:21.89
5	156B	Men	13-14	1650	Free	22:18.89
5	156C	Men	15 & O	1650	Free	21:35.39
6	157	Women	13-14	200	Free	
6	158	Men	13-14	200	Free	
6	159	Women	15 & O	200	Free	
6	160	Men	15 & O	200	Free	
6	161	Women	13-14	100	Back	
6	162	Men	13-14	100	Back	
6	163	Women	15 & O	100	Back	
6	164	Men	15 & O	100	Back	
6	165	Women	13-14	200	Breast	
6	166	Men	13-14	200	Breast	
6	167	Women	15 & O	200	Breast	
6	168	Men	15 & O	200	Breast	
6	169	Women	13-14	100	Fly	
6	170	Men	13-14	100	Fly	
6	171	Women	15 & O	100	Fly	
6	172	Men	15 & O	100	Fly	
6	173	Women	13-14	100	Free	
6	174	Men	13-14	100	Free	
6	175	Women	15 & O	100	Free	
6	176	Men	15 & O	100	Free	

<b>Session #</b>	<b>Event #</b>	<b>Event</b>				<b>Equal/Faster</b>
6	177A	Women	13-14	200	Fly	
6	177B	Women	15 & 0	200	Fly	
6	178A	Men	13-14	200	Fly	
6	178B	Men	15 & 0	200	Fly	
6	179	Women	13-14	100	Breast	
6	180	Men	13-14	100	Breast	
6	181	Women	15 & 0	100	Breast	
6	182	Men	15 & 0	100	Breast	
6	183	Women	13-14	200	Back	
6	184	Men	13-14	200	Back	
6	185	Women	15 & 0	200	Back	
6	186	Men	15 & 0	200	Back	
6	187	Women	13-14	50	Free	
6	188	Men	13-14	50	Free	
6	189	Women	15 & 0	50	Free	
6	190	Men	15 & 0	50	Free	
6	191	Women	13-14	200	IM	
6	192	Men	13-14	200	IM	
6	193	Women	15 & 0	200	IM	
6	194	Men	15 & 0	200	IM	