

2025 STAC IM Tough

Hosted by Streamline Aquatics Club
at the Raritan Valley Community College

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Sunday January 19th, 2025		
Facility:	Raritan Valley Community College <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Clare Zeszotarski	908-208-3457	administrator@njstac.org
Meet Director:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Rob Curry		rksauce@yahoo.com
Admin Officials:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Safety Marshalls:	Clare Zeszotarski Brian Greene		administrator@njstac.org bgswwim@me.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	December 30th, 2024, at 6:00am		
Entry Deadline:	Friday January 10th, 2025, at 6:00pm unless the meet fills earlier.		
Swimmer Age	Swimmer age for this meet is as of: Sunday January 19th, 2025		
Entry Fees:	Individual Entry:	\$8.00	
	400 IM:	\$10.00	
	1650 Freestyle:	\$14.00	
	There will be a \$12 athlete surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • This meet will have 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over events. • Teams will be responsible for marshaling their own swimmers. • There are "faster than" time standards for events 400 yards and longer. • 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. 		
Entry Limits:	Daily: 4 Individual Events	Meet: 4 Individual Events	
Checks Payable To:	Streamline Aquatics Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		
No Show Policy	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.		

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

Sunday		
Session 1	Morning	12 & Under
Session 2	Midday	Distance
Session 3	Afternoon	13 & Over

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Ribbons will be awarded for the fastest three swimmers in each age group in each event. Heat winners will be awarded prizes.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will be allowed into the facility up to its capacity. Heat sheets will be available online at www.besmarttinc.com and Meet Mobile.
Concessions:	None.
Vendor:	None.
Internet Website Posting:	<ul style="list-style-type: none"> Internet location for all meet information: http://www.besmarttinc.com
Meet Requirement Statement:	<ul style="list-style-type: none"> 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.

Event List

#	Event	Equal/ Faster
Session: 1 12 & Under		
1	Girls 10 & Under 100 IM	
2	Boys 10 & Under 100 IM	
3	Girls 11-12 100 IM	
4	Boys 11-12 100 IM	
5	Girls 10 & Under 50 Butterfly	
6	Boys 10 & Under 50 Butterfly	
7	Girls 11-12 50 Butterfly	
8	Boys 11-12 50 Butterfly	
9	Girls 10 & Under 100 Backstroke	
10	Boys 10 & Under 100 Backstroke	
11	Girls 11-12 100 Backstroke	
12	Boys 11-12 100 Backstroke	
13	Girls 12 & Under 200 Breaststroke	
14	Boys 12 & Under 200 Breaststroke	
15	Girls 10 & Under 50 Backstroke	
16	Boys 10 & Under 50 Backstroke	
17	Girls 11-12 50 Backstroke	
18	Boys 11-12 50 Backstroke	
19	Girls 10 & Under 100 Butterfly	
20	Boys 10 & Under 100 Butterfly	
21	Girls 11-12 100 Butterfly	
22	Boys 11-12 100 Butterfly	
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 50 Breaststroke	
28	Boys 10 & Under 50 Breaststroke	
29	Girls 11-12 50 Breaststroke	
30	Boys 11-12 50 Breaststroke	
31	Girls 10 & Under 100 Freestyle	
32	Boys 10 & Under 100 Freestyle	
33	Girls 11-12 100 Freestyle	
34	Boys 11-12 100 Freestyle	
35	Girls 12 & Under 200 Butterfly	
36	Boys 12 & Under 200 Butterfly	
37	Girls 10 & Under 50 Freestyle	
38	Boys 10 & Under 50 Freestyle	
39	Girls 11-12 50 Freestyle	
40	Boys 11-12 50 Freestyle	
41	Girls 10 & Under 100 Breaststroke	
42	Boys 10 & Under 100 Breaststroke	
43	Girls 11-12 100 Breaststroke	

#	Event	Equal/ Faster
44	Boys 11-12 100 Breaststroke	
45	Girls 12 & Under 200 Backstroke	
46	Boys 12 & Under 200 Backstroke	
47	Girls 10 & Under 200 IM	
48	Boys 10 & Under 200 IM	
49	Girls 11-12 200 IM	
50	Boys 11-12 200 IM	

#	Event	Equal/ Faster
Session: 2 Distance		
51	Girls 12 & Under 400 IM	6:24.19
52	Boys 12 & Under 400 IM	6:13.09
53	Women 13 & Over 400 IM	
	13-14	6:03.59
	15 & Over	5:55.89
54	Men 13 & Over 400 IM	
	13-14	5:41.49
	15 & Over	5:26.99
55	Women 11 & Over 1650 Freestyle	
	11-12	24:53.99
	13-14	23:23.49
	15 & Over	23:05.19
56	Men 11 & Over 1650 Freestyle	
	11-12	24:21.89
	13-14	22:18.89
	15 & Over	21:35.39

#	Event	Equal/ Faster
Session: 3 13 & Over		
57	Girls 13-14 200 Freestyle	
58	Boys 13-14 200 Freestyle	
59	Women 15 & Over 200 Freestyle	
60	Men 15 & Over 200 Freestyle	
61	Girls 13-14 100 Backstroke	
62	Boys 13-14 100 Backstroke	
63	Women 15 & Over 100 Backstroke	
64	Men 15 & Over 100 Backstroke	
65	Girls 13-14 200 Breaststroke	
66	Boys 13-14 200 Breaststroke	
67	Women 15 & Over 200 Breaststroke	
68	Men 15 & Over 200 Breaststroke	
69	Girls 13-14 100 Butterfly	
70	Boys 13-14 100 Butterfly	
71	Women 15 & Over 100 Butterfly	
72	Men 15 & Over 100 Butterfly	
73	Girls 13-14 100 Freestyle	
74	Boys 13-14 100 Freestyle	

#	Event	Equal/ Faster
75	Women 15 & Over 100 Freestyle	
76	Men 15 & Over 100 Freestyle	
77	Women 13 & Over 200 Butterfly	
78	Men 13 & Over 200 Butterfly	
79	Girls 13-14 100 Breaststroke	
80	Boys 13-14 100 Breaststroke	
81	Women 15 & Over 100 Breaststroke	
82	Men 15 & Over 100 Breaststroke	
83	Girls 13-14 200 Backstroke	
84	Boys 13-14 200 Backstroke	
85	Women 15 & Over 200 Backstroke	
86	Men 15 & Over 200 Backstroke	
87	Girls 13-14 50 Freestyle	
88	Boys 13-14 50 Freestyle	
89	Women 15 & Over 50 Freestyle	
90	Men 15 & Over 50 Freestyle	
91	Girls 13-14 200 IM	
92	Boys 13-14 200 IM	
93	Women 15 & Over 200 IM	
94	Men 15 & Over 200 IM	