

2023 Fall Festival of X-Cellence

Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

NJ Swimming	Official Sanction Document		
Date of Meet:	Saturday October 14 th -Sunday October 15 th , 2023		
Facility:	DeNunzio Natatorium, Princeton University (Link to Address, Directions, & Facility Information)		
Host Team Contact:	Coach Lucy	609-937-4631	headcoach@xcelswimming.org
Meet Director:	Ellen W Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Bach LeQuang		blequang@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Coach Lucy Josh Rosenbluth		headcoach@swimxcel.org joshrosenbluth@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Thursday September 28 th , 2023, at 6:00am		
Entry Deadline:	Friday October 6 th , 2023 at 6:00pm		
Swimmers Age:	Swimmer ages for this meet are as of: Saturday October 14 th , 2023		
Entry Fees:	Individual Entry:	\$7.00	Relay: \$9.00
	400 IM/500 Freestyle:	\$10.00	
	There will be a \$10/day athlete surcharge.		
Meet Course:	Short Course Yards (SCY). Converted times will be accepted.		
Meet Format	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• There will be 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over events.• There are qualifying times for this meet for all events 200 yards and longer. No qualifying times for shorter events.• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own.		
Entry Limits:	Daily: 4 Individual events 1 Relay		Meet: 8 Individual Events 2 Relays
Checks Payable To:	X-Cel Swimming		
Email Entry Files To:	besmarttinc@gmail.com		
Mail Checks/Reports	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	15 & Over
Session 2	Midday	13-14
Session 3	Evening	12 & Under
Sunday		
Session 4	Morning	15 & Over
Session 5	Midday	13-14
Session 6	Afternoon	12 & Under

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> There will be awards for the fastest three swimmers in 12 & Under events.
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 natatorium subject to capacity constraints. Psych sheets and heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> None
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.
Distance Events:	<ul style="list-style-type: none"> All events will be swum slowest to fastest. All 500-yard freestyle swimmers are responsible to provide a person to count.
Heat Limited Events:	<ul style="list-style-type: none"> Depending on entries, the 400 yard IM and 500 yard Freestyle may be limited to a maximum of 3 heats per gender for 13 & Over and two heats per gender for 12 & Under, per event. Swimmers whose seed times place them below the limit will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches. Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded within one week of the meet. Psych sheets will be posted on the meet web site no later than one week before the meet start.
Internet Website Posting:	Internet location for all meet information: http://www.besmarttinc.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.



Event List

Session	Event #	Event				Equal/Faster
1	1	Women	15 & O	200	Free Relay	
1	2	Men	15 & O	200	Free Relay	
1	3	Women	15 & O	100	IM	
1	4	Men	15 & O	100	IM	
1	5	Women	15 & O	200	Free	2:29.39
1	6	Men	15 & O	200	Free	2:16.49
1	7	Women	15 & O	100	Breast	
1	8	Men	15 & O	100	Breast	
1	9	Women	15 & O	50	Back	
1	10	Men	15 & O	50	Back	
1	11	Women	15 & O	100	Fly	
1	12	Men	15 & O	100	Fly	
1	13	Women	15 & O	50	Free	
1	14	Men	15 & O	50	Free	
1	15	Women	15 & O	200	Back	2:42.99
1	16	Men	15 & O	200	Back	2:27.99
1	17	Women	15 & O	400	IM	5:55.89
1	18	Men	15 & O	400	IM	5:26.99
2	19	Women	13-14	200	Free Relay	
2	20	Men	13-14	200	Free Relay	
2	21	Women	13-14	100	IM	
2	22	Men	13-14	100	IM	
2	23	Women	13-14	200	Free	2:32.09
2	24	Men	13-14	200	Free	2:22.99
2	25	Women	13-14	100	Breast	
2	26	Men	13-14	100	Breast	
2	27	Women	13-14	50	Back	
2	28	Men	13-14	50	Back	
2	29	Women	13-14	100	Fly	
2	30	Men	13-14	100	Fly	
2	31	Women	13-14	50	Free	
2	32	Men	13-14	50	Free	
2	33	Women	13-14	200	Back	2:46.79
2	34	Men	13-14	200	Back	2:36.29
2	35	Women	13-14	400	IM	6:03.59
2	36	Men	13-14	400	IM	5:41.49
3	37	Women	12 & U	200	Free Relay	
3	38	Men	12 & U	200	Free Relay	
3	39	Women	11-12	200	Free	2:40.39
3	40	Men	11-12	200	Free	2:34.59



Session	Event #	Event				Equal/Faster
3	41	Women	10 & U	200	IM	3:38.49
3	42	Men	10 & U	200	IM	3:35.49
3	43	Women	11-12	50	Back	
3	44	Men	11-12	50	Back	
3	45	Women	10 & U	100	Back	
3	46	Men	10 & U	100	Back	
3	47	Women	11-12	100	Breast	
3	48	Men	11-12	100	Breast	
3	49	Women	10 & U	50	Breast	
3	50	Men	10 & U	50	Breast	
3	51	Women	11-12	100	Fly	
3	52	Men	11-12	100	Fly	
3	53	Women	10 & U	50	Fly	
3	54	Men	10 & U	50	Fly	
3	55	Women	11-12	50	Free	
3	56	Men	11-12	50	Free	
3	57	Women	10 & U	100	Free	
3	58	Men	10 & U	100	Free	
3	59	Women	11-12	100	IM	
3	60	Men	11-12	100	IM	
3	61	Women	12 & U	200	Back	2:56.59
3	62	Men	12 & U	200	Back	2:51.99
3	63	Women	12 & U	400	IM	5:56.79
3	64	Men	12 & U	400	IM	5:46.39
4	65	Women	15 & O	200	Medley Relay	
4	66	Men	15 & O	200	Medley Relay	
4	67	Women	15 & O	200	Breast	3:05.99
4	68	Men	15 & O	200	Breast	2:48.19
4	69	Women	15 & O	100	Back	
4	70	Men	15 & O	100	Back	
4	71	Women	15 & O	50	Fly	
4	72	Men	15 & O	50	Fly	
4	73	Women	15 & O	200	IM	2:46.79
4	74	Men	15 & O	200	IM	2:31.69
4	75	Women	15 & O	100	Free	
4	76	Men	15 & O	100	Free	
4	77	Women	15 & O	50	Breast	
4	78	Men	15 & O	50	Breast	
4	79	Women	15 & O	200	Fly	2:45.29
4	80	Men	15 & O	200	Fly	2:31.29
4	81	Women	15 & O	500	Free	6:40.59
4	82	Men	15 & O	500	Free	6:10.59
5	83	Women	13-14	200	Medley Relay	



Session	Event #	Event				Equal/Faster
5	84	Men	13-14	200	Medley Relay	
5	85	Women	13-14	200	Breast	3:10.89
5	86	Men	13-14	200	Breast	2:56.59
5	87	Women	13-14	100	Back	
5	88	Men	13-14	100	Back	
5	89	Women	13-14	50	Fly	
5	90	Men	13-14	50	Fly	
5	91	Women	13-14	200	IM	2:49.79
5	92	Men	13-14	200	IM	2:39.99
5	93	Women	13-14	100	Free	
5	94	Men	13-14	100	Free	
5	95	Women	13-14	50	Breast	
5	96	Men	13-14	50	Breast	
5	97	Women	13-14	200	Fly	2:48.99
5	98	Men	13-14	200	Fly	2:38.19
5	99	Women	13-14	500	Free	6:47.79
5	100	Men	13-14	500	Free	6:26.59
6	101	Women	12 & U	200	Medley Relay	
6	102	Men	12 & U	200	Medley Relay	
6	103	Women	11-12	200	IM	3:00.19
6	104	Men	11-12	200	IM	2:57.29
6	105	Women	10 & U	50	Free	
6	106	Men	10 & U	50	Free	
6	107	Women	11-12	50	Breast	
6	108	Men	11-12	50	Breast	
6	109	Women	10 & U	100	Breast	
6	110	Men	10 & U	100	Breast	
6	111	Women	12 & U	200	Fly	2:59.99
6	112	Men	12 & U	200	Fly	2:53.19
6	113	Women	10 & U	100	IM	
6	114	Men	10 & U	100	IM	
6	115	Women	11-12	100	Back	
6	116	Men	11-12	100	Back	
6	117	Women	10 & U	50	Back	
6	118	Men	10 & U	50	Back	
6	119	Women	11-12	100	Free	
6	120	Men	11-12	100	Free	
6	121	Women	10 & U	200	Free	3:18.99
6	122	Men	10 & U	200	Free	3:06.69
6	123	Women	11-12	50	Fly	
6	124	Men	11-12	50	Fly	
6	125	Women	10 & U	100	Fly	
6	126	Men	10 & U	100	Fly	



Session	Event #	Event				Equal/Faster
6	127	Women	12 & U	200	Breast	3:20.89
6	128	Men	12 & U	200	Breast	3:14.09
6	129	Women	12 & U	500	Free	6:38.19
6	130	Men	12 & U	500	Free	6:27.49

