

2024 Meet of Xcellence

Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Saturday-Sunday, June 8 th -9 th , 2024		
Location:	DeNunzio Natatorium, Princeton University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Coach Lucy	609-937-4631	headcoach@swimxcel.org
Meet Director:	Ellen W Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Frank Fitzgerald		frank@rsinj.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:	Monday May 20th, 2024 at 6:00am		
Entry Deadline:	Friday May 31st, 2024, at 6:00pm or when the meet fills, if earlier.		
Swimmers Age:	Swimmer ages for this meet are as of: Saturday June 8th, 2024		
Entry Fees:	Individual Entry: \$10.00	Relay: \$16.00	
	400/800/1500 Freestyle: \$12.00		
	There will be a \$15 per day athlete surcharge.		
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 timed final meet.• There will be 10 & Under, 11-12, 12 & Under, 13-14, 14 & Under, and 15 & Over events• There are qualifying (greater than) times for this meet for events that are 200 meters and longer.• 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: 3 Individual events 2 Relays	Meet: 6 Individual Events 4 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	12 & Under
Session 2	Midday	Open Distance
Session 3	Evening	13 & Over
Sunday		
Session 4	Morning	12 & Under
Session 5	Midday	Open Distance
Session 6	Afternoon	13 & Over

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> • There will be awards for 1st-3rd places in individual events. • There will be awards for the fastest three teams in relay 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. • Heat sheets will be online at www.besmartinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> • None
Vendor:	<ul style="list-style-type: none"> • None.
Distance Events:	<ul style="list-style-type: none"> • All distance events will be run slowest to fastest. • Swimmers in these events are responsible to supply their own timer, and counter for the 800 & 1500 Freestyle.
Heat Limited Events:	<ul style="list-style-type: none"> • The 400, 800, and 1500 freestyle events may be limited so that the middle distance sessions each day are no more than two hours, excluding warm-ups, depending on the timeline developed after entries are received. • The 400 freestyle events are limited to 5 heats daily. • The 800 freestyle events are limited to 3 heats daily. • The 1500 freestyle event is limited to 2 heats daily. • Swimmers whose seed times place them below the heat limitation 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.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.

Event List

	Event #	Event	Equal/Faster (LCM)
Session: 1 Saturday 12 & Under			
	101	Girls 11-12 200 Freestyle Relay	
	102	Boys 11-12 200 Freestyle Relay	
	103	Girls 10 & Under 200 Freestyle Relay	
	104	Boys 10 & Under 200 Freestyle Relay	
	105	Girls 12 & Under 200 Backstroke	3:24.49
	106	Boys 12 & Under 200 Backstroke	3:19.49
	107	Girls 12 & Under 50 Backstroke	
	108	Boys 12 & Under 50 Backstroke	
	109	Girls 12 & Under 100 Breaststroke	
	110	Boys 12 & Under 100 Breaststroke	
	111	Girls 12 & Under 200 Butterfly	3:24.89
	112	Boys 12 & Under 200 Butterfly	3:20.49
	113	Girls 12 & Under 50 Butterfly	
	114	Boys 12 & Under 50 Butterfly	
	115	Girls 12 & Under 100 Freestyle	
	116	Boys 12 & Under 100 Freestyle	
	117	Girls 12 & Under 200 IM	
		10 & Under	4:09.39
		11-12	3:26.09
	118	Boys 12 & Under 200 IM	
		10 & Under	4:06.19
		11-12	3:23.79
Session: 2 Saturday Distance			
	202	Men 400 Freestyle	
		14 & Under	5:59.09
		15 & Over	5:33.69
	203	Women 800 Freestyle	
		14 & Under	11:41.99
		15 & Over	11:28.39
	204	Men 1500 Freestyle	
		14 & Under	21:27.39
		15 & Over	20:33.99
Session: 3 Saturday 13 & Over			
	301	Girls 13-14 200 Freestyle Relay	
	302	Boys 13-14 200 Freestyle Relay	
	303	Women 15 & Over 200 Freestyle Relay	
	304	Men 15 & Over 200 Freestyle Relay	
	305	Women 13 & Over 200 Backstroke	
		13-14	3:12.39
		15 & Over	3:08.39
	306	Men 13 & Over 200 Backstroke	
		13-14	3:02.09

	Event #	Event	Equal/Faster (LCM)
		15 & Over	2:53.79
	307	Women 13 & Over 50 Backstroke	
	308	Men 13 & Over 50 Backstroke	
	309	Women 13 & Over 100 Breaststroke	
	310	Men 13 & Over 100 Breaststroke	
	311	Women 13 & Over 200 Butterfly	
		13-14	3:12.99
		15 & Over	3:07.29
	312	Men 13 & Over 200 Butterfly	
		13-14	3:00.89
		15 & Over	2:52.29
	313	Women 13 & Over 50 Butterfly	
	314	Men 13 & Over 50 Butterfly	
	315	Women 13 & Over 100 Freestyle	
	316	Men 13 & Over 100 Freestyle	
	317	Women 13 & Over 200 IM	
		13-14	3:15.79
		15 & Over	3:11.89
	318	Men 13 & Over 200 IM	
		13-14	3:04.59
		15 & Over	2:56.59
	319	Girls 13 & Over 400 Medley Relay	
	320	Boys 13 & Over 400 Medley Relay	
Session: 4 Sunday 12 & Under			
	401	Girls 11-12 200 Medley Relay	
	402	Boys 11-12 200 Medley Relay	
	403	Girls 10 & Under 200 Medley Relay	
	404	Boys 10 & Under 200 Medley Relay	
	405	Girls 12 & Under 200 Breaststroke	3:52.59
	406	Boys 12 & Under 200 Breaststroke	3:44.69
	407	Girls 12 & Under 50 Breaststroke	
	408	Boys 12 & Under 50 Breaststroke	
	409	Girls 12 & Under 100 Backstroke	
	410	Boys 12 & Under 100 Backstroke	
	411	Girls 12 & Under 400 IM	6:48.29
	412	Boys 12 & Under 400 IM	6:39.19
	413	Girls 12 & Under 50 Freestyle	
	414	Boys 12 & Under 50 Freestyle	
	415	Girls 12 & Under 100 Butterfly	
	416	Boys 12 & Under 100 Butterfly	
	417	Girls 12 & Under 200 Freestyle	
		10 & Under	3:45.79
		11-12	3:02.29
	418	Boys 12 & Under 200 Freestyle	
		10 & Under	3:33.49
		11-12	2:57.49

	Event #	Event	Equal/Faster (LCM)
Session: 5 Sunday Distance			
	501	Women 400 Freestyle	
		14 & Under	6:06.79
		15 & Over	5:58.49
	502	Men 800 Freestyle	
		14 & Under	11:13.99
		15 & Over	10:50.09
	503	Women 1500 Freestyle	
		14 & Under	22:23.09
		15 & Over	22:02.19
Session: 6 Sunday 13 & Over			
	601	Girls 13-14 200 Medley Relay	
	602	Boys 13-14 200 Medley Relay	
	603	Women 15 & Over 200 Medley Relay	
	604	Men 15 & Over 200 Medley Relay	
	605	Women 13 & Over 200 Breaststroke	
		13-14	3:39.69
		15 & Over	3:35.89
	606	Men 13 & Over 200 Breaststroke	
		13-14	3:25.49
		15 & Over	3:15.39
	607	Women 13 & Over 50 Breaststroke	
	608	Men 13 & Over 50 Breaststroke	
	609	Women 13 & Over 100 Backstroke	
	610	Men 13 & Over 100 Backstroke	
	611	Women 13 & Over 400 IM	
		13-14	6:25.89
		15 & Over	6:18.79
	612	Men 13 & Over 400 IM	
		13-14	6:04.69
		15 & Over	5:47.29
	613	Women 13 & Over 50 Freestyle	
	614	Men 13 & Over 50 Freestyle	
	615	Women 13 & Over 100 Butterfly	
	616	Men 13 & Over 100 Butterfly	
	617	Women 13 & Over 200 Freestyle	
		13-14	2:54.29
		15 & Over	2:50.49
	618	Men 13 & Over 200 Freestyle	
		13-14	2:44.09
		15 & Over	2:37.99
	619	Girls 13 & Over 400 Freestyle Relay	
	620	Boys 13 & Over 400 Freestyle Relay	