

2026 NJS Long Course 13 & Over Silver-Bronze Championships

Hosted by Bergen Barracuda Swim Team
at Sonny Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Friday-Sunday July 10th-12th, 2026		
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, certification, and medical information)</i>		
Host Team Contact:	Nicole Cicalo-DeCaro		nicole@bbswim.org
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Raymond Wong		officials@bbswim.org
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Phil Umbrino Olivia Schlackman		phil@bbswim.org olivia@bbswim.org
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday June 19th, 2026. <i>(Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)</i>		
Entry Deadline:	Tuesday June 30th, 2026, at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: July 11th, 2025		
Entry Fees:	Individual Entry: \$15.00		Relay Event Entry: \$28.00
	There will be an athlete surcharge of \$15 per athlete per day.		
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 timed finals. There will be 13-14, and 15 & Over events. Swimmers 20 years and older will be entered exhibition and will not receive awards. <ul style="list-style-type: none"> There are minimum ("faster than") and maximum ("no faster than") time standards for this meet. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See <i>NJ Swimming Championships additional considerations</i> section for details). 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: 4 Individual Events 1 Relay Events	Meet: 8 Individual Events 2 Relay Events	
Checks Payable To:	Bergen Barracuda Swim Team		
Email Entry Files To:	besmarttinc@gmail.com		
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.

Teams will be split into 3 groups for this meet. Once entries are received, teams will be assigned to a group so that entries are balanced and the conflicts between the 12 & Under, and 13 & Over schedules are minimized.

Teams will be informed of their groups by Thursday July 2nd at 12pm.

Friday		
Session 1	Morning	Group A, Event List 1
Session 2	Midday	Group A 800 Freestyle, Group B 1500 Freestyle
Session 3	Afternoon	Group B, Event List 1
Saturday		
Session 4	Morning	Group C, Event List 1
Session 5	Midday	Group C 800 Freestyle, Group A 1500 Freestyle
Session 6	Afternoon	Group A, Event List 2
Sunday		
Session 7	Morning	Group C, Event List 2
Session 8	Midday	Group C 1500 Freestyle, Group B 800 Freestyle
Session 9	Afternoon	Group B, Event List 2

Scoring:	<ul style="list-style-type: none"> Team scoring will not be kept.
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. Swimmers 20 years and older, and relay teams with swimmers 20 years and older will not receive awards. Awards will be determined once all groups have swum, and will be prepared for distribution at the Gold Meet at Rutgers.
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. 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"> Metro Swim Shop will be in attendance.
Disatance Events:	<ul style="list-style-type: none"> Swimmers in the 800 & 1500 freestyle events are responsible to supply their own timer and person to count. Swimmers who have the qualifying time for the 800 freestyle may also swim the 1500, and swimmers qualifying for the 1500 freestyle may also swim the 800 freestyle. Distance events will be seeded fast to slow alternating genders. Slower heats may be combined without an empty lane between genders.



50-Stroke Events	<ul style="list-style-type: none"> There are no time standards for the 50 Backstroke, Breaststroke, and Butterfly events. Swimmers may enter these events provided that they are entered in an event longer than 50 meters that session. Swimmers who do not have a provable time for the 50 stroke, may use half their 100 time for that stroke
Heat-limited Events:	<ul style="list-style-type: none"> The meet host retains the right to limit heats in 50- and 100-meter events to ensure that sessions are not overcrowded or run for an excessive amount of time. Swimmers with a Silver qualification time in a heat-limited event will be excluded from any heat limits.
Website Posting:	Website 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.

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, 2025 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.
Relays	<p>Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2025 may swim on relays. Where a relay leg distance is not normally contested for 13 & Over swimmers (ie 50 backstroke, breaststroke, butterfly), the athlete swimming that stroke may not have a Gold time in the 100 of that stroke. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines. (See NJS Policy & Procedures Manual for explanation)</p> <ul style="list-style-type: none"> If a swimmer achieves a gold time in an event during the meet they are still eligible to swim in that leg of the relay All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy & Procedures Manual)



Swimmer Championship Eligibility:	<ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. Swimmers may not compete in any event in which they have received a New Jersey Swimming Gold Time since April 1st, 2025. If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event. Athletes may not compete Unattached (UN-NJ) at NJ Swimming Championship meets without prior approval from the NJ Swimming Board of Directors.
State Championships Restriction:	<ul style="list-style-type: none"> Swimmers may not compete in a given event at both a Silver Championship meet and the SC Gold meet, unless they achieve the SC Gold qualifying time in that event at the Silver meet, or at another Sanctioned or Approved meet attended in between the Silver meet and Gold meet.
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> The meet coordinator will enter each team as the entries are received. An entry report for each team will be e-mailed to that team within 24 hours after the entry is received. Upon receipt of the entry report for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below. Late entries will be accepted if the swims occur after the meet entry deadline at a USA Swimming Sanctioned, or Approved meet. After the entry deadline has passed, should a swimmer be missing from the entry list or missing from an event, then the coach can enter the swimmer (up to 5 swimmers) through the following process: The coach needs to make a list of the missing entry information: swimmer's name, USA-S number, event number(s), and entry time(s). The list of the missing swimmers and their events are then to be e-mailed to the Entry Coordinator no later than 72 hours before the start of the meet. Please do not email a Hy-Tek file. The entry fee for all events entered in this manner will be \$25 per change in addition to all other fees. This money is payable before the start of the meet. If this fee is not be paid, then the swimmer(s) will not be permitted to swim in the amended events in the meet. <i>Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.</i> <ul style="list-style-type: none"> Larger scale situations must be brought to the attention of the NJS Executive board so they can be dealt with individually, allowing the issue to be a singular situation



Event List

#	Event	Equal/ Slower	Equal/ Faster
List 1			
1	Girls 13-14 200 Medley Relay	**Gold	
2	Boys 13-14 200 Medley Relay	**Gold	
3	Women 15 & Over 200 Medley Relay	**Gold	
4	Men 15 & Over 200 Medley Relay	**Gold	
5	Girls 13-14 400 Freestyle	5:01.30	5:15.69
6	Boys 13-14 400 Freestyle	4:46.70	5:06.99
7	Women 15 & Over 400 Freestyle	4:54.50	5:15.89
8	Men 15 & Over 400 Freestyle	4:25.90	4:43.79
9	Girls 13-14 50 Breaststroke		
10	Boys 13-14 50 Breaststroke		
11	Women 15 & Over 50 Breaststroke		
12	Men 15 & Over 50 Breaststroke		
13	Girls 13-14 100 Backstroke	1:16.10	
14	Boys 13-14 100 Backstroke	1:12.20	
15	Women 15 & Over 100 Backstroke	1:13.00	
16	Men 15 & Over 100 Backstroke	1:06.30	
17	Girls 13-14 200 Breaststroke	3:00.50	3:17.79
18	Boys 13-14 200 Breaststroke	2:48.80	3:05.69
19	Women 15 & Over 200 Breaststroke	2:57.40	3:20.49
20	Men 15 & Over 200 Breaststroke	2:40.50	2:55.29
21	Girls 13-14 100 Butterfly	1:16.40	
22	Boys 13-14 100 Butterfly	1:11.50	
23	Women 15 & Over 100 Butterfly	1:11.10	
24	Men 15 & Over 100 Butterfly	1:03.30	
25	Girls 13-14 50 Freestyle	30.80	
26	Boys 13-14 50 Freestyle	28.60	
27	Women 15 & Over 50 Freestyle	29.90	
28	Men 15 & Over 50 Freestyle	26.50	
29	Girls 13-14 200 IM	2:40.80	2:50.49
30	Boys 13-14 200 IM	2:31.60	2:39.19
31	Women 15 & Over 200 IM	2:36.30	2:44.79
32	Men 15 & Over 200 IM	2:20.90	2:26.99
33	Women 13 & Over 800 Freestyle		
	13-14	10:22.00	11:41.99
	15 & Over	10:11.00	11:28.39
34	Men 13 & Over 800 Freestyle		
	13-14	9:56.30	11:13.99
	15 & Over	9:27.40	10:50.09

**** Only swimmers that do not have Gold times in that stroke and distance, or for backstroke, breaststroke, and butterfly in the 100 of that stroke, since April 1st, 2025 may swim on relays.**



#	Event	Equal/ Slower	Equal/ Faster
List 2			
35	Girls 13-14 200 Freestyle Relay	**Gold	
36	Boys 13-14 200 Freestyle Relay	**Gold	
37	Women 15 & Over 200 Freestyle Relay	**Gold	
38	Men 15 & Over 200 Freestyle Relay	**Gold	
39	Girls 13-14 200 Freestyle	2:23.20	2:30.59
40	Boys 13-14 200 Freestyle	2:14.50	2:22.19
41	Women 15 & Over 200 Freestyle	2:18.00	2:25.09
42	Men 15 & Over 200 Freestyle	2:04.80	2:09.29
43	Girls 13-14 50 Butterfly		
44	Boys 13-14 50 Butterfly		
45	Women 15 & Over 50 Butterfly		
46	Men 15 & Over 50 Butterfly		
47	Girls 13-14 200 Backstroke	2:38.10	2:49.59
48	Boys 13-14 200 Backstroke	2:29.60	2:43.19
49	Women 15 & Over 200 Backstroke	2:34.40	2:45.59
50	Men 15 & Over 200 Backstroke	2:22.50	2:34.89
51	Girls 13-14 100 Breaststroke	1:27.70	
52	Boys 13-14 100 Breaststroke	1:22.30	
53	Women 15 & Over 100 Breaststroke	1:24.50	
54	Men 15 & Over 100 Breaststroke	1:14.00	
55	Girls 13-14 200 Butterfly	2:38.60	3:12.99
56	Boys 13-14 200 Butterfly	2:29.60	3:00.89
57	Women 15 & Over 200 Butterfly	2:33.90	3:07.29
58	Men 15 & Over 200 Butterfly	2:23.50	2:52.29
59	Girls 13-14 50 Backstroke		
60	Boys 13-14 50 Backstroke		
61	Women 15 & Over 50 Backstroke		
62	Men 15 & Over 50 Backstroke		
63	Girls 13-14 100 Freestyle	1:06.50	
64	Boys 13-14 100 Freestyle	1:01.90	
65	Women 15 & Over 100 Freestyle	1:04.30	
66	Men 15 & Over 100 Freestyle	57.10	
67	Girls 13-14 400 IM	5:41.30	6:11.59
68	Boys 13-14 400 IM	5:22.60	5:53.69
69	Women 15 & Over 400 IM	5:35.10	6:18.79
70	Men 15 & Over 400 IM	5:05.30	5:31.29
	Women 13 & Over 1500 Freestyle		
71	13-14	19:49.10	22:23.09
	15 & Over	19:30.60	22:02.19
	Men 13 & Over 1500 Freestyle		
72	13-14	18:59.00	21:27.39
	15 & Over	18:11.70	20:33.99

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