



2026 Cougar Snow Storm

Hosted by the Cougar Aquatic Team
at the Sonny Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Saturday-Sunday January 31st-February 1st, 2026		
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, pool certification, and medical information)</i>		
Host Team Contact:	Jon Siegel		jon@cougaraquatic.com
Meet Director:	Jon Siegel		jon@cougaraquatic.com
Meet Referee:	Saturday: John Butler Sunday: John Kelly		j.m.butler@comcast.net Johnfk41965@gmail.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Terry Murray Rich Palm		teammurray@verizon.net rich@cougaraquatic.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Wednesday January 14th, 2026 at 6:00am		
Entry Deadline:	Saturday January 24th, 2026, at 6:00pm or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: Saturday January 31st, 2026		
Entry Fees:	Individual Entry: \$12.00 There will be a \$20 per swimmer 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.• There will be 12 & Under, and 13 & Over events.• There are no qualifying times for this meet. "NT/No Time" entries will not be accepted at this meet.• 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	Meet: 8 Individual Events	
Checks Payable To:	Cougar Aquatic Team, LLC		
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.

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. This will be published on the meet website, the meet section of the NJS website and e- mailed to the coaches of participating teams.

Saturday		
Session 1	Afternoon	13 & Over
Session 2	Evening	12 & Under
Sunday		
Session 3	Afternoon	13 & Over
Session 4	Evening	12 & Under

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> No awards.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions & Programs:	<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 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 has vending machines for snacks and beverages.
Vendor:	<ul style="list-style-type: none"> None.
Internet Website Posting:	<ul style="list-style-type: none"> 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

#	Event
Session: 1 Saturday 13 & Over	
1	Women 13 & Over 200 Freestyle
2	Men 13 & Over 200 Freestyle
3	Women 13 & Over 50 Breaststroke
4	Men 13 & Over 50 Breaststroke
5	Women 13 & Over 100 Backstroke
6	Men 13 & Over 100 Backstroke
7	Women 13 & Over 50 Freestyle
8	Men 13 & Over 50 Freestyle
9	Women 13 & Over 200 Breaststroke
10	Men 13 & Over 200 Breaststroke
11	Women 13 & Over 100 Butterfly
12	Men 13 & Over 100 Butterfly
13	Women 13 & Over 400 IM
14	Men 13 & Over 400 IM

#	Event
Session: 2 Saturday 12 & Under	
15	Girls 12 & Under 100 Butterfly
16	Boys 12 & Under 100 Butterfly
17	Girls 12 & Under 200 Freestyle
18	Boys 12 & Under 200 Freestyle
19	Girls 12 & Under 50 Breaststroke
20	Boys 12 & Under 50 Breaststroke
21	Girls 12 & Under 100 Backstroke
22	Boys 12 & Under 100 Backstroke
23	Girls 12 & Under 50 Freestyle
24	Boys 12 & Under 50 Freestyle
25	Girls 12 & Under 200 Breaststroke
26	Boys 12 & Under 200 Breaststroke
27	Girls 12 & Under 100 IM
28	Boys 12 & Under 100 IM

#	Event
Session: 3 Sunday 13 & Over	
29	Girls 13 & Over 200 IM
30	Boys 13 & Over 200 IM
31	Women 13 & Over 100 Freestyle
32	Men 13 & Over 100 Freestyle
33	Women 13 & Over 50 Backstroke
34	Men 13 & Over 50 Backstroke
35	Women 13 & Over 200 Butterfly
36	Men 13 & Over 200 Butterfly
37	Women 13 & Over 100 Breaststroke
38	Men 13 & Over 100 Breaststroke
39	Women 13 & Over 50 Butterfly
40	Men 13 & Over 50 Butterfly
41	Women 13 & Over 200 Backstroke
42	Men 13 & Over 200 Backstroke
43	Women 13 & Over 500 Freestyle
44	Men 13 & Over 500 Freestyle

#	Event
Session: 4 Sunday 12 & Under	
45	Girls 12 & Under 200 IM
46	Boys 12 & Under 200 IM
47	Girls 12 & Under 100 Freestyle
48	Boys 12 & Under 100 Freestyle
49	Girls 12 & Under 50 Backstroke
50	Boys 12 & Under 50 Backstroke
51	Girls 12 & Under 200 Butterfly
52	Boys 12 & Under 200 Butterfly
53	Girls 12 & Under 100 Breaststroke
54	Boys 12 & Under 100 Breaststroke
55	Girls 12 & Under 50 Butterfly
56	Boys 12 & Under 50 Butterfly
57	Girls 12 & Under 200 Backstroke
58	Boys 12 & Under 200 Backstroke

