

EEX Jeffrey S. Mace Memorial Summer Sizzle XXXIV

Hosted by Eastern Express Swim Team
at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

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| NJ Swimming: | NJ Swimming Sanction Document | | |
| Date of Meet: | Friday June 26th to Sunday June 28th, 2026 | | |
| Facility: | Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, pool certification, and medical information)</i> | | |
| Host Team Contact: | Michael Randazzo | 908-448-8476 | EasternExpressSwimTeam@gmail.com |
| Meet Director: | Ellen Mace | 609-558-0988 | besmarttinc@gmail.com |
| Meet Referees: | Greg Spicka | | gregoryspicka@outlook.com |
| Admin Officials: | Be Smartt | | besmarttinc@gmail.com |
| Safety Marshall: | Jeff Verga Shannon Nelson | | EasternExpressSwimTeam@gmail.com |
| Entry Coordinator: | Be Smartt Inc | 609-558-0988 | besmarttinc@gmail.com |
| Entries Open: | Tuesday May 12th, 2026, at 6:00am | | |
| Entry Deadline: | Tuesday June 16th, 2026, at 6:00pm , or when the meet fills. | | |
| Swimmer Age | Swimmer ages for this meet are as of: June 26th, 2026 | | |
| Entry Fees: | Individual Entry: Individual Event: \$16, Relays: \$20 | | |
| | <i>There will be a \$15 per swimmer per day surcharge.</i> | | |
| Meet Course: | Long Course Meters (LCM) | | |
| Meet Format: | <ul style="list-style-type: none"> • This meet will be run as prelims finals, except for the 12 & Under 400 events, and the 800 & 1500 meter freestyle events.. • Open events will have 3 heats at finals, except for the 400 Freestyle and 400 IM, which will have 2. • 13-14 events will have 2 heats at finals, except for the 400 Freestyle and 400 IM, which will have 1. • 12 & Under events will have 1 heat at finals, except for the 400 Freestyle and 400 IM. • There are minimum (“faster than”) time standards for this meet. • The Open events have separate SCY and LCM time standards. Converted times are not acceptable for these events. • The 12 & Under and 13-14 events must be entered in SC Yards. The Entry File is not set up to accept converted times; however, if a coach feels that a swimmer in one of these age groups has achieved a cut time by way of a converted LCM or SCM time, they may type in a custom time and send the converted proof of time separately. • Proof of time will be required for all individual events (Hy-Tek proof of time and top times reports will suffice for this purpose). • This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. Once a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. | | |

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| Entry Limits: | <ul style="list-style-type: none"> Daily: 3 Individual Events 2 Relays | Meet: 9 Individual Events 6 Relays |
| | Teams are limited to three relays (A, B, C) per event. | |
| Checks Payable To: | Express Sports Inc | |
| 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 and a timeline developed.
The schedule will be published on the meet website, the meet section of the NJS website, and e-
mailed to the coaches of participating teams.***

| Friday | | |
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| Session 1 | Morning | Open Preliminaries |
| Session 2 | Midday | Open & 13-14 400 Freestyle Preliminaries |
| Session 3 | Afternoon | 14 & Under Preliminaries |
| Session 4 | Evening | Finals |
| Saturday | | |
| Session 5 | Morning | Preliminaries |
| Session 6 | Midday | 800 Freestyle Timed Finals |
| Session 7 | Afternoon | 14 & Under Preliminaries |
| Session 8 | Evening | Finals |
| Sunday | | |
| Session 9 | Morning | Open Preliminaries |
| Session 10 | Midday | 1500 Freestyle Timed Finals Slower Heats |
| Session 11 | Afternoon | 14 & Under Preliminaries |
| Session 12 | Evening | Finals |

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| Scoring: | <ul style="list-style-type: none"> Team scoring will be kept to 16 places: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. |
| Awards: | <ul style="list-style-type: none"> Individual Events: <ul style="list-style-type: none"> Open events: Medals will be awarded to the swimmers placing 1st to 3rd. 13-14 & 12 & Under events: Medals will be awarded to the swimmers placing 1st to 3rd, and ribbons to swimmers placing 4th-8th. Relay Events: Medals will be awarded to the swimmers on the team placing 1st and ribbons to the swimmers on the teams placing 2nd to 3rd. There will be Team Awards for Top 3 Combined Scores and first overall women/men |
| Starts: | <ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions. |
| Admissions and 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 the Tuesday before the meet. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets. Programs will be available via the Meet Mobile app (fee) and on besmarttinc.com (free). |

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| Concessions: | <ul style="list-style-type: none"> Rutgers will be selling snacks and drinks. |
| Vendor: | <ul style="list-style-type: none"> Metro Swim Shop will be in attendance. |

Meet Notes

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| Scratch Rule: | <ul style="list-style-type: none"> This meet will follow USA Swimming Rule 207.11.6.D and rule 207.11.6.E for scratches from finals. A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.3 and then fails to swim the event at finals will be barred from further competition in the meet. In addition, the club of a swimmer who qualifies for finals, bonus or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in according to the above procedures may be fined \$150 for each occurrence. (This section supersedes the “scratch rule” section in the general NJS Information and Policies for Sanctioned Meets) |
| Additional Entry Information | <ul style="list-style-type: none"> All entry times must be achieved during the meet qualifying period of March 1st, 2025, through the entry deadline. Swimmers entering Morning Open Prelims and Distance Timed Final Events may do so with LC Meters or SC Yards entry times. Note that there are different time standards for the two courses. At Prelims, all yards times will be seeded in the first heats, followed by all lc meter entry times. No converted times are permitted. Entry times for 12 & Under and 13-14 events must be in short course yards. Proof of time is required for all entries (see below). Incorrect entries: <ul style="list-style-type: none"> – Entries without proof of time – Entries using previous years’ event files ...will be rejected and teams will need to resubmit their entries using the current/correct event file. Only at this point will the entry be considered ‘accepted’ and placed in line for processing. This meet is following ‘OME’ protocol in that entries are considered ‘locked’ upon first submission and acceptance into the meet If there is still room in the meet after the first wave of entries, additional athletes and entries will be accepted, but these may not substitute swimmers already entered. As in OME, once a swimmer is entered, they are in the meet. |
| Distance Events (800 & 1500) | <ul style="list-style-type: none"> The 800 and 1500 freestyle events are timed finals. These events will be seeded and scored as ‘Open’ but have different qualifying times for 14 & Under and 15 & Over Swimmers. All Heats of the 800 will swim Midday on Saturday, and swim fast-to-slow, alternating 2 heats of women, 2 heats of men. The slower heats of the 1500 will swim Sunday midday fast to slow, alternating single heats of each gender. Genders may be combined in the slower heats of the midday sessions to save time, without a lane between the two genders. The fastest heats of the 1500 Freestyle Events will compete in Event # Order at Sunday Evening Finals. <ul style="list-style-type: none"> Swimmers competing in the midday sessions must provide their own timers and counters. Swimmers competing at in the fastest heats of 1500 at finals must provide counters. |

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| 400 Freestyle | <ul style="list-style-type: none"> • The 12 & Under 400-Freestyle Events are Timed Finals and will swim at the end of the 14 & Under preliminary session on Friday. • The Preliminary Heats of the 400 Freestyle for Open and 13-14 Events will be swum Midday on Friday following Morning Open Prelims: <ul style="list-style-type: none"> • Preliminary heats of the Open and 13-14 events will swim fast to slow alternating two heats of women, two heats of men, with all heats of the Open events swimming before the 13-14s. • Slower heats may be combined to save time. • Swimmers must provide their own timers for the midday prelims |
| 50-Meter Events: | <ul style="list-style-type: none"> • Swimmers entering the 50-meter freestyle, breaststroke, backstroke and butterfly events may qualify by any of these methods: <ul style="list-style-type: none"> • Meeting the qualifying time for the event • Qualifying for any other event in the same session • Having the qualifying time in the 100 or 200 of the corresponding stroke |
| Bonus Events: | <ul style="list-style-type: none"> • Every Swimmer with at least one individual qualifying time may enter up to 2 Bonus Events according to the parameters below: <ul style="list-style-type: none"> ○ 100m, 200m & 400m Events = Must Be Within 4-seconds of the cut in course of entry ○ 800-Free = No Bonus ○ 1500-Free = No Bonus ○ 50m Events = see separate 50s section for bonus eligibility rules, these do not count against an athlete's bonus event total |
| Heat-Limited Events | <ul style="list-style-type: none"> • Once all entries have been received and processed, the entry coordinator will determine whether it will be necessary to heat-limit any distance event (400 IM, and 400 and longer freestyle events). • Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet. • Every effort will be made to allow as many athletes to compete in these events as possible. • Additional swimmers will be added if there are scratches in the event and/or there is extra space on the timeline. Refunds will be processed after the meet only for swimmers not given the opportunity to participate in the event, not for those following normal scratch procedures. • Approximately one week before the meet, all coaches with swimmers in an oversubscribed distance event will be e-mailed and asked to declare any scratches that they know of in advance. |

Event List

- Events are listed in session order.
- Events grouped with a solid box around them will alternate genders.
- ** 50-meter events have multiple qualifying methods. See notes above.
- † 13-14 and 12 & Under only have SCY qualifying times. See notes above.

| Round | Event # | Event | Equal/Faster LCM | Equal/Faster SCY |
|---|---------|-----------------------------------|---------------------|---------------------|
| Session: 1 Friday Open Preliminaries | | | | |
| Prelims | 115 | Women 50 Freestyle | **28.99 | **24.99 |
| Prelims | 116 | Men 50 Freestyle | **25.99 | **22.59 |
| Prelims | 121 | Women 200 Butterfly | 2:35.99 | 2:15.99 |
| Prelims | 122 | Men 200 Butterfly | 2:19.99 | 2:03.49 |
| Prelims | 127 | Women 100 Backstroke | 1:11.99 | 1:01.49 |
| Prelims | 128 | Men 100 Backstroke | 1:05.49 | 55.99 |
| Prelims | 133 | Women 200 Breaststroke | 2:56.99 | 2:31.99 |
| Prelims | 134 | Men 200 Breaststroke | 2:40.99 | 2:16.99 |
| Session: 2 Friday 400 Freestyle Preliminaries | | | | |
| Prelims | 109 | Women 400 Freestyle | 4:47.49 | 5:16.99 |
| Prelims | 110 | Men 400 Freestyle | 4:26.99 | 4:54.99 |
| Prelims | 107 | Girls 13-14 400 Freestyle | † | 5:31.99 |
| Prelims | 108 | Boys 13-14 400 Freestyle | † | 5:16.99 |
| Session: 3 Friday 14 & Under Preliminaries | | | | |
| Finals | 101 | Mixed 12 & Under 200 Medley Relay | | |
| Finals | 102 | Mixed 13-14 200 Medley Relay | | |
| Prelims | 111 | Girls 12 & Under 50 Freestyle | † | **28.19 |
| Prelims | 112 | Boys 12 & Under 50 Freestyle | † | **28.19 |
| Prelims | 113 | Girls 13-14 50 Freestyle | † | **26.39 |
| Prelims | 114 | Boys 13-14 50 Freestyle | † | **24.79 |
| Prelims | 117 | Girls 12 & Under 200 Butterfly | † | 2:31.99 |
| Prelims | 118 | Boys 12 & Under 200 Butterfly | † | 2:31.99 |
| Prelims | 119 | Girls 13-14 200 Butterfly | † | 2:21.99 |
| Prelims | 120 | Boys 13-14 200 Butterfly | † | 2:14.99 |
| Prelims | 123 | Girls 12 & Under 100 Backstroke | † | 1:11.99 |
| Prelims | 124 | Boys 12 & Under 100 Backstroke | † | 1:11.99 |
| Prelims | 125 | Girls 13-14 100 Backstroke | † | 1:04.99 |
| Prelims | 126 | Boys 13-14 100 Backstroke | † | 1:00.99 |
| Prelims | 129 | Girls 12 & Under 200 Breaststroke | † | 2:51.49 |
| Prelims | 130 | Boys 12 & Under 200 Breaststroke | † | 2:51.49 |
| Prelims | 131 | Girls 13-14 200 Breaststroke | † | 2:40.99 |
| Prelims | 132 | Boys 13-14 200 Breaststroke | † | 2:31.49 |
| Finals | 105 | Girls 12 & Under 400 Freestyle | † | 5:50.99 |
| Finals | 106 | Boys 12 & Under 400 Freestyle | † | 5:50.99 |

| Round | Event # | Event | Equal/Faster LCM | Equal/Faster SCY |
|---|--|-----------------------------------|---------------------|---------------------|
| Session: 4 Friday Finals | | | | |
| Finals | 103 | Mixed 200 Medley Relay | | |
| Finals | <i>Finals of Events 107-134 in numerical order</i> | | | |
| Finals | 135 | Women 400 Freestyle Relay | | |
| Finals | 136 | Men 400 Freestyle Relay | | |
| Session: 5 Saturday Open Preliminaries | | | | |
| Prelims | 213 | Women 200 Freestyle | 2:16.99 | 1:59.49 |
| Prelims | 214 | Men 200 Freestyle | 2:03.49 | 1:48.99 |
| Prelims | 219 | Women 100 Breaststroke | 1:21.99 | 1:10.49 |
| Prelims | 220 | Men 100 Breaststroke | 1:12.99 | 1:02.49 |
| Prelims | 225 | Women 50 Backstroke | **32.99 | **28.49 |
| Prelims | 226 | Men 50 Backstroke | **29.99 | **25.99 |
| Prelims | 231 | Women 100 Butterfly | 1:10.99 | 1:00.99 |
| Prelims | 232 | Men 100 Butterfly | 1:02.49 | 54.49 |
| Prelims | 237 | Women 400 IM | 5:23.99 | 4:42.99 |
| Prelims | 238 | Men 400 IM | 5:00.99 | 4:21.99 |
| Session: 6 Saturday 800 Freestyle | | | | |
| Finals | 201 | Women 800 Freestyle | 9:52.99 | 10:54.99 |
| Finals | 202 | Men 800 Freestyle | 9:12.99 | 10:09.99 |
| Session: 7 Saturday 14 & Under Preliminaries | | | | |
| Finals | 203 | Girls 12 & Under 200 Medley Relay | | |
| Finals | 204 | Boys 12 & Under 200 Medley Relay | | |
| Finals | 205 | Girls 13-14 200 Medley Relay | | |
| Finals | 206 | Boys 13-14 200 Medley Relay | | |
| Prelims | 209 | Girls 12 & Under 200 Freestyle | † | 2:12.99 |
| Prelims | 210 | Boys 12 & Under 200 Freestyle | † | 2:12.99 |
| Prelims | 211 | Girls 13-14 200 Freestyle | † | 2:06.99 |
| Prelims | 212 | Boys 13-14 200 Freestyle | † | 1:58.99 |
| Prelims | 215 | Girls 12 & Under 100 Breaststroke | † | 1:21.99 |
| Prelims | 216 | Boys 12 & Under 100 Breaststroke | † | 1:21.99 |
| Prelims | 217 | Girls 13-14 100 Breaststroke | † | 1:14.99 |
| Prelims | 218 | Boys 13-14 100 Breaststroke | † | 1:10.49 |
| Prelims | 221 | Girls 12 & Under 50 Backstroke | † | **32.99 |
| Prelims | 222 | Boys 12 & Under 50 Backstroke | † | **32.99 |
| Prelims | 223 | Girls 13-14 50 Backstroke | † | **30.49 |
| Prelims | 224 | Boys 13-14 50 Backstroke | † | **28.49 |
| Prelims | 227 | Girls 12 & Under 100 Butterfly | † | 1:11.99 |
| Prelims | 228 | Boys 12 & Under 100 Butterfly | † | 1:11.99 |
| Prelims | 229 | Girls 13-14 100 Butterfly | † | 1:03.99 |
| Prelims | 230 | Boys 13-14 100 Butterfly | † | 59.99 |
| Finals | 233 | Girls 12 & Under 400 IM | † | 5:13.99 |
| Finals | 234 | Boys 12 & Under 400 IM | † | 5:13.99 |
| Prelims | 235 | Girls 13-14 400 IM | † | 4:59.99 |
| Prelims | 236 | Boys 13-14 400 IM | † | 4:42.99 |

| Round | Event # | Event | Equal/Faster LCM | Equal/Faster SCY |
|---|---|---------------------------|---------------------|---------------------|
| Session: 8 Saturday Finals | | | | |
| Finals | 207 | Women 200 Medley Relay | | |
| Finals | 208 | Men 200 Medley Relay | | |
| Finals | <i>Finals of Events 209-232, 236-240 in numerical order</i> | | | |
| Finals | 239 | Women 800 Freestyle Relay | | |
| Finals | 240 | Men 800 Freestyle Relay | | |
| Session: 9 Sunday Open Preliminaries | | | | |
| Prelims | 311 | Women 200 Backstroke | 2:33.99 | 2:12.99 |
| Prelims | 312 | Men 200 Backstroke | 2:19.99 | 2:00.99 |
| Prelims | 317 | Women 50 Breaststroke | **36.99 | **31.99 |
| Prelims | 318 | Men 50 Breaststroke | **32.99 | **28.49 |
| Prelims | 325 | Women 100 Freestyle | 1:02.99 | 54.49 |
| Prelims | 326 | Men 100 Freestyle | 56.99 | 49.49 |
| Prelims | 333 | Women 50 Butterfly | **31.49 | **27.49 |
| Prelims | 334 | Men 50 Butterfly | **27.99 | **24.49 |
| Prelims | 339 | Women 200 IM | 2:33.99 | 2:13.99 |
| Prelims | 340 | Men 200 IM | 2:19.99 | 2:01.49 |
| Session: 10 Sunday 1500 Freestyle Slower Heats | | | | |
| Finals-S | 319 | Women 1500 Freestyle | 19:00.99 | 18:20.99 |
| Finals-S | 328 | Men 1500 Freestyle | 17:50.99 | 17:10.99 |

| Round | Event # | Event | Equal/Faster LCM | Equal/Faster SCY |
|--|--|--------------------------------------|---------------------|---------------------|
| Session: 11 Sunday 14 & Under Preliminaries | | | | |
| Finals | 301 | Girls 12 & Under 200 Freestyle Relay | | |
| Finals | 302 | Boys 12 & Under 200 Freestyle Relay | | |
| Finals | 303 | Girls 13-14 200 Freestyle Relay | | |
| Finals | 304 | Boys 13-14 200 Freestyle Relay | | |
| Prelims | 307 | Girls 12 & Under 200 Backstroke | † | 2:28.99 |
| Prelims | 308 | Boys 12 & Under 200 Backstroke | † | 2:28.99 |
| Prelims | 309 | Girls 13-14 200 Backstroke | † | 2:19.99 |
| Prelims | 310 | Boys 13-14 200 Backstroke | † | 2:11.99 |
| Prelims | 313 | Girls 12 & Under 50 Breaststroke | † | **37.29 |
| Prelims | 314 | Boys 12 & Under 50 Breaststroke | † | **37.29 |
| Prelims | 315 | Girls 13-14 50 Breaststroke | † | **34.29 |
| Prelims | 316 | Boys 13-14 50 Breaststroke | † | **31.99 |
| Prelims | 321 | Girls 12 & Under 100 Freestyle | † | 1:01.99 |
| Prelims | 322 | Boys 12 & Under 100 Freestyle | † | 1:01.99 |
| Prelims | 323 | Girls 13-14 100 Freestyle | † | 57.99 |
| Prelims | 324 | Boys 13-14 100 Freestyle | † | 53.99 |
| Prelims | 329 | Girls 12 & Under 50 Butterfly | † | **31.99 |
| Prelims | 330 | Boys 12 & Under 50 Butterfly | † | **31.99 |
| Prelims | 331 | Girls 13-14 50 Butterfly | † | **29.49 |
| Prelims | 332 | Boys 13-14 50 Butterfly | † | **27.49 |
| Prelims | 335 | Girls 12 & Under 200 IM | † | 2:30.99 |
| Prelims | 336 | Boys 12 & Under 200 IM | † | 2:30.99 |
| Prelims | 337 | Girls 13-14 200 IM | † | 2:21.99 |
| Prelims | 338 | Boys 13-14 200 IM | † | 2:12.99 |
| Session: 12 Sunday Finals | | | | |
| Finals | 305 | Women 200 Freestyle Relay | | |
| Finals | 306 | Men 200 Freestyle Relay | | |
| Finals | <i>Finals of Events 307-318, 319 Fastest Heat, Finals of Event 321-326, 328 Fastest Heat, Finals of Events 328-340, all in numerical order</i> | | | |
| Finals | 341 | Women 400 Medley Relay | | |
| Finals | 342 | Men 400 Medley Relay | | |