

2026 NJS Long Course 12 & Under Silver-Bronze Championships

Hosted by Hamilton YMCA Aquatic Club
at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Friday-Sunday July 10th-12th, 2026		
Facility:	DeNunzio Natatorium, Princeton University <i>(link to facility location & directions, pool certification, and medical information)</i>		
Host Team Contact:	Sue Welsh		swelshhacy@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Bach Lequang		blequang@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Sandra Franc Webster Bozzo		francswiss@comcast.net bozzow@rider.edu
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday, June 19th, 2026. Note that teams will not be closed out of this championship meet provided entries are received by the deadline.		
Entry Deadline:	Tuesday, June 30th, 2026, at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: July 10th, 2026		
Entry Fees:	Individual Entry: \$15.00 Relay Entry: \$28.00 There will be a surcharge of \$15 per athlete per day.		
Meet Course:	Long Course Meters (LCM). Converted times will be accepted.		
Meet Format:	- This meet will be run as timed final meet. - There will be 10 & Under, and 11-12 events. 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 is required for all individual entries. <i>(See NJ Swimming Championships additional considerations section for details).</i> - 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 Event	Meet: 8 Individual Events 2 Relay Events	
Checks Payable To:	Hamilton Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks:	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 4 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	Midday	Group A Event List 1
Session 2	Afternoon	Group B Event List 1
Saturday		
Session 3	Morning	Group C Event List 1
Session 4	Midday	Group D Event List 1
Session 5	Afternoon	Group A Event List 2
Sunday		
Session 6	Morning	Group B Event List 2
Session 7	Midday	Group C Event List 2
Session 8	Afternoon	Group D Event List 2

Scoring:	Team scoring will not be kept.
Awards:	- Medals will be awarded to the fastest three swimmers, and ribbons awarded to swimmers placing 4th-8th in individual events. - Medals will be awarded to the fastest three relay teams in relay events. Awards will be determined once all groups have swum, and will be prepared for distribution at the Gold Meet at Rutgers.
Starts:	'Fly-over/Over-the-top' starts may be used during this meet.
Programs:	Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Admission:	Spectators will be allowed into the natatorium subject to capacity constraints.
Concessions:	None.
Vendor:	A swim vendor will be in attendance.
Distance Events:	- Swimmers in the 800 & 1500 freestyle are responsible to provide their own timer and a 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. - Events will swim slow to fast, alternating genders.
Heat-Limited Events:	There are no "faster than" cuts for events 100 meters and shorter. However if the meet is overcrowded or runs for an excessive amount of time, the meet host retains the right to limit heats in these events. Swimmers with the silver qualification time in a heat-limited event are not subject to the limits.
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.
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Special Considerations for NJ Swimming Championships

Entry Times:	- 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:	- 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	Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2025 may swim on relays. 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) - If a swimmer achieves a gold time in an event during the meet they are still eligible to swim that stroke in a 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:	- 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 January 1st, 2023. 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:	Swimmers may not compete in a given event at both the LC Silver Championship meet and the LC Gold Championship meet, unless they achieve the LC 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:	Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows: 1. The meet coordinator will enter each team as the entries are received. 2. An entry report for each team will be e-mailed to that team within 24 hours after the entry is received. 3. 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. 4. Late entries will be accepted if the swims occur after the meet entry deadline at a USA Swimming Sanctioned, or Approved meet. 5. 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: 6. 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). 7. 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. 8. The entry fee for all events entered in this manner will be \$25 per change in addition to all other fees. 9. 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> • 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
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Event List

#	Event	Equal/ Slower	Equal/ Faster
List 1			
1	Girls 10 & Under 200 Medley Relay	**Gold	
2	Boys 10 & Under 200 Medley Relay	**Gold	
3	Girls 11-12 200 Medley Relay	**Gold	
4	Boys 11-12 200 Medley Relay	**Gold	
5	Girls 10 & Under 400 Freestyle	6:05.40	7:36.79
6	Boys 10 & Under 400 Freestyle	5:59.50	7:29.29
7	Girls 11-12 400 Freestyle	5:29.10	5:56.49
8	Boys 11-12 400 Freestyle	5:21.90	6:15.49
9	Girls 10 & Under 100 Backstroke	1:38.30	
10	Boys 10 & Under 100 Backstroke	1:37.20	
11	Girls 11-12 100 Backstroke	1:23.80	
12	Boys 11-12 100 Backstroke	1:23.20	
13	Girls 10 & Under 50 Breaststroke	51.90	
14	Boys 10 & Under 50 Breaststroke	52.60	
15	Girls 11-12 200 Breaststroke	3:19.40	3:35.99
16	Boys 11-12 200 Breaststroke	3:13.60	3:44.69
17	Girls 10 & Under 100 Butterfly	1:53.00	
18	Boys 10 & Under 100 Butterfly	1:50.80	
19	Girls 11-12 100 Butterfly	1:27.30	
20	Boys 11-12 100 Butterfly	1:26.30	
21	Girls 10 & Under 50 Freestyle	38.00	
22	Boys 10 & Under 50 Freestyle	37.70	
23	Girls 11-12 50 Freestyle	33.00	
24	Boys 11-12 50 Freestyle	32.40	
25	Girls 10 & Under 200 IM	3:18.10	4:09.39
26	Boys 10 & Under 200 IM	3:16.40	4:06.19
27	Girls 11-12 200 IM	2:55.30	3:11.39
28	Boys 11-12 200 IM	2:53.20	3:09.49
29	Girls 11-12 50 Breaststroke	44.30	
30	Boys 11-12 50 Breaststroke	44.50	
31	Girls 11-12 800 Freestyle	11:29.30	12:26.69
32	Boys 11-12 800 Freestyle	11:18.60	12:15.19

**** Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2025 may swim on relays.**



Event List...continued

#	Event	Equal/ Slower	Equal/ Faster
List 2			
33	Girls 10 & Under 200 Freestyle Relay	**Gold	
34	Boys 10 & Under 200 Freestyle Relay	**Gold	
35	Girls 11-12 200 Freestyle Relay	**Gold	
36	Boys 11-12 200 Freestyle Relay	**Gold	
37	Girls 10 & Under 200 Freestyle	2:56.30	3:30.29
38	Boys 10 & Under 200 Freestyle	2:50.80	3:31.29
39	Girls 11-12 200 Freestyle	2:34.90	2:47.19
40	Boys 11-12 200 Freestyle	2:32.20	2:45.79
41	Girls 10 & Under 50 Backstroke	45.30	
42	Boys 10 & Under 50 Backstroke	44.50	
43	Girls 11-12 200 Backstroke	2:55.50	3:09.89
44	Boys 11-12 200 Backstroke	2:52.00	3:19.49
45	Girls 10 & Under 100 Breaststroke	1:54.20	
46	Boys 10 & Under 100 Breaststroke	1:56.00	
47	Girls 11-12 100 Breaststroke	1:36.60	
48	Boys 11-12 100 Breaststroke	1:37.30	
49	Girls 10 & Under 50 Butterfly	45.10	
50	Boys 10 & Under 50 Butterfly	44.40	
51	Girls 11-12 200 Butterfly	2:57.60	3:26.09
52	Boys 11-12 200 Butterfly	2:53.90	3:20.49
53	Girls 11-12 50 Backstroke	39.20	
54	Boys 11-12 50 Backstroke	38.70	
55	Girls 10 & Under 100 Freestyle	1:25.60	
56	Boys 10 & Under 100 Freestyle	1:25.00	
57	Girls 11-12 100 Freestyle	1:12.00	
58	Boys 11-12 100 Freestyle	1:11.00	
59	Girls 11-12 50 Butterfly	37.00	
60	Boys 11-12 50 Butterfly	36.60	
61	Girls 11-12 400 IM	6:17.90	7:16.69
62	Boys 11-12 400 IM	6:09.50	7:09.89
63	Girls 11-12 1500 Freestyle	22:07.00	23:55.39
64	Boys 11-12 1500 Freestyle	21:39.40	23:25.49

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