

2026 Hot Summer Nights

Hosted by Metro Area Life Time Life Time Swimming
at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document	
Date of Meet:	Saturday-Sunday June 20th-21st, 2026	
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, certification, and medical information)</i>	
Host Team Contact:	Asher Phipps	APhipps@lt.life
Meet Director:	Asher Phipps	APhipps@lt.life
Meet Referee:	John Kelly	Johnfk41965@gmail.com
Admin Officials:	Be Smartt Inc	besmarttinc@gmail.com
Safety Marshals:	Darren Milun Jen Kulp	DMilun@lt.life Kulp@mac.com
Entry Coordinator:	Be Smartt Inc	609-558-0988 besmarttinc@gmail.com
Entries Open:	Tuesday, May 26th, 2026, at 6:00am	
Entry Deadline:	Friday, June 12th, 2026, at 6:00pm or when the meet fills.	
Swimmer Age	Swimmer age for this meet is as of: Saturday June 20th, 2025	
Entry Fees:	Individual Entry Fee: \$10.00, 400 IM, 400 Freestyle: \$12.00 There will be a \$20 per swimmer surcharge.	
Meet Course:	Long Course Meters (LCM). Converted times are permitted.	
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed finals meet. • There will be 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over • There are qualifying times for the 13 & Over 400 Freestyle and 400 IM events. "NT/No Time" entries are not permitted at this meet. • 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: 3 Individual Events	Meet: 6 Individual Events
Checks Payable To:	Life Time Fitness	
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, published on the NJS Website, meet website, and emailed to the coaches of participating teams.

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

Scoring:	<ul style="list-style-type: none"> Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> No awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during the meet.
Programs:	<ul style="list-style-type: none"> Heat sheets will be online at www.besmartinc.com (free) and Meet Mobile (subscription required)
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 on the Tuesday before the meet starts. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets.
Concessions:	<ul style="list-style-type: none"> Rutgers will have a concession stand for light snacks and refreshments in the hallway.
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.besmartinc.com
Meet Requirement Statement:	<ul style="list-style-type: none"> 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 12 & Under	
1	Girls 12 & Under 200 Breaststroke
2	Boys 12 & Under 200 Breaststroke
3	Girls 12 & Under 50 Freestyle
4	Boys 12 & Under 50 Freestyle
5	Girls 12 & Under 100 Butterfly
6	Boys 12 & Under 100 Butterfly
7	Girls 12 & Under 50 Breaststroke
8	Boys 12 & Under 50 Breaststroke
9	Girls 12 & Under 200 Freestyle
10	Boys 12 & Under 200 Freestyle
11	Girls 12 & Under 100 Backstroke
12	Boys 12 & Under 100 Backstroke

#	Event	Equal/ Faster
Session: 2 Saturday 13 & Over		
13	Girls 13 & Over 200 IM	
14	Boys 13 & Over 200 IM	
15	Girls 13 & Over 50 Backstroke	
16	Boys 13 & Over 50 Backstroke	
17	Girls 13 & Over 100 Breaststroke	
18	Boys 13 & Over 100 Breaststroke	
19	Girls 13 & Over 200 Butterfly	
20	Boys 13 & Over 200 Butterfly	
21	Girls 13 & Over 100 Freestyle	
22	Boys 13 & Over 100 Freestyle	
23	Girls 13 & Over 50 Butterfly	
24	Boys 13 & Over 50 Butterfly	
25	Girls 13 & Over 200 Backstroke	
26	Boys 13 & Over 200 Backstroke	
27	Girls 13 & Over 400 Freestyle	
	13-14	5:32.99
	15 & Over	5:21.79
28	Boys 13 & Over 400 Freestyle	
	13-14	5:31.39
	15 & Over	5:03.89

#	Event
Session: 3 Sunday 12 & Under	
29	Girls 12 & Under 200 IM
30	Boys 12 & Under 200 IM
31	Girls 12 & Under 50 Backstroke
32	Boys 12 & Under 50 Backstroke
33	Girls 12 & Under 100 Breaststroke
34	Boys 12 & Under 100 Breaststroke
35	Girls 12 & Under 200 Butterfly
36	Boys 12 & Under 200 Butterfly
37	Girls 12 & Under 100 Freestyle
38	Boys 12 & Under 100 Freestyle
39	Girls 12 & Under 50 Butterfly
40	Boys 12 & Under 50 Butterfly
41	Girls 12 & Under 200 Backstroke
42	Boys 12 & Under 200 Backstroke

#	Event	Equal/ Faster
Session: 4 Sunday 13 & Over		
43	Girls 13 & Over 200 Breaststroke	
44	Boys 13 & Over 200 Breaststroke	
45	Girls 13 & Over 50 Freestyle	
46	Boys 13 & Over 50 Freestyle	
47	Girls 13 & Over 100 Butterfly	
48	Boys 13 & Over 100 Butterfly	
49	Girls 13 & Over 50 Breaststroke	
50	Boys 13 & Over 50 Breaststroke	
51	Girls 13 & Over 200 Freestyle	
52	Boys 13 & Over 200 Freestyle	
53	Girls 13 & Over 100 Backstroke	
54	Boys 13 & Over 100 Backstroke	
55	Girls 13 & Over 400 IM	
	13-14	6:27.49
	15 & Over	6:15.59
56	Boys 13 & Over 400 IM	
	13-14	6:21.49
	15 & Over	5:58.09

