

2026 NJ Swimming LC Gold Championship

Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Thursday-Sunday July 23rd-26th, 2026		
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, certification, and medical information)</i>		
Host Team Contact:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Janice Rein		janice.rein@rutgers.edu
Admin Official:	Ellen Mace, John Lister		besmarttinc@gmail.com
Safety Marshall:	Wendy Stellatella Lucas Blach		scarletaquatics@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday June 30th, 2026 <i>(Teams cannot get closed out of this championship meet provided entries are received by the entry deadline)</i>		
Entry Deadline:	Tuesday July 14th, 2026 at 12:00pm. Late entries with times achieved after the entry deadline will be considered if there is space available in the meet.		
Swimmer Age	Swimmer ages for this meet are as of: July 23 rd , 2025		
Entry Fees:	Individual Timed Final Entry: \$15.00		Relay Event Entry: \$28.00
	Individual Prelims/Finals Entry: \$17.00		
	There will be an athlete surcharge of \$15 per day.		
Meet Course:	Long Course Meters (LCM). Converted times will be accepted		
Meet Format:	- This meet will be run as a prelims/finals meet for 13 & over swimmers except for distance events and as a timed final meet for 12 & Under. - There will be 10 & Under, 11-12, 13-14, 15 & over, 13 & over, and Open events. The 13 & over events will be divided into 13-14, and 15 & over divisions for reporting and scoring. - There will be one heat for 13-14 and two heats for 15 & over swimmers in the prelims/finals events. There are minimum "faster than" time standards for this meet. This is a New Jersey Swimming Championship and proof of time is required for all individual entries. - 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 2 Relay Events.	Meet: 8 Individual Events 5 Relay Events	
Checks Payable To:	Scarlet Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		
No Show Policy	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.		



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 meet website, and e-mailed to the coaches of participating teams.

Thursday		
Session 1	Evening	13 & Over 1500 Freestyle
Friday		
Session 2	Morning	13 & Over Prelims
Session 3	Midday	Age Group Timed Finals
Session 4	Evening	13 & Over Finals
Saturday		
Session 5	Morning	13 & Over Prelims
Session 6	Midday	15 & Over 800 Freestyle
Session 7	Afternoon	Age Group Timed Finals
Session 8	Evening	13 & Over Finals
Sunday		
Session 9	Morning	13 & Over Prelims
Session 10	Midday	13-14 800 Freestyle
Session 11	Afternoon	Age Group Timed Finals
Session 11	Evening	Finals



Scoring:	- Team scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. - Swimmers 20 years and older will swim “exhibition” – they will swim in prelims only. - Relays with 20 years and older swimmers participating will not score.
Awards:	- 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.
Starts:	‘Fly-over/Over-the-top’ starts will be used during this meet.
Admissions:	- 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. All volunteer timers will be required to purchase tickets. - Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	Rutgers will be selling a limited number of packaged concessions.
Vendor:	None.
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.
Scratch Rule:	- The 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.E and then fails to swim the event at finals will be barred from further competition for the remainder of the meet. In addition, the club of a swimmer who qualifies for finals or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in accordance to the above procedures may be fined \$50 for each occurrence.
Ties in prelims events rule:	Any ties occurring during prelims that affect the heat in which a swimmer will compete at finals and/or their status as first or second alternate will be resolved in a manner that the referee, swimmers and coaches agree on during or immediately following prelims in accord with USA Swimming rule 105.5.2.

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, 2024 through the entry date of the meet.
13 & Over 50 Breaststroke/Butterfly/Backstroke	- There are no qualifying times for these events. Swimmers qualify to swim by: - Qualifying for the 100 or 200 of the same stroke. - Qualifying for another event in the same preliminary session as the event.
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.



Distance Events	- All distance events will be seeded fast to slow and swum alternating genders. Heats of opposite genders may be combined without an empty lane between genders. - 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. - Swimmers are responsible for providing their own timers and counters for distance events.
Relays:	- All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. - Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. - A relay with a 20 year or older swimmer will not score. - Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. - No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. - 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: - 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> 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

Age-Up Exception applies to this meet

- Any swimmer who ages up between July 11th and July 23rd, 2026 and has gold times from their previous age group, is eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below:

How to enter:

- Enter the swimmer at the qualifying time for the event.
- Provide proof of the original qualifying time, as a separate PDF, or reference to SWIMS results.
- Please note in the entry e-mail that this swim is an age-up exception.



Event List

#	Event	Equal/ Faster
Session: 1 Thursday 1500 Freestyle		
1	Women 13 & Over 1500 Freestyle	
	13-14	19:49.09
	15 & Over	19:30.59
2	Men 13 & Over 1500 Freestyle	
	13-14	18:58.99
	15 & Over	18:11.69
3	Girls 11-12 1500 Freestyle	22:06.99
4	Boys 11-12 1500 Freestyle	21:39.39

#	Event	Equal/ Faster
Session: 2 Friday Prelims		
117	Women 13-14 200 Freestyle	2:23.19
118	Men 13-14 200 Freestyle	2:14.49
119	Women 15 & Over 200 Freestyle	2:17.99
120	Men 15 & Over 200 Freestyle	2:04.79
121	Women 13-14 100 Breaststroke	1:27.69
122	Men 13-14 100 Breaststroke	1:22.29
123	Women 15 & Over 100 Breaststroke	1:24.49
124	Men 15 & Over 100 Breaststroke	1:13.99
125	Women 13-14 100 Butterfly	1:16.39
126	Men 13-14 100 Butterfly	1:11.49
127	Women 15 & Over 100 Butterfly	1:11.09
128	Men 15 & Over 100 Butterfly	1:03.29
129	Women 13-14 100 Backstroke	1:16.09
130	Men 13-14 100 Backstroke	1:12.19
131	Women 15 & Over 100 Backstroke	1:12.99
132	Men 15 & Over 100 Backstroke	1:06.29
133	Women 13-14 400 Freestyle	5:01.29
134	Men 13-14 400 Freestyle	4:46.69
135	Women 15 & Over 400 Freestyle	4:54.49
136	Men 15 & Over 400 Freestyle	4:25.89

#	Event	Equal/ Faster
Session: 3 Friday Age Group		
101	Girls 11-12 100 Freestyle	1:11.99
102	Boys 11-12 100 Freestyle	1:10.99
103	Girls 11-12 50 Breaststroke	44.29
104	Boys 11-12 50 Breaststroke	44.49
105	Girls 11-12 100 Butterfly	1:27.29
106	Boys 11-12 100 Butterfly	1:26.29
107	Girls 11-12 200 Backstroke	2:55.49
108	Boys 11-12 200 Backstroke	2:51.99

#	Event	Equal/ Faster
Session: 3 Friday Age Group...continued		
109	Girls 10 & Under 100 Freestyle	1:25.59
110	Boys 10 & Under 100 Freestyle	1:24.99
111	Girls 10 & Under 50 Breaststroke	51.89
112	Boys 10 & Under 50 Breaststroke	52.59
113	Girls 10 & Under 100 Butterfly	1:52.99
114	Boys 10 & Under 100 Butterfly	1:50.79

#	Event
Session: 4 Friday Finals	
115	Women 200 Medley Relay
116	Men 200 Medley Relay
<i>Finals of Events #117-136, two heats each</i>	
137	Women 400 Freestyle Relay
138	Men 400 Freestyle Relay

#	Event	Equal/ Faster
Session: 5 Saturday Prelims		
225	Women 13-14 200 Butterfly	2:38.59
226	Men 13-14 200 Butterfly	2:29.59
227	Women 15 & Over 200 Butterfly	2:33.89
228	Men 15 & Over 200 Butterfly	2:23.49
229	Women 13-14 50 Freestyle	30.79
230	Men 13-14 50 Freestyle	28.59
231	Women 15 & Over 50 Freestyle	29.89
232	Men 15 & Over 50 Freestyle	26.49
233	Women 13-14 200 Breaststroke	3:00.49
234	Men 13-14 200 Breaststroke	2:48.79
235	Women 15 & Over 200 Breaststroke	2:57.39
236	Men 15 & Over 200 Breaststroke	2:40.49
237	Women 13-14 50 Backstroke	
238	Men 13-14 50 Backstroke	
239	Women 15 & Over 50 Backstroke	
240	Men 15 & Over 50 Backstroke	
241	Women 13-14 400 IM	5:41.29
242	Men 13-14 400 IM	5:22.59
243	Women 15 & Over 400 IM	5:35.09
244	Men 15 & Over 400 IM	5:05.29

#	Event	Equal/ Faster
Session: 6 Saturday Distance		
201	Women 15 & Over 800 Freestyle	10:10.99
202	Men 15 & Over 800 Freestyle	9:27.39



#	Event	Equal/ Faster
Session: 7 Saturday Age Group		
203	Girls 10 & Under 200 Medley Relay	
204	Boys 10 & Under 200 Medley Relay	
205	Girls 10 & Under 100 Backstroke	1:38.29
206	Boys 10 & Under 100 Backstroke	1:37.19
207	Girls 10 & Under 50 Butterfly	45.09
208	Boys 10 & Under 50 Butterfly	44.39
209	Girls 10 & Under 200 Freestyle	2:56.29
210	Boys 10 & Under 200 Freestyle	2:50.79
211	Girls 11-12 200 Medley Relay	
212	Boys 11-12 200 Medley Relay	
213	Girls 11-12 400 IM	6:17.89
214	Boys 11-12 400 IM	6:09.49
215	Girls 11-12 200 Freestyle	2:34.89
216	Boys 11-12 200 Freestyle	2:32.19
217	Girls 11-12 100 Backstroke	1:23.79
218	Boys 11-12 100 Backstroke	1:23.19
219	Girls 11-12 50 Butterfly	36.99
220	Boys 11-12 50 Butterfly	36.59
221	Girls 11-12 200 Breaststroke	3:19.39
222	Boys 11-12 200 Breaststroke	3:13.59
223	Girls 11-12 800 Freestyle	11:29.29
224	Boys 11-12 800 Freestyle	11:18.59

#	Event
Session: 8 Saturday Finals	
<i>Finals of Events #225-244, two heats each</i>	
245	Women 800 Freestyle Relay
246	Men 800 Freestyle Relay

#	Event	Equal/ Faster
Session: 9 Sunday Prelims		
331	Women 13-14 200 Backstroke	2:38.09
332	Men 13-14 200 Backstroke	2:29.59
333	Women 15 & Over 200 Backstroke	2:34.39
334	Men 15 & Over 200 Backstroke	2:22.49
335	Women 13-14 50 Breaststroke	
336	Men 13-14 50 Breaststroke	
337	Women 15 & Over 50 Breaststroke	
338	Men 15 & Over 50 Breaststroke	
339	Women 13-14 100 Freestyle	1:06.49
340	Men 13-14 100 Freestyle	1:01.89
341	Women 15 & Over 100 Freestyle	1:04.29
342	Men 15 & Over 100 Freestyle	57.09
343	Women 13-14 50 Butterfly	
344	Men 13-14 50 Butterfly	
345	Women 15 & Over 50 Butterfly	
346	Men 15 & Over 50 Butterfly	
347	Women 13-14 200 IM	2:40.79
348	Men 13-14 200 IM	2:31.59
349	Women 15 & Over 200 IM	2:36.29
350	Men 15 & Over 200 IM	2:20.89

#	Event	Equal/ Faster
Session: 10 Sunday Distance		
301	Girls 13-14 800 Freestyle	10:21.99
302	Boys 13-14 800 Freestyle	9:56.29

#	Event	Equal/ Faster
Session: 11 Sunday Age Group		
303	Girls 11-12 200 Freestyle Relay	
304	Boys 11-12 200 Freestyle Relay	
305	Girls 11-12 200 Butterfly	2:57.59
306	Boys 11-12 200 Butterfly	2:53.89
307	Girls 11-12 100 Breaststroke	1:36.59
308	Boys 11-12 100 Breaststroke	1:37.29
309	Girls 11-12 50 Freestyle	32.99
310	Boys 11-12 50 Freestyle	32.39
311	Girls 11-12 200 IM	2:55.29
312	Boys 11-12 200 IM	2:53.19
313	Girls 11-12 50 Backstroke	39.19
314	Boys 11-12 50 Backstroke	38.69
315	Girls 11-12 400 Freestyle	5:29.09
316	Boys 11-12 400 Freestyle	5:21.89



#	Event	Equal/ Faster
Session: 11 Sunday Age Group...continued		
317	Girls 10 & Under 200 Freestyle Relay	
318	Boys 10 & Under 200 Freestyle Relay	
319	Girls 10 & Under 100 Breaststroke	1:54.19
320	Boys 10 & Under 100 Breaststroke	1:55.99
321	Girls 10 & Under 50 Freestyle	37.99
322	Boys 10 & Under 50 Freestyle	37.69
323	Girls 10 & Under 200 IM	3:18.09
324	Boys 10 & Under 200 IM	3:16.39
325	Girls 10 & Under 50 Backstroke	45.29
326	Boys 10 & Under 50 Backstroke	44.49
327	Girls 10 & Under 400 Freestyle	6:05.39
328	Boys 10 & Under 400 Freestyle	5:59.49

#	Event
Session: 12 Sunday Finals	
329	Women 200 Freestyle Relay
330	Men 200 Freestyle Relay
<i>Finals of Events #331-350, two heats each</i>	
351	Women 400 Medley Relay
352	Men 400 Medley Relay

