

2026 NJS 11 & Over 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 March 19th -22nd, 2026		
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, pool 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 Referee:	Judy Sharkey		jmsharkey@aol.com
Admin Official:	Ellen Mace John Lister		besmarttinc@gmail.com
Safety Marshall:	Wendy Stelatella Lucas Blach		scarletaquatics@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately <i>(Teams will not be closed out of this championship meet provided entries are received by the entry deadline)</i>		
Entry Deadline:	March 7th, 2026 by noon		
Swimmer Age	Swimmer ages for this meet are as of: March 19 th , 2026		
Entry Fees:	Individual Timed Final Entry: \$10.00		Relay Event Entry: \$24.00
	Individual Prelims/Finals Entry: \$12.00		
	There will be an athlete surcharge of \$10 per day. <i>Note: Entry Amendment Procedure is listed below in the Special Considerations for NJ Swimming Championships section</i>		
Meet Course:	Short Course Yards (SCY).		
Meet Format:	<ul style="list-style-type: none"> 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 11-12 swimmers. There will be 11-12, 13-14, 15 & over, and 13 & over events. Except for the 1000 & 1650 freestyle, the 13 & over events are prelims/finals, with two heats at finals. 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. See note about 13 & Over 50 fly, 50 breast, and 50 back events. 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:	7 Individual Events 13 & Over 9 Individual Events 11-12 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.		

Age-Up Exception applies to this meet

- Any 12-year old swimmer who has one or more Gold times prior to the 12 & Under Silver meets on February 21st, 2026, and then ages up between February 22nd, and March 19th, 2026, 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:
- Any 14-year old swimmer who has one or more Gold times prior to the 13 & over Silver meet on March 14th, 2026, and then ages up between March 15th, and March 19th, 2026, 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.

Tentative Meet Schedule

This schedule is tentative pending receipt of entries and has been arranged as a full four-day meet due to anticipated demand and facility restrictions. Depending on the entries, sessions may be combined or split, and the schedule condensed to three days, which may involve moving events to different days. 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, NJS website, and e-mailed to the coaches of participating teams.

Thursday		
Session 1	Evening	Distance
Friday		
Session 2	Morning	Prelims
Session 3	Afternoon	11-12
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Prelims
Session 6	Midday	Distance
Session 7	Afternoon	11-12
Session 8	Evening	Finals
Sunday		
Session 9	Morning	Prelims
Session 10	Midday	Distance
Session 11	Afternoon	11-12
Session 12	Evening	Finals

Scoring:	<ul style="list-style-type: none"> • 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 and timed finals only. • Relays with 20 years and older swimmers participating will not score.
Awards:	<ul style="list-style-type: none"> • 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:	<ul style="list-style-type: none"> • ‘Fly-over/Over-the-top’ starts will be used during this meet.
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 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:	<ul style="list-style-type: none"> • Rutgers will be selling a limited number of packaged concessions.
Vendor:	<ul style="list-style-type: none"> • 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.

Special Considerations for NJ Swimming Championships

Entry Times:	<ul style="list-style-type: none"> • New Jersey Swimming does not allow ‘NT’ or ‘No Time’ to be used as an entry time. • All entry times must be in short course yards. 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 January 1st, 2025 through the entry date of the meet.
Proof of Time Reporting:	<ul style="list-style-type: none"> • 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.
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> 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 they are 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 may enter the swimmer (up to 5 swimmers) through the following process: 6. Make a list of the missing entry information: swimmer’s name, USA-S number, event number(s), and entry time(s). 7. Email the list of missing swimmers and their events 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.

Entry Amendment Procedures...contd	<p>9. This money is payable before the start of the meet. If this fee is not paid, the swimmer(s) will not be permitted to swim in the amended events in the meet. 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</p> <p>10. 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.</p>
Distance Events	<ul style="list-style-type: none"> 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 are responsible for providing their own timers and counters for distance events.
13 & Over 500 freestyle & 400 IM	<ul style="list-style-type: none"> The prelim heats of these events are scheduled last on Friday and Sunday respectively. There will be a separate check-in for these events. The events will swim fast to slow alternating genders. The 13-14 heats will swim first, followed by the 15 & Over heats.
13 & Over 50 Fly, 50 Breast, 50 Back	<ul style="list-style-type: none"> There are no qualifying times for the 13 & Over 50 fly, 50 breast, and 50 back events. Swimmers may qualify for these events by qualifying for any other event in that session. Proof of time is not required for the 50 Fly, 50 Breast, 50 Back events. Swimmers must still stay within event limits for the session, and for the meet.
Relays:	<ul style="list-style-type: none"> 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:	<ul style="list-style-type: none"> 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. All transfer swimmer(s) must swim unattached for 60 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.
State Championships Restriction:	<ul style="list-style-type: none"> Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC Gold meet, unless they achieve the SC Gold qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and the Gold meet.

Event List

#	Event	Equal/ Faster
Session: 1A Thursday 13 & Over 1650 Freestyle		
1	Women 13 & Over 1650 Freestyle	
	13-14	20:02.99
	15 & Over	19:47.29
2	Men 13 & Over 1650 Freestyle	
	13-14	19:00.19
	15 & Over	18:05.49

#	Event	Equal/ Faster
Session: 1B Thursday 12 & Under 1650 Freestyle		
3	Girls 11-12 1650 Freestyle	21:13.59
4	Boys 11-12 1650 Freestyle	21:09.19

#	Event	Equal/ Faster
Session: 2 Friday Prelims		
19	Girls 13-14 100 Freestyle	58.69
20	Boys 13-14 100 Freestyle	54.99
21	Women 15 & Over 100 Freestyle	56.39
22	Men 15 & Over 100 Freestyle	50.19
23	Girls 13-14 50 Breaststroke	
24	Boys 13-14 50 Breaststroke	
25	Women 15 & Over 50 Breaststroke	
26	Men 15 & Over 50 Breaststroke	
27	Girls 13-14 200 IM	2:24.19
28	Boys 13-14 200 IM	2:16.39
29	Women 15 & Over 200 IM	2:19.59
30	Men 15 & Over 200 IM	2:06.19
31	Girls 13-14 100 Butterfly	1:07.29
32	Boys 13-14 100 Butterfly	1:03.09
33	Women 15 & Over 100 Butterfly	1:02.99
34	Men 15 & Over 100 Butterfly	55.99
39	Girls 13-14 200 Breaststroke	2:44.29
40	Boys 13-14 200 Breaststroke	2:36.19
41	Women 15 & Over 200 Breaststroke	2:41.99
42	Men 15 & Over 200 Breaststroke	2:23.39
35	Girls 13-14 500 Freestyle	5:41.49
36	Boys 13-14 500 Freestyle	5:25.99
37	Women 15 & Over 500 Freestyle	5:24.99
38	Men 15 & Over 500 Freestyle	4:57.79

#	Event	Equal/ Faster
Session: 3 Friday 11-12		
5	Girls 11-12 200 Medley Relay	
6	Boys 11-12 200 Medley Relay	
7	Girls 11-12 200 Breaststroke	2:54.89
8	Boys 11-12 200 Breaststroke	2:53.89
9	Girls 11-12 200 IM	2:31.79
10	Boys 11-12 200 IM	2:27.49
11	Girls 11-12 100 Butterfly	1:11.49
12	Boys 11-12 100 Butterfly	1:11.99
13	Girls 11-12 100 Freestyle	1:01.89
14	Boys 11-12 100 Freestyle	1:00.39
15	Girls 11-12 50 Breaststroke	37.99
16	Boys 11-12 50 Breaststroke	37.49
17	Girls 11-12 500 Freestyle	6:03.49
18	Boys 11-12 500 Freestyle	5:57.29

#	Event
Session: 4 Friday Finals	
<i>Finals of Events #19-#42, 2 heats each</i>	
43	Women 13 & Over 800 Freestyle Relay
44	Men 13 & Over 800 Freestyle Relay

#	Event	Equal/ Faster
Session: 5 Saturday Prelims		
69	Girls 13-14 200 Backstroke	2:21.69
70	Boys 13-14 200 Backstroke	2:16.19
71	Women 15 & Over 200 Backstroke	2:15.89
72	Men 15 & Over 200 Backstroke	2:05.09
73	Girls 13-14 100 Breaststroke	1:15.99
74	Boys 13-14 100 Breaststroke	1:11.19
75	Women 15 & Over 100 Breaststroke	1:13.99
76	Men 15 & Over 100 Breaststroke	1:03.89
77	Girls 13-14 50 Backstroke	
78	Boys 13-14 50 Backstroke	
79	Women 15 & Over 50 Backstroke	
80	Men 15 & Over 50 Backstroke	
81	Girls 13-14 200 Butterfly	2:32.29
82	Boys 13-14 200 Butterfly	2:22.99
83	Women 15 & Over 200 Butterfly	2:23.99
84	Men 15 & Over 200 Butterfly	2:05.99

#	Event	Equal/ Faster
Session: 6 Saturday Distance		
45	Women 15 & Over 1000 Freestyle	11:27.99
46	Men 15 & Over 1000 Freestyle	10:35.59

#	Event	Equal/ Faster
Session: 7 Saturday 11-12		
51	Girls 11-12 100 IM	1:11.49
52	Boys 11-12 100 IM	1:10.79
53	Girls 11-12 200 Backstroke	2:29.79
54	Boys 11-12 200 Backstroke	2:30.99
55	Girls 11-12 100 Breaststroke	1:22.29
56	Boys 11-12 100 Breaststroke	1:21.19
57	Girls 11-12 200 Butterfly	2:49.99
58	Boys 11-12 200 Butterfly	2:50.49
59	Girls 11-12 50 Backstroke	32.89
60	Boys 11-12 50 Backstroke	33.19
61	Girls 11-12 1000 Freestyle	12:46.99
62	Boys 11-12 1000 Freestyle	12:41.59
63	Girls 11-12 400 Freestyle Relay	
64	Boys 11-12 400 Freestyle Relay	

#	Event
Session: 8 Saturday Finals	
65	Girls 13-14 200 Medley Relay
66	Boys 13-14 200 Medley Relay
67	Women 15 & Over 200 Medley Relay
68	Men 15 & Over 200 Medley Relay
<i>Finals of Events #69-#84, 2 heats each</i>	
85	Girls 13-14 400 Freestyle Relay
86	Boys 13-14 400 Freestyle Relay
87	Women 15 & Over 400 Freestyle Relay
88	Men 15 & Over 400 Freestyle Relay

#	Event	Equal/ Faster
Session: 9 Sunday Prelims		
109	Girls 13-14 200 Freestyle	2:06.59
110	Boys 13-14 200 Freestyle	1:58.89
111	Women 15 & Over 200 Freestyle	2:00.39
112	Men 15 & Over 200 Freestyle	1:49.99
113	Girls 13-14 50 Butterfly	
114	Boys 13-14 50 Butterfly	
115	Women 15 & Over 50 Butterfly	
116	Men 15 & Over 50 Butterfly	
117	Girls 13-14 100 Backstroke	1:06.19
118	Boys 13-14 100 Backstroke	1:03.29
119	Women 15 & Over 100 Backstroke	1:03.79
120	Men 15 & Over 100 Backstroke	57.59
125	Girls 13-14 50 Freestyle	26.89
126	Boys 13-14 50 Freestyle	25.19
127	Women 15 & Over 50 Freestyle	25.99
128	Men 15 & Over 50 Freestyle	23.19
121	Girls 13-14 400 IM	5:11.69
122	Boys 13-14 400 IM	4:52.99
123	Women 15 & Over 400 IM	4:56.89
124	Men 15 & Over 400 IM	4:22.09

#	Event	Equal/ Faster
Session: 10 Sunday Distance		
89	Women 13-14 1000 Freestyle	12:01.69
90	Men 13-14 1000 Freestyle	11:19.99

#	Event	Equal/ Faster
Session: 11 Sunday Age Group		
91	Girls 11-12 200 Freestyle Relay	
92	Boys 11-12 200 Freestyle Relay	
93	Girls 11-12 200 Freestyle	2:13.49
94	Boys 11-12 200 Freestyle	2:11.59
95	Girls 11-12 50 Butterfly	31.69
96	Boys 11-12 50 Butterfly	31.99
97	Girls 11-12 100 Backstroke	1:09.99
98	Boys 11-12 100 Backstroke	1:10.09
99	Girls 11-12 50 Freestyle	28.09
100	Boys 11-12 50 Freestyle	27.69
101	Girls 11-12 400 IM	5:25.49
102	Boys 11-12 400 IM	5:20.79
103	Girls 11-12 400 Medley Relay	
104	Boys 11-12 400 Medley Relay	

#	Event
Session: 12 Sunday Finals	
105	Girls 13-14 200 Freestyle Relay
106	Boys 13-14 200 Freestyle Relay
<i>Finals of Events #107-#128, 2 heats each</i>	
139	Girls 13-14 400 Medley Relay
140	Boys 13-14 400 Medley Relay
141	Women 15 & Over 400 Medley Relay
142	Men 15 & Over 400 Medley Relay

