

2026 STAC IM Tough

Hosted by Streamline Aquatics Club
at the Raritan Valley Community College

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Saturday-Sunday January 24 th -25 th , 2026		
Facility:	Raritan Valley Community College <i>(link to facility location & directions, certification, and medical information)</i>		
Host Team Contact:	Clare Zeszotarski	908-208-3457	administrator@njstac.org
Meet Director:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Eric Tanalski		eric@tanalski.net
Admin Officials:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Safety Marshalls:	Clare Zeszotarski Brian Greene		administrator@njstac.org bgswim@me.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Monday December 15 th , 2025, at 6:00am		
Entry Deadline:	Friday January 16 th , 2026, at 6:00pm unless the meet fills earlier.		
Swimmer Age	Swimmer age for this meet is as of: Saturday January 24th, 2026		
Entry Fees:	Individual Entry:	\$10.00	
	400 IM/500 Free:	\$12.00	
	1650 Freestyle:	\$20.00	
	There will be a \$15 per day athlete surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • This meet will have 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over events. • Teams will be responsible for marshaling their own swimmers. • There are "faster than" time standards for events 400 yards and longer. "No Time/NT" entries will be accepted at this meet <i>except</i> for the distance events. • In the main sessions, the same events will be offered both Saturday & Sunday, except for 12 & Under 400 IM/500 Freestyle. Swimmers may <i>not</i> swim the same event both days. • This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own. 		
Entry Limits:	Daily: 4 Individual Events	Meet: 8 Individual Events	
Checks Payable To:	Streamline Aquatics Club		
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 section of the NJS website, meet website, and e-mailed to the coaches of participating teams.

Saturday		
Session 1	Morning	12 & Under
Session 2	Midday	Distance
Session 3	Afternoon	13 & Over
Sunday		
Session 4	Morning	12 & Under
Session 5	Midday	Distance
Session 6	Afternoon	13 & Over

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Ribbons will be awarded for the fastest three swimmers in each age group in each event. Heat winners will be awarded prizes.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will be allowed into the facility up to its capacity. Heat sheets will be available online at www.besmartinc.com and Meet Mobile.
Concessions:	None.
Vendor:	None.
Distance Events:	<ul style="list-style-type: none"> Events in the middle distance sessions will swim slow to fast, alternating genders. Swimmers in these events must supply their own timers. Swimmers in the 500/1650 freestyle events must supply their own counters, if desired.
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	Equal/ Faster
Sessions: 1, 4 - 12 & Under		
<i>Sunday Event is Saturday Event+100</i>		
1	Girls 12 & Under 100 IM	
2	Boys 12 & Under 100 IM	
3	Girls 12 & Under 50 Butterfly	
4	Boys 12 & Under 50 Butterfly	
5	Girls 12 & Under 100 Backstroke	
6	Boys 12 & Under 100 Backstroke	
7	Girls 12 & Under 200 Breaststroke	
8	Boys 12 & Under 200 Breaststroke	
9	Girls 12 & Under 50 Backstroke	
10	Boys 12 & Under 50 Backstroke	
11	Girls 12 & Under 100 Butterfly	
12	Boys 12 & Under 100 Butterfly	
13	Girls 12 & Under 200 Freestyle	
14	Boys 12 & Under 200 Freestyle	
15	Girls 12 & Under 50 Breaststroke	
16	Boys 12 & Under 50 Breaststroke	
17	Girls 12 & Under 100 Freestyle	
18	Boys 12 & Under 100 Freestyle	
19	Girls 12 & Under 200 Butterfly	
20	Boys 12 & Under 200 Butterfly	
21	Girls 12 & Under 50 Freestyle	
22	Boys 12 & Under 50 Freestyle	
23	Girls 12 & Under 100 Breaststroke	
24	Boys 12 & Under 100 Breaststroke	
25	Girls 12 & Under 200 Backstroke	
26	Boys 12 & Under 200 Backstroke	
27	Girls 12 & Under 200 IM	
28	Boys 12 & Under 200 IM	
<i>Saturday:</i>		
29	Girls 12 & Under 400 IM	6:24.19
30	Boys 12 & Under 400 IM	6:13.09
<i>Sunday:</i>		
129	Girls 12 & Under 500 Freestyle	
	10 & Under	8:15.79
	11-12	8:02.29
130	Boys 12 & Under 500 Freestyle	
	10 & Under	8:15.79
	11-12	8:03.09

#	Event	Equal/ Faster
Session: 2 Saturday Distance		
31	Women 13 & Over 400 IM	
	13-14	6:03.59
	15 & Over	5:55.89
32	Men 13 & Over 400 IM	
	13-14	5:41.49
	15 & Over	5:26.99
33	Women 13 & Over 1650 Freestyle	
	13-14	23:23.49
	15 & Over	23:05.19
34	Men 13 & Over 1650 Freestyle	
	13-14	22:18.89
	15 & Over	21:35.39

#	Event	Equal/ Faster
Session: 5 Sunday Distance		
131	Women 13 & Over 500 Freestyle	
	13-14	6:38.79
	15 & Over	6:07.99
132	Men 13 & Over 500 Freestyle	
	13-14	6:08.19
	15 & Over	5:41.59



#	Event
Sessions: 3, 6 - 13 & Over	
<i>Sunday Event is Saturday Event+100</i>	
35	Women 13 & Over 200 Freestyle
36	Men 13 & Over 200 Freestyle
37	Women 13 & Over 100 Backstroke
38	Men 13 & Over 100 Backstroke
39	Women 13 & Over 200 Breaststroke
40	Men 13 & Over 200 Breaststroke
41	Women 13 & Over 100 Butterfly
42	Men 13 & Over 100 Butterfly
43	Women 13 & Over 100 Freestyle
44	Men 13 & Over 100 Freestyle
45	Women 13 & Over 200 Butterfly
46	Men 13 & Over 200 Butterfly
47	Women 13 & Over 100 Breaststroke
48	Men 13 & Over 100 Breaststroke
49	Women 13 & Over 200 Backstroke
50	Men 13 & Over 200 Backstroke
51	Women 13 & Over 50 Freestyle
52	Men 13 & Over 50 Freestyle
53	Women 13 & Over 200 IM
54	Men 13 & Over 200 IM

