



TCNJ INVITATIONAL 2025 SWIMMING AND DIVING TRIALS & FINALS INVITATIONAL

Date:

November 21-23, 2025

Participating Teams:

The College of New Jersey, USMMA, Stevens Institute of Technology
SUNY Cortland

Diving Only – The College of New Jersey, USMMA, Montclair State University,
West Chester University, SUNY Cortland

Entries:

Events will be pre-seeded in order to formulate a time line. Entries should be sent by e-mail to Ellen Mace of Be Smartt, Inc. (besmarttinc@gmail.com) as an attachment using Hy-Tek Team Manager. **Please use this season's best times. (NT is allowed)**

Entry Deadline:

Tuesday, November 18, 2024 by 5:00 PM

Entry Fee:

Swimming & Diving - \$150
Diving only - \$75

Payable to "TCNJ" - Mail by December 17 or bring to meet
Jennifer Harnett – TCNJ women's swimming
PO Box 7718
Ewing, NJ 08628

Location:

TCNJ Aquatic Center – Packer Hall
8 lane x 25 yard, with separate warm-up area and diving well.

Meet Director:

Dave Dow
O: 609-771-2230
C: 607-591-4629

Meet Information:

Jennifer Harnett
O: 609-771-2383
C: 201-390-9340

Session Times:

Friday – Prelims: 1:00 PM (warm-ups start at 11:00 AM)
Finals: 7:00 PM (warm-ups start at 5:00 PM)

Saturday – Prelims 11:00 AM (warm-ups start at 9:00 AM)
Finals 6:00 PM (warm-ups start at 4:00 PM)
Diving: see below

Sunday - Prelims 9:00 AM (warm-ups start at 7:00 AM)
Finals 2:00 PM (warm-ups start at 1:00 PM)

Diving: see below

Schedule of Events:

Meet File will be emailed by November 14th. Relays are timed finals only.
Entry times are best times this year. (NT are also allowed)
Please use 1000 times for 1650 seed times and 400 or 200 IM times for the 400 IM seed times
(400 IM times will be seeded first).



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-continued-**

Diving Format:

Contact Eric Blevins (blevinse@tcnj.edu) 641-821-9527
Enter on Divemeets.com

Estimated starts – a true timeline will be sent out once entries are in

Friday November 21, 2025
Warm-ups between Swimming Prelims & finals

Saturday November 22, 2025
Warm-ups: 12:30 pm (or when swimming is over) Events Start: 2:00 pm
Event 1: Women 1 meter - 11 dives & Men 3 meter - 11 dives
6 dive event will be run within the 11 dive event

Sunday November 23, 2025
Warm-ups: 10:00 am (or when swimming is over) Events Start: 11:00 am
Event 2: Women 3 meter - 11 dives & Men 1 meter - 11 dives
6 dive event will be run within the 11 dive event

Boards will be open Friday for warm-up between swimming sessions only

Scoring:

Standard Championship Scoring
Top 16 will swim at finals (no diving at finals)

Event Limits:

Each swimmer is allowed to swim a maximum of eight (8) events, of which no more than four (4) may be individual events.
Each school is allowed to enter up to four (4) relays in each relay event. Only two (2) relays from any one team will score in each event.

Scratches:

Scratches are due at the beginning of warm ups the previous day before the events for prelims and by 30 minutes after the end of prelims meet for finals that evening.

Event Format

Friday Prelims 1:00 PM
500 Free
200 IM
50 Free

Saturday Prelims 11:00 AM
400 IM
100 Fly
200 Free
100 Breast
100 Back

Sunday Prelims 9:00 AM
200 Back
100 Free
200 Breast
200 Fly

Friday Finals 7:00 PM
200 Free Relay
10 Min Break
500 Free
200 IM
50 Free
15 Min Break
400 Medley Relay

Saturday Finals 6:00 PM
200 Medley Relay
10 Min Break
400 IM
100 Fly
200 Free
100 Breast
100 Back
15 Min Break
800 Free Relay

Sunday Finals 2:00 PM
1650 Free (heats begin at 2:00 PM going slowest
10 Min Break to fastest, alternating W & M)
200 Back
100 Free
200 Breast
200 Fly
15 Min Break
400 Free Relay



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Parking & Drop off

More information will be sent out the week of the event

Hotels

Spring Hill Suites by Marriott at Ewing/Princeton South (1.8 miles from campus)
(609) 530-0900
www.ewingspringhill.com

Courtyard Marriott-Ewing Hopewell (2.5 miles from campus)
360 Scotch Road
Phone 609-716-9100
www.courtyardprinceton.com

Element Ewing Hopewell (2.5 miles from campus)
(609) 671-0050
www.elementhotels.com

On Campus Food Dining

If you want to bring your team to our main dining hall for meals call 609-771-3447.
It's all you can eat!

Other suggestions:

In our campus town:

Jersey Mikes - (609) 634-0939
Panera Bread - 609-403-7081

Off Campus:

Ray's Sub – 609-771-8006
Salernos – 609-883-0700
Mama Floras – 609-434-1188