

2025 Fall Festival of X-Cellence

Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Saturday October 18 th -Sunday October 19 th , 2025		
Link to Facility Info:	DeNunzio Natatorium, Princeton University <i>(link to facility location & directions, pool certification, & medical information)</i>		
Host Team Contact:	Coach Lucy	609-937-4631	headcoach@swimxccl.org
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Gary Thayer		gght466@gmail.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Coach Lucy Josh Rosenbluth		headcoach@swimxccl.org joshrosenbluth@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday September 16 th , 2025 at 6:00am		
Entry Deadline:	Friday October 10 th , 2025 at 6:00pm or when the meet fills.		
Swimmers Age:	Swimmer ages for this meet are as of: Saturday October 18 th , 2025		
Entry Fees:	Individual Entry:	\$10.00	Relay: \$15.00
	400 IM/500 Freestyle:	\$12.00	
	There will be a \$15/day athlete surcharge.		
Meet Course:	Short Course Yards (SCY). Converted times will be accepted.		
Meet Format	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• There will be 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over events.• There are qualifying times for this meet for all events 200 yards and longer. No qualifying times for shorter events. “NT” or “No Time” entries will not be accepted at this meet.• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own.		
Entry Limits:	Daily: 3 Individual events 1 Relay		Meet: 6 Individual Events 2 Relays
Checks Payable To:	X-Cel Swimming		
Email Entry Files To:	besmarttinc@gmail.com		
Mail Checks/Reports	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 meet website, the NJ Swimming 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"> There will be awards for the fastest three swimmers in 12 & Under events.
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 natatorium subject to capacity constraints. Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> None
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.
Distance Events:	<ul style="list-style-type: none"> All events will be swum slowest to fastest. All 500-yard freestyle swimmers are responsible to provide a person to count.
Heat Limited Events:	<ul style="list-style-type: none"> Depending on entries, the 400 yard IM and 500 yard Freestyle may be limited to a maximum of 3 heats per gender for 13 & Over and two heats per gender for 12 & Under, per event. Swimmers whose seed times place them below the limit will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches. Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded within one week of the meet. Psych sheets will be posted on the meet web site no later than one week before the meet start.
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.



Event List

#	Event	Equal/ Faster
Session: 1 Saturday 12 & Under		
1	Girls 11-12 200 Freestyle Relay	
2	Boys 11-12 200 Freestyle Relay	
3	Girls 10 & Under 200 Freestyle Relay	
4	Boys 10 & Under 200 Freestyle Relay	
5	Girls 11-12 200 Freestyle	2:40.39
6	Boys 11-12 200 Freestyle	2:34.59
7	Girls 10 & Under 200 IM	3:38.49
8	Boys 10 & Under 200 IM	3:35.49
9	Girls 11-12 50 Backstroke	
10	Boys 11-12 50 Backstroke	
11	Girls 10 & Under 100 Backstroke	
12	Boys 10 & Under 100 Backstroke	
13	Girls 11-12 100 Breaststroke	
14	Boys 11-12 100 Breaststroke	
15	Girls 10 & Under 50 Breaststroke	
16	Boys 10 & Under 50 Breaststroke	
17	Girls 11-12 100 Butterfly	
18	Boys 11-12 100 Butterfly	
19	Girls 10 & Under 50 Butterfly	
20	Boys 10 & Under 50 Butterfly	
21	Girls 11-12 50 Freestyle	
22	Boys 11-12 50 Freestyle	
23	Girls 10 & Under 100 Freestyle	
24	Boys 10 & Under 100 Freestyle	
25	Girls 11-12 100 IM	
26	Boys 11-12 100 IM	
27	Girls 12 & Under 200 Backstroke	2:56.59
28	Boys 12 & Under 200 Backstroke	2:51.99
29	Girls 12 & Under 400 IM	5:56.79
30	Boys 12 & Under 400 IM	5:46.39

#	Event	Equal/ Faster
Session: 2 Saturday Distance		
31	Girls 13-14 400 IM	6:03.59
32	Boys 13-14 400 IM	5:41.49
33	Women 15 & Over 400 IM	5:57.59
34	Men 15 & Over 400 IM	5:29.09

#	Event	Equal/ Faster
Session: 3 Saturday 13 & Over		
35	Women 13 & Over 200 Medley Relay	
36	Men 13 & Over 200 Medley Relay	
37	Girls 13-14 100 IM	
38	Boys 13-14 100 IM	
39	Women 15 & Over 100 IM	
40	Men 15 & Over 100 IM	
41	Girls 13-14 200 Freestyle	2:32.09
42	Boys 13-14 200 Freestyle	2:22.99
43	Women 15 & Over 200 Freestyle	2:29.89
44	Men 15 & Over 200 Freestyle	2:17.29
45	Girls 13-14 100 Breaststroke	
46	Boys 13-14 100 Breaststroke	
47	Women 15 & Over 100 Breaststroke	
48	Men 15 & Over 100 Breaststroke	
49	Girls 13-14 50 Backstroke	
50	Boys 13-14 50 Backstroke	
51	Women 15 & Over 50 Backstroke	
52	Men 15 & Over 50 Backstroke	
53	Girls 13-14 100 Butterfly	
54	Boys 13-14 100 Butterfly	
55	Women 15 & Over 100 Butterfly	
56	Men 15 & Over 100 Butterfly	
57	Girls 13-14 50 Freestyle	
58	Boys 13-14 50 Freestyle	
59	Women 15 & Over 50 Freestyle	
60	Men 15 & Over 50 Freestyle	
61	Girls 13-14 200 Backstroke	2:46.79
62	Boys 13-14 200 Backstroke	2:36.29
63	Women 15 & Over 200 Backstroke	2:44.09
64	Men 15 & Over 200 Backstroke	2:29.89
65	Women 13 & Over 400 Freestyle Relay	
66	Men 13 & Over 400 Freestyle Relay	



#	Event	Equal/ Faster
Session: 4 Sunday 12 & Under		
67	Girls 11-12 200 Medley Relay	
68	Boys 11-12 200 Medley Relay	
69	Girls 10 & Under 200 Medley Relay	
70	Boys 10 & Under 200 Medley Relay	
71	Girls 11-12 200 IM	3:00.19
72	Boys 11-12 200 IM	2:57.29
73	Girls 10 & Under 50 Freestyle	
74	Boys 10 & Under 50 Freestyle	
75	Girls 11-12 50 Breaststroke	
76	Boys 11-12 50 Breaststroke	
77	Girls 10 & Under 100 Breaststroke	
78	Boys 10 & Under 100 Breaststroke	
79	Girls 12 & Under 200 Butterfly	2:59.99
80	Boys 12 & Under 200 Butterfly	2:53.19
81	Girls 10 & Under 100 IM	
82	Boys 10 & Under 100 IM	
83	Girls 11-12 100 Backstroke	
84	Boys 11-12 100 Backstroke	
85	Girls 10 & Under 50 Backstroke	
86	Boys 10 & Under 50 Backstroke	
87	Girls 11-12 100 Freestyle	
88	Boys 11-12 100 Freestyle	
89	Girls 10 & Under 200 Freestyle	3:18.99
90	Boys 10 & Under 200 Freestyle	3:06.69
91	Girls 11-12 50 Butterfly	
92	Boys 11-12 50 Butterfly	
93	Girls 10 & Under 100 Butterfly	
94	Boys 10 & Under 100 Butterfly	
95	Girls 12 & Under 200 Breaststroke	3:20.89
96	Boys 12 & Under 200 Breaststroke	3:14.09
97	Girls 12 & Under 500 Freestyle	6:38.19
98	Boys 12 & Under 500 Freestyle	6:27.49

#	Event	Equal/ Faster
Session: 5 Sunday Distance		
99	Girls 13-14 500 Freestyle	6:47.79
100	Boys 13-14 500 Freestyle	6:26.59
101	Women 15 & Over 500 Freestyle	6:40.69
102	Men 15 & Over 500 Freestyle	6:12.59

#	Event	Equal/ Faster
Session: 6 Sunday 13 & Over		
103	Women 13 & Over 200 Freestyle Relay	
104	Men 13 & Over 200 Freestyle Relay	
105	Girls 13-14 200 Breaststroke	3:10.89
106	Boys 13-14 200 Breaststroke	2:56.59
107	Women 15 & Over 200 Breaststroke	3:08.19
108	Men 15 & Over 200 Breaststroke	2:48.69
109	Girls 13-14 100 Backstroke	
110	Boys 13-14 100 Backstroke	
111	Women 15 & Over 100 Backstroke	
112	Men 15 & Over 100 Backstroke	
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 13-14 200 IM	2:49.79
118	Boys 13-14 200 IM	2:39.99
119	Women 15 & Over 200 IM	2:48.19
120	Men 15 & Over 200 IM	2:32.69
121	Girls 13-14 100 Freestyle	
122	Boys 13-14 100 Freestyle	
123	Women 15 & Over 100 Freestyle	
124	Men 15 & Over 100 Freestyle	
125	Girls 13-14 50 Breaststroke	
126	Boys 13-14 50 Breaststroke	
127	Women 15 & Over 50 Breaststroke	
128	Men 15 & Over 50 Breaststroke	
129	Girls 13-14 200 Butterfly	2:48.99
130	Boys 13-14 200 Butterfly	2:38.19
131	Women 15 & Over 200 Butterfly	2:46.79
132	Men 15 & Over 200 Butterfly	2:31.39
133	Women 13 & Over 400 Medley Relay	
134	Men 13 & Over 400 Medley Relay	

