

2026 Meet of Xcellence

Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

Meet Sanction Info:	NJ swimming Sanction # – NJS-TF-060526-LCM Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Dates of Meet:	Friday-Sunday, June 5th-7th, 2026		
Facility:	<u>DeNunzio Natatorium, Princeton University</u> <i>(link to facility location & directions, pool certification, and medical information)</i>		
Host Team Contact:	Coach Lucy	609-937-4631	headcoach@swimxcel.org
Meet Director:	Ellen W 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@swimxcel.org joshrosenbluth@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday May 8th, 2026, at 6:00am		
Entry Deadline:	Friday May 29th, 2026, at 6:00pm or when the meet fills		
Swimmers Age:	Swimmer ages for this meet are as of: June 5th, 2026		
Entry Fees:	Individual Entry: \$10.00 400/800/1500 Freestyle: \$12.00	Relay: \$16.00	
	There will be a \$20 per day athlete surcharge.		
Meet Course:	Long Course Meters (LCM). 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, 14 & Under, and 15 & Over events• There are qualifying (greater than) times for this meet for events that are 200 meters and longer. "NT/No Time" entries are not permitted 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 2 Relays	Meet: 9 Individual Events 5 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, and e-mailed to the coaches of participating teams.

Friday		
Session 1	Evening	Open 200 Freestyle Relay, 50s, 800 Freestyle
Saturday		
Session 2	Morning	12 & Under
Session 3	Midday	Open Distance
Session 4	Evening	13 & Over
Sunday		
Session 5	Morning	12 & Under
Session 6	Midday	Open Distance
Session 7	Afternoon	13 & Over

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> • There will be awards for 1st-3rd places in individual 12 & Under events. • There will be awards for the fastest three teams in 12 & Under relay 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.besmartinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> • None
Vendor:	<ul style="list-style-type: none"> • None.
Distance Events:	<ul style="list-style-type: none"> • All distance events will be run slowest to fastest. • Swimmers in these events are responsible to supply their own timer, and counter for the 800 & 1500 Freestyle.
Heat Limited Events:	<ul style="list-style-type: none"> • The 400, 800, and 1500 freestyle events may be limited so that the middle distance sessions each day are no more than two hours, excluding warm-ups, depending on the timeline developed after entries are received. • The 400 freestyle events are limited to 5 heats daily. • The 800 freestyle events are limited to 3 heats daily. • The 1500 freestyle event is limited to 2 heats daily. • Swimmers whose seed times place them below the heat limitation 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.besmartinc.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 Friday Open 50s, 800 Freestyle		
101	Mixed 200 Medley Relay	
103	Women 50 Freestyle	
104	Men 50 Freestyle	
105	Women 50 Breaststroke	
106	Men 50 Breaststroke	
107	Women 50 Backstroke	
108	Men 50 Backstroke	
109	Women 50 Butterfly	
110	Men 50 Butterfly	
111	Women 800 Freestyle	
	14 & Under	11:41.99
	15 & Over	11:28.39
112	Men 800 Freestyle	
	14 & Under	11:13.99
	15 & Over	10:50.09

#	Event	Equal/ Faster
Session: 2 Saturday 12 & Under		
201	Girls 11-12 200 Freestyle Relay	
202	Boys 11-12 200 Freestyle Relay	
203	Girls 10 & Under 200 Freestyle Relay	
204	Boys 10 & Under 200 Freestyle Relay	
205	Girls 12 & Under 200 Backstroke	3:24.49
206	Boys 12 & Under 200 Backstroke	3:19.49
207	Girls 12 & Under 50 Backstroke	
208	Boys 12 & Under 50 Backstroke	
209	Girls 12 & Under 100 Breaststroke	
210	Boys 12 & Under 100 Breaststroke	
211	Girls 12 & Under 200 Butterfly	3:24.89
212	Boys 12 & Under 200 Butterfly	3:20.49
213	Girls 12 & Under 50 Butterfly	
214	Boys 12 & Under 50 Butterfly	
215	Girls 12 & Under 100 Freestyle	
216	Boys 12 & Under 100 Freestyle	
217	Girls 12 & Under 200 IM	
	10 & Under	4:09.39
	11-12	3:26.09
218	Boys 12 & Under 200 IM	
	10 & Under	4:06.19
	11-12	3:23.79

#	Event	Equal/ Faster
Session: 3 Saturday Distance		
302	Men 400 Freestyle	
	14 & Under	5:59.09
	15 & Over	5:33.69
303	Women 1500 Freestyle	
	14 & Under	22:23.09
	15 & Over	22:02.19

#	Event	Equal/ Faster
Session: 4 Saturday 13 & Over		
401	Women 13 & Over 200 Freestyle Relay	
402	Men 13 & Over 200 Freestyle Relay	
403	Women 13 & Over 200 Backstroke	
	13-14	3:12.39
	15 & Over	3:08.39
404	Men 13 & Over 200 Backstroke	
	13-14	3:02.09
	15 & Over	2:53.79
405	Women 13 & Over 50 Backstroke	
406	Men 13 & Over 50 Backstroke	
407	Women 13 & Over 100 Breaststroke	
408	Men 13 & Over 100 Breaststroke	
409	Women 13 & Over 200 Butterfly	
	13-14	3:12.99
	15 & Over	3:07.29
410	Men 13 & Over 200 Butterfly	
	13-14	3:00.89
	15 & Over	2:52.29
411	Women 13 & Over 50 Butterfly	
412	Men 13 & Over 50 Butterfly	
413	Women 13 & Over 100 Freestyle	
414	Men 13 & Over 100 Freestyle	
415	Women 13 & Over 200 IM	
	13-14	3:15.79
	15 & Over	3:11.89
416	Men 13 & Over 200 IM	
	13-14	3:04.59
	15 & Over	2:56.59
417	Women 13 & Over 400 Medley Relay	
418	Men 13 & Over 400 Medley Relay	

#	Event	Equal/ Faster
Session: 5 Sunday 12 & Under		
501	Girls 11-12 200 Medley Relay	
502	Boys 11-12 200 Medley Relay	
503	Girls 10 & Under 200 Medley Relay	
504	Boys 10 & Under 200 Medley Relay	
505	Girls 12 & Under 200 Breaststroke	3:52.59
506	Boys 12 & Under 200 Breaststroke	3:44.69
507	Girls 12 & Under 50 Breaststroke	
508	Boys 12 & Under 50 Breaststroke	
509	Girls 12 & Under 100 Backstroke	
510	Boys 12 & Under 100 Backstroke	
511	Girls 12 & Under 400 IM	6:48.29
512	Boys 12 & Under 400 IM	6:39.19
513	Girls 12 & Under 50 Freestyle	
514	Boys 12 & Under 50 Freestyle	
515	Girls 12 & Under 100 Butterfly	
516	Boys 12 & Under 100 Butterfly	
517	Girls 12 & Under 200 Freestyle	
	10 & Under	3:45.79
	11-12	3:02.29
518	Boys 12 & Under 200 Freestyle	
	10 & Under	3:33.49
	11-12	2:57.49

#	Event	Equal/ Faster
Session: 6 Sunday Distance		
601	Women 400 Freestyle	
	14 & Under	6:06.79
	15 & Over	5:58.49
602	Men 1500 Freestyle	
	14 & Under	21:27.39
	15 & Over	20:33.99

#	Event	Equal/ Faster
Session: 7 Sunday 13 & Over		
701	Women 13 & Over 200 Medley Relay	
702	Men 13 & Over 200 Medley Relay	
703	Women 13 & Over 200 Breaststroke	
	13-14	3:39.69
	15 & Over	3:35.89
704	Men 13 & Over 200 Breaststroke	
	13-14	3:25.49
	15 & Over	3:15.39
705	Women 13 & Over 50 Breaststroke	
706	Men 13 & Over 50 Breaststroke	
707	Women 13 & Over 100 Backstroke	
708	Men 13 & Over 100 Backstroke	
709	Women 13 & Over 400 IM	
	13-14	6:25.89
	15 & Over	6:18.79
710	Men 13 & Over 400 IM	
	13-14	6:04.69
	15 & Over	5:47.29
711	Women 13 & Over 50 Freestyle	
712	Men 13 & Over 50 Freestyle	
713	Women 13 & Over 100 Butterfly	
714	Men 13 & Over 100 Butterfly	
715	Women 13 & Over 200 Freestyle	
	13-14	2:54.29
	15 & Over	2:50.49
716	Men 13 & Over 200 Freestyle	
	13-14	2:44.09
	15 & Over	2:37.99
717	Women 13 & Over 400 Freestyle Relay	
718	Men 13 & Over 400 Freestyle Relay	

NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	<ul style="list-style-type: none"> ● If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. ● If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Spectator Considerations:	<ul style="list-style-type: none"> ● As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators.
Entry Info:	<ul style="list-style-type: none"> ● There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. ● All entries will be accepted on a first come basis. ● Team entries will be considered accepted when the host club accepts the entries. ● Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. ● Special Notice: Meet entry fees must be received no later than the first session of the meet where the team competes. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
Entry Times:	<ul style="list-style-type: none"> ● New Jersey Swimming follows the practice of not entering a meet with 'NT' or 'No Time'. Unless otherwise stated in the meet announcement, "NT's" will not be accepted. ● Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.
Over Entry Policy:	<ul style="list-style-type: none"> ● Swimmers entered in more events than permitted per day or for the duration of the meet, as stated in the meet announcement, will be required to scratch down to the allowable limit. Scratches may be submitted by the athlete or their coach and must be done before the start of the session.
Swimmer Eligibility:	<ul style="list-style-type: none"> ● 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. All Unattached swimmers must be listed on the team's official waiver entry form. ● All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Check-In:	<ul style="list-style-type: none"> ● All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with "SCR" next to the circle. ● Failure to follow this procedure may result in the swimmer(s) being scratched from the session.
Adaptive Provisions:	<p>USA Swimming 2026 Technical Rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> ● The host club will help provide timers for the meet. ● The host club will e-mail entry verification back to the participating clubs. ● The host club will create a warm-up schedule that will be fair and equal to all teams. ● The host club will create timing assignments that are fair and equitable with as many teams participating as possible. ● Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.

Participating Club Responsibilities:	<ul style="list-style-type: none"> ● Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet. ● Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. ● Participating clubs should help with officiating whenever possible.
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> ● This meet is conducted according to current USA Swimming 2026 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2026 MAAPP). ● Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. ● As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. ● All coaches “on the deck” must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership credential or Coaches Pass available thru the USA swimming Deck Pass App. ● Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. ● All Coaches must have some form of USA coaching credential verification with them at all times.
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> ● This meet is conducted according to current USA Swimming 2026 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2026 MAAPP). ● Make sure all interactions with athletes are observable and interruptible. ● Current USA Swimming and LSC Swimming certification is required for all officials and the Meet Referee will check your credentials. ● Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. ● All officials must wear the standard white and blue uniform. ● Officials will be required to work the entire session to receive credit for the session in OTS.
Meet Format Waiver:	<ul style="list-style-type: none"> ● This meet will be run in accordance to current USA Swimming 2026 Technical Rules. ● The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> ● To allow more swimmers to swim. ● To conform to facility capacity limits or for facility safety concerns. ● To condense the meet into smaller time frame. ● Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.
Warm-up Procedures:	<ul style="list-style-type: none"> ● Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. ● Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. ● All swimmers must enter the pool feet first from the starting end of the pool. ● New Jersey Swimming officials and Safety Marshals will monitor warm-ups. ● All general warm-up lanes will swim in a counterclockwise direction.
Results:	<ul style="list-style-type: none"> ● Meet result files for TM will be emailed to all participating teams. ● Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org

USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or behind the starting blocks.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Minor Athlete Abuse Prevention Policy (2026 MAAPP)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("2026 MAAPP"), and that they understand that compliance with the 2026 MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming 2026 Technical Rules.</p> <ul style="list-style-type: none"> ● Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. ● Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body. <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>