2026 Fall Festival of X-Cellence

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-102326-SCY** **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.		
Date of Meet:	**Friday October 23rd-Sunday October 25th, 2026**		
Link to Facility Info:	**DeNunzio Natatorium, Princeton University** *(link to facility location & directions, pool certification, & medical information)*		
Host Team Contact:	Coach Lucy	609-937-4631	headcoach@swimxcel.org
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Gary Thayer		gght466@gmail.com
Admin Officials:	Ellen & Jason Mace		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:	**Wednesday September 23rd, 2026 at 6:00am**		
Entry Deadline:	**Friday October 16th, 2026 at 6:00pm** or when the meet fills.		
Swimmers Age:	**Swimmer ages for this meet are as of: October 23rd, 2026**		
Entry Fees:	Individual Entry: $12.00 400 IM/500 Freestyle: $15.00 1650 Freestyle: $20.00	Relay: $15.00	
	There will be a $15 per day athlete surcharge.		
Meet Course:	Short Course Yards (SCY). Converted times will be accepted.		
Meet Format	• This meet will be run as a timed final meet. • There will be 10 & Under, 11-12, 12 & Under, 13-14, 11 & Over, 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: **4** Individual events Friday **3** Individual events Saturday & Sunday **1** Relay	Meet: **10** 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		
No Show Policy	No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.		

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.

Friday		
Session 1	Evening	50s & 1650 Freestyle
Saturday		
Session 2	Morning	12 & Under
Session 3	Midday	Distance
Session 4	Afternoon	13 & Over
Sunday		
Session 5	Morning	12 & Under
Session 6	Midday	Distance
Session 7	Afternoon	13 & Over

Scoring:	Team Scoring will not be kept.
Awards:	• There will be awards for the fastest three swimmers in 12 & Under individual events • There will be no awards for the 50s on Friday..
Starts:	"Fly-over/Over-the-top" starts will be used during this meet.
Admissions and Programs:	• 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:	• None
Vendor:	• Metro Swim Shop will be in attendance.
Distance Events:	• All events will be swum slowest to fastest. • All 500- & 1650-yard freestyle swimmers are responsible to provide a person to count.
Heat Limited Events:	• 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 Friday 50s & 1650 Freestyle		
101	Women 50 Freestyle	
102	Men 50 Freestyle	
103	Women 50 Breaststroke	
104	Men 50 Breaststroke	
105	Women 50 Backstroke	
106	Men 50 Backstroke	
107	Women 50 Butterfly	
108	Men 50 Butterfly	
109	Women 11 & Over 1650 Freestyle	
	11-12	23:19.69
	13-14	22:01.19
	15 & Over	21:36.19
110	Men 11 & Over 1650 Freestyle	
	11-12	22:42.89
	13-14	20:46.19
	15 & Over	19:54.69

#	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 11-12 200 Freestyle	2:40.39
206	Boys 11-12 200 Freestyle	2:34.59
207	Girls 10 & Under 200 IM	3:38.49
208	Boys 10 & Under 200 IM	3:35.49
209	Girls 11-12 50 Backstroke	
210	Boys 11-12 50 Backstroke	
211	Girls 10 & Under 100 Backstroke	
212	Boys 10 & Under 100 Backstroke	
213	Girls 11-12 100 Breaststroke	
214	Boys 11-12 100 Breaststroke	
215	Girls 10 & Under 50 Breaststroke	
216	Boys 10 & Under 50 Breaststroke	
217	Girls 11-12 100 Butterfly	
218	Boys 11-12 100 Butterfly	
219	Girls 10 & Under 50 Butterfly	
220	Boys 10 & Under 50 Butterfly	
221	Girls 11-12 50 Freestyle	
222	Boys 11-12 50 Freestyle	
223	Girls 10 & Under 100 Freestyle	
224	Boys 10 & Under 100 Freestyle	
225	Girls 11-12 100 IM	
226	Boys 11-12 100 IM	
227	Girls 12 & Under 200 Backstroke	2:56.59
228	Boys 12 & Under 200 Backstroke	2:51.99
229	Girls 12 & Under 400 IM	5:56.79
230	Boys 12 & Under 400 IM	5:46.39

#	Event	Equal/ Faster
Session: 3 Saturday Distance		
231	Girls 13-14 400 IM	6:03.59
232	Boys 13-14 400 IM	5:41.49
233	Women 15 & Over 400 IM	5:57.59
234	Men 15 & Over 400 IM	5:29.09

#	Event	Equal/ Faster
Session: 4 Saturday 13 & Over		
235	Women 13 & Over 200 Medley Relay	
236	Men 13 & Over 200 Medley Relay	
237	Girls 13-14 100 IM	
238	Boys 13-14 100 IM	
239	Women 15 & Over 100 IM	
240	Men 15 & Over 100 IM	
241	Girls 13-14 200 Freestyle	2:32.09
242	Boys 13-14 200 Freestyle	2:22.99
243	Women 15 & Over 200 Freestyle	2:29.89
244	Men 15 & Over 200 Freestyle	2:17.29
245	Girls 13-14 100 Breaststroke	
246	Boys 13-14 100 Breaststroke	
247	Women 15 & Over 100 Breaststroke	
248	Men 15 & Over 100 Breaststroke	
249	Girls 13-14 50 Backstroke	
250	Boys 13-14 50 Backstroke	
251	Women 15 & Over 50 Backstroke	
252	Men 15 & Over 50 Backstroke	
253	Girls 13-14 100 Butterfly	
254	Boys 13-14 100 Butterfly	
255	Women 15 & Over 100 Butterfly	
256	Men 15 & Over 100 Butterfly	
257	Girls 13-14 50 Freestyle	
258	Boys 13-14 50 Freestyle	
259	Women 15 & Over 50 Freestyle	
260	Men 15 & Over 50 Freestyle	
261	Girls 13-14 200 Backstroke	2:46.79
262	Boys 13-14 200 Backstroke	2:36.29
263	Women 15 & Over 200 Backstroke	2:44.09
264	Men 15 & Over 200 Backstroke	2:29.89
265	Women 13 & Over 400 Freestyle Relay	
266	Men 13 & Over 400 Freestyle Relay	

#	Event	Equal/ Faster
Session: 5 Sunday 12 & Under		
301	Girls 11-12 200 Medley Relay	
302	Boys 11-12 200 Medley Relay	
303	Girls 10 & Under 200 Medley Relay	
304	Boys 10 & Under 200 Medley Relay	
305	Girls 11-12 200 IM	3:00.19
306	Boys 11-12 200 IM	2:57.29
307	Girls 10 & Under 50 Freestyle	
308	Boys 10 & Under 50 Freestyle	
309	Girls 11-12 50 Breaststroke	
310	Boys 11-12 50 Breaststroke	
311	Girls 10 & Under 100 Breaststroke	
312	Boys 10 & Under 100 Breaststroke	
313	Girls 12 & Under 200 Butterfly	2:59.99
314	Boys 12 & Under 200 Butterfly	2:53.19
315	Girls 10 & Under 100 IM	
316	Boys 10 & Under 100 IM	
317	Girls 11-12 100 Backstroke	
318	Boys 11-12 100 Backstroke	
319	Girls 10 & Under 50 Backstroke	
320	Boys 10 & Under 50 Backstroke	
321	Girls 11-12 100 Freestyle	
322	Boys 11-12 100 Freestyle	
323	Girls 10 & Under 200 Freestyle	3:18.99
324	Boys 10 & Under 200 Freestyle	3:06.69
325	Girls 11-12 50 Butterfly	
326	Boys 11-12 50 Butterfly	
327	Girls 10 & Under 100 Butterfly	
328	Boys 10 & Under 100 Butterfly	
329	Girls 12 & Under 200 Breaststroke	3:20.89
330	Boys 12 & Under 200 Breaststroke	3:14.09
331	Girls 12 & Under 500 Freestyle	6:38.19
332	Boys 12 & Under 500 Freestyle	6:27.49

#	Event	Equal/ Faster
Session: 6 Sunday Distance		
333	Girls 13-14 500 Freestyle	6:47.79
334	Boys 13-14 500 Freestyle	6:26.59
335	Women 15 & Over 500 Freestyle	6:40.69
336	Men 15 & Over 500 Freestyle	6:12.59

#	Event	Equal/ Faster
Session: 7 Sunday 13 & Over		
337	Women 13 & Over 200 Freestyle Relay	
338	Men 13 & Over 200 Freestyle Relay	
339	Girls 13-14 200 Breaststroke	3:10.89
340	Boys 13-14 200 Breaststroke	2:56.59
341	Women 15 & Over 200 Breaststroke	3:08.19
342	Men 15 & Over 200 Breaststroke	2:48.69
343	Girls 13-14 100 Backstroke	
344	Boys 13-14 100 Backstroke	
345	Women 15 & Over 100 Backstroke	
346	Men 15 & Over 100 Backstroke	
347	Girls 13-14 50 Butterfly	
348	Boys 13-14 50 Butterfly	
349	Women 15 & Over 50 Butterfly	
350	Men 15 & Over 50 Butterfly	
351	Girls 13-14 200 IM	2:49.79
352	Boys 13-14 200 IM	2:39.99
353	Women 15 & Over 200 IM	2:48.19
354	Men 15 & Over 200 IM	2:32.69
355	Girls 13-14 100 Freestyle	
356	Boys 13-14 100 Freestyle	
357	Women 15 & Over 100 Freestyle	
358	Men 15 & Over 100 Freestyle	
359	Girls 13-14 50 Breaststroke	
360	Boys 13-14 50 Breaststroke	
361	Women 15 & Over 50 Breaststroke	
362	Men 15 & Over 50 Breaststroke	
363	Girls 13-14 200 Butterfly	2:48.99
364	Boys 13-14 200 Butterfly	2:38.19
365	Women 15 & Over 200 Butterfly	2:46.79
366	Men 15 & Over 200 Butterfly	2:31.39
367	Women 13 & Over 400 Medley Relay	
368	Men 13 & Over 400 Medley Relay	

NJS Information and Policies for USA Sanctioned Meets	
Locker Rooms:	• **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:	• **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:	• 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:	• 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:	• 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:	• 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:	• 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:	• 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).

Host Club Responsibilities:	• 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:	• 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:	• 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 needing, 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:	• 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:	• 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: • 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:	• 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:	• 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, rest rooms, 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:	• Swimwear must conform to USA Swimming 2026 Technical Rules. • 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. • 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.