

2026 STAC IM Tough

Hosted by Streamline Aquatics Club
at the Raritan Valley Community College
Held under the sanction of USA Swimming

Meet Sanction Info	NJ Swimming Sanction – NJS-TF-012426-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:	Saturday-Sunday January 24th-25th, 2026		
Facility:	<u>Raritan Valley Community College</u> <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 bgs swim@me.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Monday December 15th, 2025, at 6:00am		
Entry Deadline:	Friday January 16th, 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.		
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. 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.besmarttinc.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.besmarttinc.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	
Saturday:		
29	Girls 12 & Under 400 IM	6:24.19
30	Boys 12 & Under 400 IM	6:13.09
Sunday:		
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

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 2025 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 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 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 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 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 2025 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, 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 (2025 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 ("2025 MAAPP"), and that they understand that compliance with the 2025 MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming 2025 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>