

2025 NJS Long Course 12 & Under Silver-Bronze Championships

Hosted by Hamilton YMCA Aquatic Club
at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction – NJS-TF-071225RS-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:	Saturday-Sunday July 12th-13th, 2025		
Location:	<u>DeNunzio Natatorium, Princeton University</u> <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Sue Welsh		swelshhacy@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Ronnie & Steve Sawins (Saturday)		spsawin@aol.com ronisawin2@aol.com janice.rein@rutgers.edu
	Janice Rein (Sunday)		
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Sandra Franc Webster Bozzo		francswiss@comcast.net bozzow@rider.edu
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday, June 20th, 2025. Note that teams will not be closed out of this championship meet provided entries are received by the deadline.		
Entry Deadline:	Tuesday, July 1st, 2025, at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: July 12th, 2025		
Entry Fees:	Individual Entry: \$15.00 Relay Entry: \$25.00 There will be an athlete surcharge of \$15 per day		
Meet Course:	Long Course Meters (LCM). Converted times will be accepted.		
Meet Format:	- This meet will be run as timed final meet. - There will be 10 & Under, and 11-12 events. There are minimum ("faster than") and maximum ("no faster than") time standards for this meet. As this is a New Jersey Swimming championship meet, proof of time is required for all individual entries. (See NJ Swimming Championships additional considerations section for details). - This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own.		
Entry Limits:	Daily: 4 Individual Events 1 Relay Event	Meet: 8 Individual Events 2 Relay Events	
Checks Payable To:	Hamilton Aquatic 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, the meet website, and e-
mailed to the coaches of participating teams.***

Saturday		
Session 1	Morning	Group A, Event List 1
Session 2	Midday	800 Freestyle <i>(both groups)</i>
Session 3	Afternoon	Group B, Event List 1
Sunday		
Session 4	Morning	Group A, Event List 2
Session 5	Midday	1500 Freestyle <i>(both groups)</i>
Session 6	Afternoon	Group B, Event List 2

Scoring:	Team scoring will not be kept.
Awards:	- Medals will be awarded to the fastest three swimmers, and ribbons awarded to swimmers placing 4th-8th in individual events. - Medals will be awarded to the fastest three relay teams in relay events. Awards will be determined once all groups have swum, and will be prepared for distribution at the Gold Meet at Rutgers.
Starts:	'Fly-over/Over-the-top' starts may be used during this meet.
Programs:	Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Admission:	Spectators will be allowed into the natatorium subject to capacity constraints.
Concessions:	None.
Vendor:	A swim vendor will be in attendance.
Distance Events:	- Swimmers in the 800 & 1500 freestyle are responsible to provide their own time and a person to count. - Events will swim slow to fast, alternating genders.
Heat-Limited Events:	There are no "faster than" cuts for events 100 meters and shorter. However if the meet is overcrowded or runs for an excessive amount of time, the meet host retains the right to limit heats in these events. Swimmers with the silver qualification time in a heat-limited event are not subject to the limits.
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.

Special Considerations for NJ Swimming Championships

Entry Times:	- New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. - All entry times must be in long course meters. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming. All entry times must be proved upon meet entry. See "Proof of Times Reporting" below. All entry times must be achieved during the meet qualifying period of April 1st, 2024 through the entry date of the meet.
Proof of Time Reporting:	- All entry times must be proved upon meet entry. This may be done via the "Include proof of time" option when generating the meet entry report. - Where the TM proof of time option is not available, separate report(s), detailing where times were achieved must be sent with the entry e-mail. Mailed paper reports are not acceptable. References to published times in SWIMS and Swimcloud.com are acceptable.
Relays	Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2024 may swim on relays. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines. (See NJS Policy & Procedures Manual for explanation) - If a swimmer achieves a gold time in an event during the meet they are still eligible to swim that stroke in a leg of the relay - All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming - The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy & Procedures Manual)
Swimmer Championship Eligibility:	- No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. Swimmers may not compete in any event in which they have received a New Jersey Swimming Gold Time since January 1st, 2023. If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s). Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event. - 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.
State Championships Restriction:	Swimmers may not compete in a given event at both the LC Silver Championship meet and the LC Gold Championship meet, unless they achieve the LC Gold qualifying time in that event at the Silver meet, or at another Sanctioned or Approved meet attended in between the Silver meet and Gold meet.

Groups

In order to balance sessions, teams may be moved from one group to the other once entries have been received.

Group	Teams
A	ACE, APEX, BAC, CBGC, DESC, EEX, GMY, GMNY, HACY, JAC, MAY, MB, MDY, MEY, NJB, NJRC, OTT, PAA, PRIN, PPST, PTAC, RSA, SAY, SCY, SHY, STAC, STAR, TWST, WFY, WWAT, WY
B	BB, BGH, BWTD, CAT, CJAC, EGBC, EAG, FSPY, HACY, HCY, HGH, JFAC, JG, LHY, LIFE, MYM, NJSD, OCY, RBY, RVYM, RY, SCAR, TAC, WAVE, WEY, WMY, WW, XCEL

Event List

Group A Event #	Group B Event #	Event	Equal/ Slower	Equal/ Faster
List 1 - Saturday				
1	33	Girls 10 & Under 200 Medley Relay	**Gold	
2	34	Boys 10 & Under 200 Medley Relay	**Gold	
3	35	Girls 11-12 200 Medley Relay	**Gold	
4	36	Boys 11-12 200 Medley Relay	**Gold	
5	37	Girls 10 & Under 400 Freestyle	6:05.40	7:36.79
6	38	Boys 10 & Under 400 Freestyle	5:59.50	7:29.29
7	39	Girls 11-12 400 Freestyle	5:29.10	5:56.49
8	40	Boys 11-12 400 Freestyle	5:21.90	6:15.49
9	41	Girls 10 & Under 100 Backstroke	1:39.50	
10	42	Boys 10 & Under 100 Backstroke	1:38.40	
11	43	Girls 11-12 100 Backstroke	1:23.80	
12	44	Boys 11-12 100 Backstroke	1:24.00	
13	45	Girls 10 & Under 50 Breaststroke	54.00	
14	46	Boys 10 & Under 50 Breaststroke	53.30	
15	47	Girls 11-12 200 Breaststroke	3:19.40	3:35.99
16	48	Boys 11-12 200 Breaststroke	3:12.60	3:44.69
17	49	Girls 10 & Under 100 Butterfly	1:53.00	
18	50	Boys 10 & Under 100 Butterfly	1:50.80	
19	51	Girls 11-12 100 Butterfly	1:28.40	
20	52	Boys 11-12 100 Butterfly	1:26.30	
21	53	Girls 10 & Under 50 Freestyle	39.60	
22	54	Boys 10 & Under 50 Freestyle	38.60	
23	55	Girls 11-12 50 Freestyle	33.00	
24	56	Boys 11-12 50 Freestyle	32.80	
25	57	Girls 10 & Under 200 IM	3:17.10	4:09.39
26	58	Boys 10 & Under 200 IM	3:15.40	4:06.19
27	59	Girls 11-12 200 IM	2:55.30	3:11.39
28	60	Boys 11-12 200 IM	2:53.20	3:10.99
29	61	Girls 11-12 50 Breaststroke	45.60	
30	62	Boys 11-12 50 Breaststroke	45.20	

Event #	Event	Equal/ Slower	Equal/ Faster
Session: 2 Saturday Distance			
31	Girls 11-12 800 Freestyle	11:29.30	12:26.69
32	Boys 11-12 800 Freestyle	11:18.60	12:15.19

**** Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2024 may swim on relays.**

Event List...continued

Group A Event #	Group B Event #	Event	Equal/ Slower	Equal/ Faster
List 2 – Sunday				
63	95	Girls 10 & Under 200 Freestyle Relay	**Gold	
64	96	Boys 10 & Under 200 Freestyle Relay	**Gold	
65	97	Girls 11-12 200 Freestyle Relay	**Gold	
66	98	Boys 11-12 200 Freestyle Relay	**Gold	
67	99	Girls 10 & Under 200 Freestyle	2:56.30	3:30.29
68	100	Boys 10 & Under 200 Freestyle	2:50.80	3:31.29
69	101	Girls 11-12 200 Freestyle	2:34.90	2:47.19
70	102	Boys 11-12 200 Freestyle	2:32.20	2:49.99
71	103	Girls 10 & Under 50 Backstroke	47.20	
72	104	Boys 10 & Under 50 Backstroke	46.20	
73	105	Girls 11-12 200 Backstroke	2:55.30	3:09.89
74	106	Boys 11-12 200 Backstroke	2:51.00	3:19.49
75	107	Girls 10 & Under 100 Breaststroke	1:55.80	
76	108	Boys 10 & Under 100 Breaststroke	1:56.00	
77	109	Girls 11-12 100 Breaststroke	1:37.00	
78	110	Boys 11-12 100 Breaststroke	1:37.80	
79	111	Girls 10 & Under 50 Butterfly	47.10	
80	112	Boys 10 & Under 50 Butterfly	46.00	
81	113	Girls 11-12 200 Butterfly	2:55.60	3:26.09
82	114	Boys 11-12 200 Butterfly	2:51.90	3:20.49
83	115	Girls 11-12 50 Backstroke	39.70	
84	116	Boys 11-12 50 Backstroke	39.70	
85	117	Girls 10 & Under 100 Freestyle	1:27.10	
86	118	Boys 10 & Under 100 Freestyle	1:26.10	
87	119	Girls 11-12 100 Freestyle	1:11.90	
88	120	Boys 11-12 100 Freestyle	1:12.00	
89	121	Girls 11-12 50 Butterfly	37.40	
90	122	Boys 11-12 50 Butterfly	37.80	
91	123	Girls 11-12 400 IM	6:16.90	7:16.69
92	124	Boys 11-12 400 IM	6:08.50	7:09.89

Event #	Event	Equal/ Slower	Equal/ Faster
Session: 5 Sunday Distance			
93	Girls 11-12 1500 Freestyle	22:05.00	23:55.39
94	Boys 11-12 1500 Freestyle	21:37.40	23:25.49

**** Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2024 may swim on relays.**

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: Entry forms, verification forms, waiver release, and 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 does not allow 'NT' or 'No Time' to be used as an entry time. • 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.
Relays:	• Relay scratches should be turned in at the required time noted by the meet director. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.
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 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 Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • 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:	• This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS 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 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 (MAAPP 2.0)	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 ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	Swimwear must conform to USA Swimming 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.