

2026 STAC Thank You Mom

Hosted by Streamline Aquatics Club
at the Werblin Recreation Center, Rutgers University

Held under the sanction of USA Swimming

Meet Sanction Info	NJ Swimming Sanction – NJS-TF-050226-LCM-A 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 May 2nd-3rd, 2026		
Facility:	<u>Sonny Werblin Recreation Center, Rutgers University</u> <i>(link to facility location & directions, pool 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:	John Lister	609-558-0988	besmarttinc@gmail.com
Safety Marshalls:	Clare Zeszotarski Brian Greene		administrator@njstac.org bgswwim@me.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday April 10th, 2026, at 6:00am		
Entry Deadline:	Friday April 24th, 2026, at 6:00pm , or when the meet fills.		
Swimmer Age	Swimmer age for this meet is as of: Saturday May 2 nd , 2026		
Entry Fees:	Individual Entry:	\$12.00	
	Relay Entry:	\$16.00	
	There will be a \$15 per day athlete surcharge.		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • This meet will have 12 & Under, and 13 & Over events. • Teams will be responsible for marshaling their own swimmers. • There are no time standards. • The Sunday events are the same as Saturday, except for the relays. Swimmers may not enter the same individual event on 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 1 Relay Event	Meet: 8 Individual Events 2 Relay Event	
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, published on the meet website, New Jersey Swimming website, and e-mailed to the coaches of participating teams.***

Saturday		
Session 1	Midday	12 & Under
Session 2	Late Afternoon	13 & Over
Sunday		
Session 3	Midday	12 & Under
Session 4	Late Afternoon	13 & Over

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Ribbons will be awarded to the fastest eight swimmers in each age group in each event. Ribbons will be awarded to the fastest three relay teams in relay events. Heat winners will receive a prize.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Tickets will go on sale the Tuesday before the meet. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets. All volunteer timers will be required to purchase tickets. Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of packaged concessions.
Vendor:	<ul style="list-style-type: none"> None.
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
Session: 1 Saturday 12 & Under	
1	Girls 12 & Under 200 Freestyle Relay
2	Boys 12 & Under 200 Freestyle Relay
3	Girls 12 & Under 200 Freestyle
4	Boys 12 & Under 200 Freestyle
5	Girls 12 & Under 100 Breaststroke
6	Boys 12 & Under 100 Breaststroke
7	Girls 12 & Under 50 Backstroke
8	Boys 12 & Under 50 Backstroke
9	Girls 12 & Under 100 Butterfly
10	Boys 12 & Under 100 Butterfly
11	Girls 12 & Under 50 Freestyle
12	Boys 12 & Under 50 Freestyle
13	Girls 12 & Under 100 Backstroke
14	Boys 12 & Under 100 Backstroke
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 50 Butterfly
20	Boys 12 & Under 50 Butterfly
21	Girls 12 & Under 200 IM
22	Boys 12 & Under 200 IM

#	Event
Session: 2 Saturday 13 & Over	
23	Women 13 & Over 200 Freestyle Relay
24	Men 13 & Over 200 Freestyle Relay
25	Women 13 & Over 200 Freestyle
26	Men 13 & Over 200 Freestyle
27	Women 13 & Over 100 Butterfly
28	Men 13 & Over 100 Butterfly
29	Women 13 & Over 50 Backstroke
30	Men 13 & Over 50 Backstroke
31	Women 13 & Over 200 Breaststroke
32	Men 13 & Over 200 Breaststroke
33	Women 13 & Over 100 Backstroke
34	Men 13 & Over 100 Backstroke
35	Women 13 & Over 50 Freestyle
36	Men 13 & Over 50 Freestyle
37	Women 13 & Over 200 Butterfly
38	Men 13 & Over 200 Butterfly
39	Women 13 & Over 100 Breaststroke
40	Men 13 & Over 100 Breaststroke
41	Women 13 & Over 200 IM
42	Men 13 & Over 200 IM
43	Women 13 & Over 50 Butterfly
44	Men 13 & Over 50 Butterfly
45	Women 13 & Over 200 Backstroke
46	Men 13 & Over 200 Backstroke
47	Women 13 & Over 100 Freestyle
48	Men 13 & Over 100 Freestyle
49	Women 13 & Over 50 Breaststroke
50	Men 13 & Over 50 Breaststroke

#	Event
Session: 3 Sunday 12 & Under	
101	Girls 12 & Under 200 Medley Relay
102	Boys 12 & Under 200 Medley Relay
103	Girls 12 & Under 200 Freestyle
104	Boys 12 & Under 200 Freestyle
105	Girls 12 & Under 100 Breaststroke
106	Boys 12 & Under 100 Breaststroke
107	Girls 12 & Under 50 Backstroke
108	Boys 12 & Under 50 Backstroke
109	Girls 12 & Under 100 Butterfly
110	Boys 12 & Under 100 Butterfly
111	Girls 12 & Under 50 Freestyle
112	Boys 12 & Under 50 Freestyle
113	Girls 12 & Under 100 Backstroke
114	Boys 12 & Under 100 Backstroke
115	Girls 12 & Under 50 Breaststroke
116	Boys 12 & Under 50 Breaststroke
117	Girls 12 & Under 100 Freestyle
118	Boys 12 & Under 100 Freestyle
119	Girls 12 & Under 50 Butterfly
120	Boys 12 & Under 50 Butterfly
121	Girls 12 & Under 200 IM
122	Boys 12 & Under 200 IM

#	Event
Session: 4 Sunday 13 & Over	
123	Women 13 & Over 200 Medley Relay
124	Men 13 & Over 200 Medley Relay
125	Women 13 & Over 200 Freestyle
126	Men 13 & Over 200 Freestyle
127	Women 13 & Over 100 Butterfly
128	Men 13 & Over 100 Butterfly
129	Women 13 & Over 50 Backstroke
130	Men 13 & Over 50 Backstroke
131	Women 13 & Over 200 Breaststroke
132	Men 13 & Over 200 Breaststroke
133	Women 13 & Over 100 Backstroke
134	Men 13 & Over 100 Backstroke
135	Women 13 & Over 50 Freestyle
136	Men 13 & Over 50 Freestyle
137	Women 13 & Over 200 Butterfly
138	Men 13 & Over 200 Butterfly
139	Women 13 & Over 100 Breaststroke
140	Men 13 & Over 100 Breaststroke
141	Women 13 & Over 200 IM
142	Men 13 & Over 200 IM
143	Women 13 & Over 50 Butterfly
144	Men 13 & Over 50 Butterfly
145	Women 13 & Over 200 Backstroke
146	Men 13 & Over 200 Backstroke
147	Women 13 & Over 100 Freestyle
148	Men 13 & Over 100 Freestyle
149	Women 13 & Over 50 Breaststroke
150	Men 13 & Over 50 Breaststroke

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, 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:	<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>