

2025 NJS Long Course 13 & Over Silver-Bronze Championships

Hosted by Bergen Barracuda Swim Team
at Sonny Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction # – NJS-TF-071125RS-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 July 11th-13th, 2025		
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Nicole Cicalo-DeCaro		nicole@bbswim.org
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Raymond Wong		officials@bbswim.org
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Phil Umbrino Olivia Schlackman		phil@bbswim.org olivia@bbswim.org
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Friday June 20th, 2025. <i>(Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)</i>		
Entry Deadline:	Tuesday July 1st, 2025, at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: July 11th, 2025		
Entry Fees:	Individual Entry: \$15.00		Relay Event 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 finals. - There will be 13-14, and 15 & Over events. - Swimmers 20 years and older will be entered exhibition and will not receive awards. 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 will be required for all individual entries. (See <i>NJ Swimming Championships additional considerations</i> 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 2 Relay Events	Meet:	8 Individual Events 4 Relay Events
Checks Payable To:	Bergen Barracuda Swim Team		
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, and e-mailed to the coaches of participating teams.

Friday		
Session 1	Morning	Group A, Event List 1
Session 2	Midday	Group A 800 Freestyle, Group B 1500 Freestyle
Session 3	Afternoon	Group B, Event List 1
Saturday		
Session 4	Morning	Group C, Event List 1
Session 5	Midday	Group C 800 Freestyle, Group A 1500 Freestyle
Session 6	Afternoon	Group A, Event List 2
Sunday		
Session 7	Morning	Group C, Event List 2
Session 8	Midday	Group C 1500 Freestyle, Group B 800 Freestyle
Session 9	Afternoon	Group B, Event List 2

Scoring:	Team scoring will not be kept.
Awards:	- Medals will be awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. - Medals will be awarded to 1st through 3rd place in each relay event. - Swimmers 20 years and older, and relay teams with swimmers 20 years and older will not receive awards. 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 will be used during this meet.
Admissions:	- 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. - Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	Rutgers will be selling a limited number of packaged concessions.
Vendor:	Metro Swim Shop will be in attendance.
Disatance Events:	- Swimmers in the 800 & 1500 freestyle events are responsible to supply their own timer and person to count. - Distance events will be seeded fast to slow alternating genders. Slower heats may be combined without an empty lane between genders.
50-Stroke Events	- There are no time standards for the 50 Backstroke, Breaststroke, and Butterfly events. Swimmers may enter these events provided that they are entered in an event longer than 50 meters that session. - Swimmers who do not have a provable time for the 50 stroke, may use half their 100 time for that stroke
Heat-limited Events:	The meet host retains the right to limit heats in 50- and 100-meter events to ensure that sessions are not overcrowded or run for an excessive amount of time. Swimmers with a Silver qualification time in a heat-limited event will be excluded from any heat 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. Where a relay leg distance is not normally contested for 13 & Over swimmers (ie 50 backstroke, breaststroke, butterfly), the athlete swimming that stroke may not have a Gold time in the 100 of that stroke. 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 in that 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 April 1st, 2024. 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 a Silver Championship meet and the SC Gold meet, unless they achieve the SC 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, BB, CBGC, DESC, EEX, GMY, JAC, MAY, MEY, NJB, OTT, PAA, PRIN, PPST, PTAC, RSA, SAY, SCY, SHY, STAC, STAR, TWST, WWAT
B	BB, BGH, CAT, CJAC, EBGC, FSPY, HGH, JFAC, JG, LHY, LIFE, MYM, NJSD, OCY, RBY, RY, SVY, TAC, WMY, WW
C	BB, BWTD, EAG, GMNY, GSCY, HACY, HCY, MB, MDY, NJRC, RVYM, SCAR, WAVE, WEY, WFY, WY, XCEL

Event List

List 1					
Group A	Group B	Group C	Event	Equal/ Slower	Equal/ Faster
1	37	69	Girls 13-14 200 Medley Relay	**Gold	
2	38	70	Boys 13-14 200 Medley Relay	**Gold	
3	39	71	Women 15 & Over 200 Medley Relay	**Gold	
4	40	72	Men 15 & Over 200 Medley Relay	**Gold	
5	41	73	Girls 13-14 400 Freestyle	5:01.30	5:25.29
6	42	74	Boys 13-14 400 Freestyle	4:46.70	5:09.99
7	43	75	Women 15 & Over 400 Freestyle	4:54.50	5:19.99
8	44	76	Men 15 & Over 400 Freestyle	4:27.70	4:43.79
9	45	77	Girls 13-14 50 Breaststroke		
10	46	78	Boys 13-14 50 Breaststroke		
11	47	79	Women 15 & Over 50 Breaststroke		
12	48	80	Men 15 & Over 50 Breaststroke		
13	49	81	Girls 13-14 100 Backstroke	1:16.30	
14	50	82	Boys 13-14 100 Backstroke	1:12.20	
15	51	83	Women 15 & Over 100 Backstroke	1:13.10	
16	52	84	Men 15 & Over 100 Backstroke	1:06.40	
17	53	85	Girls 13-14 200 Breaststroke	3:00.50	3:18.09
18	54	86	Boys 13-14 200 Breaststroke	2:48.80	3:10.79
19	55	87	Women 15 & Over 200 Breaststroke	2:57.40	3:20.49
20	56	88	Men 15 & Over 200 Breaststroke	2:40.50	2:55.29
21	57	89	Girls 13-14 100 Butterfly	1:18.00	
22	58	90	Boys 13-14 100 Butterfly	1:11.50	
23	59	91	Women 15 & Over 100 Butterfly	1:11.90	
24	60	92	Men 15 & Over 100 Butterfly	1:03.30	
25	61	93	Girls 13-14 50 Freestyle	30.90	
26	62	94	Boys 13-14 50 Freestyle	28.70	
27	63	95	Women 15 & Over 50 Freestyle	30.20	
28	64	96	Men 15 & Over 50 Freestyle	26.50	
29	65	97	Girls 13-14 200 IM	2:40.80	2:50.49
30	66	98	Boys 13-14 200 IM	2:31.70	2:43.49
31	67	99	Women 15 & Over 200 IM	2:36.30	2:45.09
32	68	100	Men 15 & Over 200 IM	2:21.60	2:26.99

Distance					
Group A	Group B	Group C	Event	Equal/ Slower	Equal/ Faster
33	181	101	Women 13 & Over 800 Freestyle		
			13-14	10:21.00	11:41.99
			15 & Over	10:09.00	11:28.39
34	182	102	Men 13 & Over 800 Freestyle		
			13-14	9:56.30	11:13.99
			15 & Over	9:33.30	10:50.09
103	35	177	Women 13 & Over 1500 Freestyle		
			13-14	19:48.10	22:23.09
			15 & Over	19:29.60	22:02.19
104	36	178	Men 13 & Over 1500 Freestyle		
			13-14	18:59.00	21:27.39
			15 & Over	18:11.70	20:33.99

List 2					
Group A	Group B	Group C	Event	Equal/ Slower	Equal/ Faster
105	183	141	Girls 13-14 200 Freestyle Relay	**Gold	
106	184	142	Boys 13-14 200 Freestyle Relay	**Gold	
107	185	143	Women 15 & Over 200 Freestyle Relay	**Gold	
108	186	144	Men 15 & Over 200 Freestyle Relay	**Gold	
109	187	145	Girls 13-14 200 Freestyle	2:23.20	2:30.79
110	188	146	Boys 13-14 200 Freestyle	2:14.50	2:23.29
111	189	147	Women 15 & Over 200 Freestyle	2:18.00	2:25.39
112	190	148	Men 15 & Over 200 Freestyle	2:04.80	2:09.29
113	191	149	Girls 13-14 50 Butterfly		
114	192	150	Boys 13-14 50 Butterfly		
115	193	151	Women 15 & Over 50 Butterfly		
116	194	152	Men 15 & Over 50 Butterfly		
117	195	153	Girls 13-14 200 Backstroke	2:38.10	2:52.99
118	196	154	Boys 13-14 200 Backstroke	2:29.60	2:47.89
119	197	155	Women 15 & Over 200 Backstroke	2:34.40	2:46.89
120	198	156	Men 15 & Over 200 Backstroke	2:22.70	2:37.59
121	199	157	Girls 13-14 100 Breaststroke	1:28.40	
122	200	158	Boys 13-14 100 Breaststroke	1:22.30	
123	201	159	Women 15 & Over 100 Breaststroke	1:26.20	
124	202	160	Men 15 & Over 100 Breaststroke	1:14.70	
125	203	161	Girls 13-14 200 Butterfly	2:38.60	3:12.99
126	204	162	Boys 13-14 200 Butterfly	2:28.60	3:00.89
127	205	163	Women 15 & Over 200 Butterfly	2:33.90	3:07.29
128	206	164	Men 15 & Over 200 Butterfly	2:21.50	2:52.29
129	207	165	Girls 13-14 50 Backstroke		
130	208	166	Boys 13-14 50 Backstroke		
131	209	167	Women 15 & Over 50 Backstroke		
132	210	168	Men 15 & Over 50 Backstroke		
133	211	169	Girls 13-14 100 Freestyle	1:07.00	
134	212	170	Boys 13-14 100 Freestyle	1:01.90	
135	213	171	Women 15 & Over 100 Freestyle	1:04.30	
136	214	172	Men 15 & Over 100 Freestyle	57.10	
137	215	173	Girls 13-14 400 IM	5:41.30	6:25.89
138	216	174	Boys 13-14 400 IM	5:22.60	6:01.49
139	217	175	Women 15 & Over 400 IM	5:35.10	6:18.79
140	218	176	Men 15 & Over 400 IM	5:07.30	5:42.99

**** Only swimmers that do not have Gold times in that stroke and distance, or for backstroke, breaststroke, and butterfly in the 100 of that stroke, 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.