



# 2025 Cougar Cold Snap

Hosted by the Cougar Aquatic Team  
at the Sonny Werblin Recreation Center, Rutgers University

*Held under the sanction of USA Swimming*

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Date of Meet:	<b>Saturday January 25<sup>th</sup>, 2025</b>		
Facility:	<a href="#">Sonny Werblin Recreation Center, Rutgers University</a> <i>(link to facility location &amp; directions, and pool certification information)</i>		
Host Team Contact:	Jon Siegel		<a href="mailto:jon@cougaraquatic.com">jon@cougaraquatic.com</a>
Meet Director:	Jon Siegel		<a href="mailto:jon@cougaraquatic.com">jon@cougaraquatic.com</a>
Meet Referee:	John Butler		<a href="mailto:j.m.butler@comcast.net">j.m.butler@comcast.net</a>
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Terry Murray Rich Palm		<a href="mailto:teammurray@verizon.net">teammurray@verizon.net</a> <a href="mailto:rich@cougaraquatic.com">rich@cougaraquatic.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Monday January 13<sup>th</sup>, 2025 at 6:00am</b>		
Entry Deadline:	<b>Friday January 17<sup>th</sup>, 2025, at 6:00pm</b> or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: <b>Saturday January 25<sup>th</sup>, 2025</b>		
Entry Fees:	Individual Entry: <b>\$12.00</b> <b>There will be a \$15 per swimmer surcharge.</b>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"><li>• This meet will be run as a timed final meet.</li><li>• There will be 12 &amp; Under, and 13 &amp; Over events.</li><li>• There are no qualifying times for this meet.</li><li>• 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.</li></ul>		
Entry Limits:	Daily: <b>3</b> Individual events	Meet: <b>3</b> Individual Events	
Checks Payable To:	<b>Cougar Aquatic Team, LLC</b>		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



## 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. This will be published on the meet website, the meet section of the NJS website and e- mailed to the coaches of participating teams.*

### Saturday

Session 1	Midday	13 & Over
Session 2	Late Afternoon	12 & Under

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> <li>No awards.</li> </ul>
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions & Programs:	<ul style="list-style-type: none"> <li>Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Tickets will go on sale Tuesday before the meet. Tickets may be purchased at <a href="http://go.rutgers.edu/swimmeet-tickets">go.rutgers.edu/swimmeet-tickets</a>.</li> <li>Heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>Rutgers will have limited snacks and beverages available in the upper lobby.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Internet Website Posting:	<ul style="list-style-type: none"> <li>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a></li> </ul>
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
<b>Session: 1 13 &amp; Over</b>	
1	Women 13 & Over 200 Freestyle
2	Men 13 & Over 200 Freestyle
3	Women 13 & Over 50 Breaststroke
4	Men 13 & Over 50 Breaststroke
5	Women 13 & Over 100 Backstroke
6	Men 13 & Over 100 Backstroke
7	Women 13 & Over 50 Freestyle
8	Men 13 & Over 50 Freestyle
9	Women 13 & Over 200 Breaststroke
10	Men 13 & Over 200 Breaststroke
11	Women 13 & Over 100 Butterfly
12	Men 13 & Over 100 Butterfly
13	Women 13 & Over 400 IM
14	Men 13 & Over 400 IM

#	Event
<b>Session: 2 12 &amp; Under</b>	
15	Girls 12 & Under 100 Butterfly
16	Boys 12 & Under 100 Butterfly
17	Girls 12 & Under 200 Freestyle
18	Boys 12 & Under 200 Freestyle
19	Girls 12 & Under 50 Breaststroke
20	Boys 12 & Under 50 Breaststroke
21	Girls 12 & Under 100 Backstroke
22	Boys 12 & Under 100 Backstroke
23	Girls 12 & Under 50 Freestyle
24	Boys 12 & Under 50 Freestyle
25	Girls 12 & Under 200 Breaststroke
26	Boys 12 & Under 200 Breaststroke
27	Girls 12 & Under 100 IM
28	Boys 12 & Under 100 IM

