

2024 NJS Gold Championship

Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Thursday-Sunday March 14th-17th, 2024		
Location:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Thursday: John Kelly Friday, Saturday: Gary Thayer Sunday: Rob Curry		Johnfk41965@gmail.com gght466@gmail.com rcsauce@yahoo.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Bercy Zuniga Carlos Catalano		scarletaquatics@gmail.com ccatalano.scarlet@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately <i>(Teams cannot get closed out of this championship meet provided entries are received by the entry deadline)</i>		
Entry Deadline:	Tuesday March 5th, 2024 by noon		
Swimmer Age	Swimmer ages for this meet are as of: March 14 th , 2024		
Entry Fees:	Individual Entry: \$10.00		Relay Event Entry: \$20.00
	There will be an athlete surcharge of \$15.		
Meet Course:	Short Course Yards (SCY).		
Meet Format:	<ul style="list-style-type: none">This meet will be run as a prelims/finals meet for 13 & over swimmers except for distance events and as a timed final meet for 11-12 swimmers.There will be 10 & Under, 11-12, 13-14, 15 & over, and 13 & over events. The 13 & over events will be divided into 13-14, and 15 & over divisions for reporting and scoring.Except for the 1000 & 1650 freestyle, the 13 & over events are prelims/finals, with one heat for 13-14 and two heats for 15 & over swimmers.There are minimum "faster than" and time standards for this meet. This is a New Jersey Swimming Championship and proof of time is required for all individual entries.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: 3 Individual Events 13 & Over 4 Individual Events 12 & Under 2 Relay Events.	Meet:	7 Individual Events 13 & Over 8 Individual Events 12 & Under 5 Relay Events
Checks Payable To:	Scarlet Aquatic Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



Age-Up Exception applies to this meet

- Any 10-year old, or 12-year old swimmer who has one or more Gold times prior to the 12 & Under Silver meets on February 24th, 2024, and then ages up between February 25th, and March 14th, 2024, is eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below:
- Any 14-year old swimmer who has one or more Gold times prior to the 13 & over Silver meets on March 8th, 2024, and then ages up between March 9th, and March 14th, 2024, is eligible to swim those events from their prior age group at the Gold Meet. Such entries should be made using the qualifying time for their age group as their entry time as follows below:

How to enter:

- Enter the swimmer at the qualifying time for the event.
- Provide proof of the original qualifying time, as a separate PDF, or reference to SWIMS results.
- Please note in the entry e-mail that this swim is an age-up exception.



Tentative Meet Schedule

This schedule is tentative pending receipt of entries and has been arranged as a full four-day meet due to anticipated demand and facility restrictions. Depending on the entries, sessions may be combined or split, and the schedule condensed to three days, which may involve moving events to different days. 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, NJS website, and e-mailed to the coaches of participating teams.

Thursday		
Session 1	Morning	11-12 Timed Finals
Session 2	Midday	11-12 Distance
Session 3	Afternoon	10 & Under Timed Finals
Session 4	Evening	Prelims
Friday		
Session 5	Morning	Prelims
Session 6	Midday	Distance
Session 7	Afternoon	11-12 Girls
Session 8	Evening	Finals
Saturday		
Session 9	Morning	Prelims
Session 10	Midday	Distance
Session 11	Afternoon	10 & Under
Session 12	Evening	Finals
Sunday		
Session 13	Morning	Prelims
Session 14	Midday	Distance
Session 15	Afternoon	11-12 Boys
Session 16	Evening	Finals

Scoring:	<ul style="list-style-type: none"> Team scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. Swimmers 20 years and older will swim "exhibition" – they will swim in prelims only. Relays with 20 years and older swimmers participating will not score.
Awards:	<ul style="list-style-type: none"> 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.
Starts:	<ul style="list-style-type: none"> '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:	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.
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Special Considerations for NJ Swimming Championships

Entry Times:	<ul style="list-style-type: none"> New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time. All entry times must be in short course yards. 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 January 1st, 2023 through the entry date of the meet.
Proof of Time Reporting:	<ul style="list-style-type: none"> 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.
Distance Events	<ul style="list-style-type: none"> All distance events will be seeded fast to slow and swum alternating genders. Heats of opposite genders may be combined without an empty lane between genders. Swimmers are responsible for providing their own timers and counters for distance events.
Relays:	<ul style="list-style-type: none"> All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in. Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event. A relay with a 20 year or older swimmer will not score. Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	<ul style="list-style-type: none"> This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet. 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.

Event List

Event	Equal/Faster
Session: 1 Thursday 11-12 Timed Finals	
1 Girls 11-12 400 Freestyle Relay	
2 Boys 11-12 400 Freestyle Relay	
3 Girls 11-12 100 IM	1:11.49
4 Boys 11-12 100 IM	1:10.79
5 Girls 11-12 200 Freestyle	2:12.99
6 Boys 11-12 200 Freestyle	2:10.79
7 Girls 11-12 50 Butterfly	31.69
8 Boys 11-12 50 Butterfly	31.99
9 Girls 11-12 100 Backstroke	1:09.99
10 Boys 11-12 100 Backstroke	1:10.09



	Event	Equal/Faster
11	Girls 11-12 100 Breaststroke	1:22.29
12	Boys 11-12 100 Breaststroke	1:21.19
13	Girls 11-12 50 Freestyle	28.09
14	Boys 11-12 50 Freestyle	27.69
15	Girls 11-12 200 Butterfly	2:49.99
16	Boys 11-12 200 Butterfly	2:50.49
17	Girls 11-12 200 Medley Relay	
18	Boys 11-12 200 Medley Relay	
19	Girls 11-12 400 IM	5:24.49
20	Boys 11-12 400 IM	5:19.79
Session: 2 Thursday 11-12 Distance		
Finals 21	Girls 11-12 1650 Freestyle	21:12.59
Finals 22	Boys 11-12 1650 Freestyle	21:08.19
Session: 3 Thursday 10 & Under Timed Finals		
23	Girls 10 & Under 200 Medley Relay	
24	Boys 10 & Under 200 Medley Relay	
25	Girls 10 & Under 200 Freestyle	2:41.29
26	Boys 10 & Under 200 Freestyle	2:41.29
27	Girls 10 & Under 100 Backstroke	1:23.19
28	Boys 10 & Under 100 Backstroke	1:23.19
29	Girls 10 & Under 50 Freestyle	32.69
30	Boys 10 & Under 50 Freestyle	32.69
31	Girls 10 & Under 200 IM	2:52.69
32	Boys 10 & Under 200 IM	2:52.69
33	Girls 10 & Under 50 Butterfly	40.89
34	Boys 10 & Under 50 Butterfly	41.79
35	Girls 10 & Under 100 Breaststroke	1:33.99
36	Boys 10 & Under 100 Breaststroke	1:33.99
37	Girls 10 & Under 500 Freestyle	7:24.69
38	Boys 10 & Under 500 Freestyle	7:24.69
Session: 4 Thursday Prelims		
69	Women 13 & Over 500 Freestyle	
	13-14	5:41.49
	15 & Over	5:24.99
70	Men 13 & Over 500 Freestyle	
	13-14	5:25.99
	15 & Over	4:57.79
137	Women 13 & Over 400 IM	
	13-14	5:11.69
	15 & Over	4:56.89
138	Men 13 & Over 400 IM	
	13-14	4:52.99
	15 & Over	4:33.49



	Event	Equal/Faster
Session: 5 Friday Prelims		
63	Women 13 & Over 100 Freestyle	
	13-14	58.69
	15 & Over	56.39
64	Men 13 & Over 100 Freestyle	
	13-14	54.99
	15 & Over	50.19
65	Women 13 & Over 200 IM	
	13-14	2:24.19
	15 & Over	2:19.59
66	Men 13 & Over 200 IM	
	13-14	2:16.39
	15 & Over	2:06.19
67	Women 13 & Over 100 Butterfly	
	13-14	1:07.29
	15 & Over	1:02.99
68	Men 13 & Over 100 Butterfly	
	13-14	1:03.09
	15 & Over	55.99
71	Women 13 & Over 200 Breaststroke	
	13-14	2:44.29
	15 & Over	2:41.99
72	Men 13 & Over 200 Breaststroke	
	13-14	2:36.19
	15 & Over	2:23.39
Session: 6 Friday Distance		
39	Women 13-14 1650 Freestyle	20:02.99
40	Men 13-14 1650 Freestyle	19:00.19
Session: 7 Friday 11-12 Girls Timed Finals		
41	Girls 11-12 400 Medley Relay	
43	Girls 11-12 500 Freestyle	6:02.99
45	Girls 11-12 200 Backstroke	2:29.29
47	Girls 11-12 50 Breaststroke	37.99
49	Girls 11-12 100 Butterfly	1:11.49
51	Girls 11-12 200 IM	2:31.29
53	Girls 11-12 100 Freestyle	1:01.39
55	Girls 11-12 50 Backstroke	32.89
57	Girls 11-12 200 Breaststroke	2:54.89
59	Girls 11-12 200 Freestyle Relay	
61	Girls 11-12 1000 Freestyle	12:45.99



	Event	Equal/Faster
Session: 8 Friday Finals		
63	Women 13 & Over 100 Freestyle	
	13-14	58.69
	15 & Over	56.39
64	Men 13 & Over 100 Freestyle	
	13-14	54.99
	15 & Over	50.19
65	Women 13 & Over 200 IM	
	13-14	2:24.19
	15 & Over	2:19.59
66	Men 13 & Over 200 IM	
	13-14	2:16.39
	15 & Over	2:06.19
67	Women 13 & Over 100 Butterfly	
	13-14	1:07.29
	15 & Over	1:02.99
68	Men 13 & Over 100 Butterfly	
	13-14	1:03.09
	15 & Over	55.99
69	Women 13 & Over 500 Freestyle	
	13-14	5:41.49
	15 & Over	5:24.99
70	Men 13 & Over 500 Freestyle	
	13-14	5:25.99
	15 & Over	4:57.79
71	Women 13 & Over 200 Breaststroke	
	13-14	2:44.29
	15 & Over	2:41.99
72	Men 13 & Over 200 Breaststroke	
	13-14	2:36.19
	15 & Over	2:23.39
73	Women 13 & Over 800 Freestyle Relay	
74	Men 13 & Over 800 Freestyle Relay	
Session: 9 Saturday Prelims		
93	Women 13 & Over 200 Backstroke	
	13-14	2:21.99
	15 & Over	2:15.89
94	Men 13 & Over 200 Backstroke	
	13-14	2:16.19
	15 & Over	2:05.09
95	Women 13 & Over 100 Breaststroke	
	13-14	1:15.99
	15 & Over	1:13.99
96	Men 13 & Over 100 Breaststroke	
	13-14	1:11.19
	15 & Over	1:03.89
97	Women 13 & Over 200 Butterfly	



	Event	Equal/Faster
	13-14	2:32.29
	15 & Over	2:23.99
98	Men 13 & Over 200 Butterfly	
	13-14	2:22.99
	15 & Over	2:05.99
Session: 10 Saturday Distance		
75	Women 15 & Over 1650 Freestyle	19:47.29
76	Men 15 & Over 1650 Freestyle	18:05.49
Session: 11 Saturday 10 & Under Timed Finals		
77	Girls 10 & Under 200 Freestyle Relay	
78	Boys 10 & Under 200 Freestyle Relay	
79	Girls 10 & Under 50 Backstroke	38.69
80	Boys 10 & Under 50 Backstroke	38.69
81	Girls 10 & Under 100 Freestyle	1:12.29
82	Boys 10 & Under 100 Freestyle	1:12.29
83	Girls 10 & Under 50 Breaststroke	44.99
84	Boys 10 & Under 50 Breaststroke	44.99
85	Girls 10 & Under 100 Butterfly	1:37.79
86	Boys 10 & Under 100 Butterfly	1:37.39
87	Girls 10 & Under 100 IM	1:21.89
88	Boys 10 & Under 100 IM	1:21.89
Session: 12 Saturday Finals		
89	Girls 13-14 200 Medley Relay	
90	Boys 13-14 200 Medley Relay	
91	Women 15 & Over 200 Medley Relay	
92	Men 15 & Over 200 Medley Relay	
93	Women 13 & Over 200 Backstroke	
	13-14	2:21.99
	15 & Over	2:15.89
94	Men 13 & Over 200 Backstroke	
	13-14	2:16.19
	15 & Over	2:05.09
95	Women 13 & Over 100 Breaststroke	
	13-14	1:15.99
	15 & Over	1:13.99
96	Men 13 & Over 100 Breaststroke	
	13-14	1:11.19
	15 & Over	1:03.89
97	Women 13 & Over 200 Butterfly	
	13-14	2:32.29
	15 & Over	2:23.99
98	Men 13 & Over 200 Butterfly	
	13-14	2:22.99
	15 & Over	2:05.99
99	Girls 13-14 400 Freestyle Relay	
100	Boys 13-14 400 Freestyle Relay	
101	Women 15 & Over 400 Freestyle Relay	



	Event	Equal/Faster
102	Men 15 & Over 400 Freestyle Relay	
Session: 13 Sunday Prelims		
133	Women 13 & Over 200 Freestyle	
	13-14	2:06.59
	15 & Over	2:00.39
134	Men 13 & Over 200 Freestyle	
	13-14	1:58.89
	15 & Over	1:49.99
135	Women 13 & Over 100 Backstroke	
	13-14	1:06.19
	15 & Over	1:03.79
136	Men 13 & Over 100 Backstroke	
	13-14	1:03.29
	15 & Over	57.59
139	Women 13 & Over 50 Freestyle	
	13-14	26.99
	15 & Over	26.09
140	Men 13 & Over 50 Freestyle	
	13-14	25.29
	15 & Over	23.19
Session: 14 Sunday Distance		
103	Women 13-14 1000 Freestyle	12:01.69
104	Men 13-14 1000 Freestyle	11:19.99
105	Women 15 & Over 1000 Freestyle	11:27.99
106	Men 15 & Over 1000 Freestyle	10:44.99
Session: 15 Sunday 11-12 Boys Timed Finals		
108	Boys 11-12 400 Medley Relay	
110	Boys 11-12 500 Freestyle	5:57.29
112	Boys 11-12 200 Backstroke	2:30.49
114	Boys 11-12 50 Breaststroke	37.49
116	Boys 11-12 100 Butterfly	1:11.99
118	Boys 11-12 200 IM	2:26.99
120	Boys 11-12 100 Freestyle	1:00.39
122	Boys 11-12 50 Backstroke	33.19
124	Boys 11-12 200 Breaststroke	2:53.39
126	Boys 11-12 200 Freestyle Relay	
128	Boys 11-12 1000 Freestyle	12:40.59
Session: 16 Sunday Finals		
129	Girls 13-14 200 Freestyle Relay	
130	Boys 13-14 200 Freestyle Relay	
131	Women 15 & Over 200 Freestyle Relay	
132	Men 15 & Over 200 Freestyle Relay	
133	Women 13 & Over 200 Freestyle	
	13-14	2:06.59
	15 & Over	2:00.39
134	Men 13 & Over 200 Freestyle	
	13-14	1:58.89



	Event	Equal/Faster
	15 & Over	1:49.99
135	Women 13 & Over 100 Backstroke	
	13-14	1:06.19
	15 & Over	1:03.79
136	Men 13 & Over 100 Backstroke	
	13-14	1:03.29
	15 & Over	57.59
137	Women 13 & Over 400 IM	
	13-14	5:11.69
	15 & Over	4:56.89
138	Men 13 & Over 400 IM	
	13-14	4:52.99
	15 & Over	4:33.49
139	Women 13 & Over 50 Freestyle	
	13-14	26.99
	15 & Over	26.09
140	Men 13 & Over 50 Freestyle	
	13-14	25.29
	15 & Over	23.19
141	Girls 13-14 400 Medley Relay	
142	Boys 13-14 400 Medley Relay	
143	Women 15 & Over 400 Medley Relay	
144	Men 15 & Over 400 Medley Relay	

