

2024 Fall Festival of X-Cellence

Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document			
Date of Meet:	Saturday October 12th-Sunday October 13th, 2024			
Location:	DeNunzio Natatorium, Princeton University <i>(link to facility location & directions, and pool certification information)</i>			
Host Team Contact:	Coach Lucy	609-937-4631	headcoach@xcelswimming.org	
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com	
Meet Referee:	Janice Rein		janice.rein@rutgers.edu	
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com	
Safety Marshalls:	Coach Lucy Josh Rosenbluth		headcoach@swimxcel.org joshrosenbluth@gmail.com	
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com	
Entries Open:	Tuesday September 17th, 2024 at 6:00am			
Entry Deadline:	Friday September 27th, 2024 at 6:00pm or when the meet fills.			
Swimmers Age:	Swimmer ages for this meet are as of: Saturday October 12 th , 2024			
Entry Fees:	Individual Entry:	\$7.00	Relay:	\$9.00
	400 IM/500 Freestyle:	\$10.00		
	There will be a \$15/day athlete surcharge.			
Meet Course:	Short Course Yards (SCY). Converted times will be accepted.			
Meet Format	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• There will be 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over events.• There are qualifying times for this meet for all events 200 yards and longer. No qualifying times for shorter events.• 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.			
Entry Limits:	Daily: 3 Individual events 1 Relay	Meet: 6 Individual Events 2 Relays		
Checks Payable To:	X-Cel Swimming			
Email Entry Files To:	besmarttinc@gmail.com			
Mail Checks/Reports	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 and a timeline developed, published on the meet website, the NJ Swimming website, and e-mailed to the coaches of participating teams.

Saturday		
Session 1	Morning	12 & Under
Session 2	Midday	13-14
Session 3	Evening	15 & Over
Sunday		
Session 4	Morning	12 & Under
Session 5	Midday	13-14
Session 6	Afternoon	15 & Over

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> There will be awards for the fastest three swimmers in 12 & Under events.
Starts:	“Fly-over/Over-the-top” starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will be allowed into the natatorium subject to capacity constraints. Psych sheets and heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> None
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.
Distance Events:	<ul style="list-style-type: none"> All events will be swum slowest to fastest. All 500-yard freestyle swimmers are responsible to provide a person to count.
Heat Limited Events:	<ul style="list-style-type: none"> Depending on entries, the 400 yard IM and 500 yard Freestyle may be limited to a maximum of 3 heats per gender for 13 & Over and two heats per gender for 12 & Under, per event. Swimmers whose seed times place them below the limit will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches. Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded within one week of the meet. Psych sheets will be posted on the meet web site no later than one week before the meet start.
No Show Policy	<ul style="list-style-type: none"> 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.
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.



Event List

	Event #	Event	Equal/Faster
Session: 1 Saturday 12 & Under			
	1	Girls 12 & Under 200 Freestyle Relay	
	2	Boys 12 & Under 200 Freestyle Relay	
	3	Girls 11-12 200 Freestyle	2:40.39
	4	Boys 11-12 200 Freestyle	2:34.59
	5	Girls 10 & Under 200 IM	3:38.49
	6	Boys 10 & Under 200 IM	3:35.49
	7	Girls 11-12 50 Backstroke	
	8	Boys 11-12 50 Backstroke	
	9	Girls 10 & Under 100 Backstroke	
	10	Boys 10 & Under 100 Backstroke	
	11	Girls 11-12 100 Breaststroke	
	12	Boys 11-12 100 Breaststroke	
	13	Girls 10 & Under 50 Breaststroke	
	14	Boys 10 & Under 50 Breaststroke	
	15	Girls 11-12 100 Butterfly	
	16	Boys 11-12 100 Butterfly	
	17	Girls 10 & Under 50 Butterfly	
	18	Boys 10 & Under 50 Butterfly	
	19	Girls 11-12 50 Freestyle	
	20	Boys 11-12 50 Freestyle	
	21	Girls 10 & Under 100 Freestyle	
	22	Boys 10 & Under 100 Freestyle	
	23	Girls 11-12 100 IM	
	24	Boys 11-12 100 IM	
	25	Girls 12 & Under 200 Backstroke	2:56.59
	26	Boys 12 & Under 200 Backstroke	2:51.99
	27	Girls 12 & Under 400 IM	5:56.79
	28	Boys 12 & Under 400 IM	5:46.39



	Event #	Event	Equal/Faster
Session: 2 Saturday 13-14			
	29	Girls 13-14 200 Freestyle Relay	
	30	Boys 13-14 200 Freestyle Relay	
	31	Girls 13-14 100 IM	
	32	Boys 13-14 100 IM	
	33	Girls 13-14 200 Freestyle	2:32.09
	34	Boys 13-14 200 Freestyle	2:22.99
	35	Girls 13-14 100 Breaststroke	
	36	Boys 13-14 100 Breaststroke	
	37	Girls 13-14 50 Backstroke	
	38	Boys 13-14 50 Backstroke	
	39	Girls 13-14 100 Butterfly	
	40	Boys 13-14 100 Butterfly	
	41	Girls 13-14 50 Freestyle	
	42	Boys 13-14 50 Freestyle	
	43	Girls 13-14 200 Backstroke	2:46.79
	44	Boys 13-14 200 Backstroke	2:36.29
	45	Girls 13-14 400 IM	6:03.59
	46	Boys 13-14 400 IM	5:41.49

Session: 3 Saturday 15 & Over			
	47	Women 15 & Over 200 Freestyle Relay	
	48	Men 15 & Over 200 Freestyle Relay	
	49	Women 15 & Over 100 IM	
	50	Men 15 & Over 100 IM	
	51	Women 15 & Over 200 Freestyle	2:29.89
	52	Men 15 & Over 200 Freestyle	2:17.29
	53	Women 15 & Over 100 Breaststroke	
	54	Men 15 & Over 100 Breaststroke	
	55	Women 15 & Over 50 Backstroke	
	56	Men 15 & Over 50 Backstroke	
	57	Women 15 & Over 100 Butterfly	
	58	Men 15 & Over 100 Butterfly	
	59	Women 15 & Over 50 Freestyle	
	60	Men 15 & Over 50 Freestyle	
	61	Women 15 & Over 200 Backstroke	2:44.09
	62	Men 15 & Over 200 Backstroke	2:29.89
	63	Women 15 & Over 400 IM	5:57.59
	64	Men 15 & Over 400 IM	5:29.09



Session: 4 Sunday 12 & Under

65	Girls 12 & Under 200 Medley Relay	
66	Boys 12 & Under 200 Medley Relay	
67	Girls 11-12 200 IM	3:00.19
68	Boys 11-12 200 IM	2:57.29
69	Girls 10 & Under 50 Freestyle	
70	Boys 10 & Under 50 Freestyle	
71	Girls 11-12 50 Breaststroke	
72	Boys 11-12 50 Breaststroke	
73	Girls 10 & Under 100 Breaststroke	
74	Boys 10 & Under 100 Breaststroke	
75	Girls 12 & Under 200 Butterfly	2:59.99
76	Boys 12 & Under 200 Butterfly	2:53.19
77	Girls 10 & Under 100 IM	
78	Boys 10 & Under 100 IM	
79	Girls 11-12 100 Backstroke	
80	Boys 11-12 100 Backstroke	
81	Girls 10 & Under 50 Backstroke	
82	Boys 10 & Under 50 Backstroke	
83	Girls 11-12 100 Freestyle	
84	Boys 11-12 100 Freestyle	
85	Girls 10 & Under 200 Freestyle	3:18.99
86	Boys 10 & Under 200 Freestyle	3:06.69
87	Girls 11-12 50 Butterfly	
88	Boys 11-12 50 Butterfly	
89	Girls 10 & Under 100 Butterfly	
90	Boys 10 & Under 100 Butterfly	
91	Girls 12 & Under 200 Breaststroke	3:20.89
92	Boys 12 & Under 200 Breaststroke	3:14.09
93	Girls 12 & Under 500 Freestyle	6:38.19
94	Boys 12 & Under 500 Freestyle	6:27.49



Session: 5 Sunday 13-14			
95	Girls 13-14 200 Medley Relay		
96	Boys 13-14 200 Medley Relay		
97	Girls 13-14 200 Breaststroke		3:10.89
98	Boys 13-14 200 Breaststroke		2:56.59
99	Girls 13-14 100 Backstroke		
100	Boys 13-14 100 Backstroke		
101	Girls 13-14 50 Butterfly		
102	Boys 13-14 50 Butterfly		
103	Girls 13-14 200 IM		2:49.79
104	Boys 13-14 200 IM		2:39.99
105	Girls 13-14 100 Freestyle		
106	Boys 13-14 100 Freestyle		
107	Girls 13-14 50 Breaststroke		
108	Boys 13-14 50 Breaststroke		
109	Girls 13-14 200 Butterfly		2:48.99
110	Boys 13-14 200 Butterfly		2:38.19
111	Women 13-14 500 Freestyle		6:47.79
112	Men 13-14 500 Freestyle		6:26.59

Session: 6 Sunday 15 & Over			
113	Women 15 & Over 200 Medley Relay		
114	Men 15 & Over 200 Medley Relay		
115	Women 15 & Over 200 Breaststroke		3:08.19
116	Men 15 & Over 200 Breaststroke		2:48.69
117	Women 15 & Over 100 Backstroke		
118	Men 15 & Over 100 Backstroke		
119	Women 15 & Over 50 Butterfly		
120	Men 15 & Over 50 Butterfly		
121	Women 15 & Over 200 IM		2:48.19
122	Men 15 & Over 200 IM		2:32.69
123	Women 15 & Over 100 Freestyle		
124	Men 15 & Over 100 Freestyle		
125	Women 15 & Over 50 Breaststroke		
126	Men 15 & Over 50 Breaststroke		
127	Women 15 & Over 200 Butterfly		2:46.79
128	Men 15 & Over 200 Butterfly		2:31.39
129	Women 15 & Over 500 Freestyle		6:40.69
130	Men 15 & Over 500 Freestyle		6:12.59

