

2023 Meet of Xcellence

Hosted by X-CEL Swimming

at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction #— NJS-TF-061023LCM 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 and Sunday, June 10th & 11th, 2023		
Location:	DeNunzio Natatorium , 47 Faculty Road, Princeton University.		
Facility Info:	The DeNunzio pool is a 50-meter 8-lane pool with a minimum depth for diving of 9 feet. There is ample seating for spectators. No outside chairs will be allowed into the facility.		
Pool Certification Statement:	The competition course has not been certified in accordance with 104.2.2C(4). Note that this statement is a required meet announcement statement, and refers to the pre-certification of the pool length measurement in regards to National and World Record swims which may occur in the pool. The fact that this pool is not certified in accordance to 104.2.2C(4) does not impact on the validity of the times achieved in this pool. Times swum at this meet will in fact be entered in SWIMS and are eligible for qualifying for any other USA Swimming sanctioned competition.		
Host Team Contact:	Coach Lucy	609-252-0206	headcoach@swimxcel.org
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Frank Fitzgerald		frank@rsinj.com
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:	Monday, May 22nd, 2023, at 6:00 am		
Entry Deadline:	Friday June 2nd, 2023, at 6:00 pm		
Swimmers Age:	Swimmer age for this meet is as of: Saturday June 10th, 2023		
Entry Fees:	Individual Entry: \$10.00 400, 800, 1500 Freestyle, 400 IM Entry: \$12.00		Relay: \$16.00
	There will be a \$15 per day swimmer 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. There will be 10 & Under, 11-12, 12 & Under, 13-14, 14 & Under, and 15 & Over events There are qualifying (greater than) times for this meet for events that are 200 meters and longer. 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: 4 Individual events 1 Relay	Meet: 8 Individual Events 2 Relays	
Checks Payable To:	XCEL Swimming		
Email Entry Files To:	besmarttinc@gmail.com . Team Manager/Unify format entries only will be accepted.		
Mail Checks/Reports	Bring to the first session of the meet where the team is competing		



2023 Meet of XCellence

Saturday June 10th

Saturday Morning Session #1 – 12 & Under

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#101		11-12 200 Freestyle Relay		#102
#103		10 & Under 200 Freestyle Relay		#104
#105	3:24.49	12 & Under 200 Backstroke	3:19.49	#106
#107		12 & Under 50 Backstroke		#108
#109		12 & Under 100 Breaststroke		#110
#111	3:24.89	12 & Under 200 Butterfly	3:20.49	#112
#113		12 & Under 50 Butterfly		#114
#115		12 & Under 100 Freestyle		#116
#117	4:09.39 3:26.09	10 & Under 200 IM 11-12 200 IM	4:06.19 3:23.79	#118

Saturday Midday Session #2 – Open Distance

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
		14 & Under 400 Freestyle 15 & Over 400 Freestyle	5:59.09 5:33.69	#202
#203	11:41.99 11:28.39	14 & Under 800 Freestyle 15 & Over 800 Freestyle		
		14 & Under 1500 Freestyle 15 & Over 1500 Freestyle	21:27.39 20:33.99	#204

Saturday Afternoon Session #3 – 13 & Over

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#301		13-14 200 Freestyle Relay		#302
#303		15 & Over 200 Freestyle Relay		#304
#305	3:12.39 3:08.39	13-14 200 Backstroke 15 & Over 200 Backstroke	3:02.09 2:53.79	#306
#307		13 & Over 50 Backstroke		#308
#309		13 & Over 100 Breaststroke		#310
#311	3:12.99 3:07.29	13-14 200 Butterfly 15 & Over 200 Butterfly	3:00.89 2:52.29	#312
#313		13 & Over 50 Butterfly		#314
#315		13 & Over 100 Freestyle		#316
#317	3:15.79 3:11.89	13-14 200 IM 15 Over 200 IM	3:04.59 2:56.59	#318



2020 Meet of XCellence

Sunday June 11th

Sunday Morning Session #4 – 12 & Under

Girls	Equal/Faster	Age Group and Event	Equal/Faster	Boys
#401		11-12 200 Medley Relay		#402
#403		12 & Under 200 Medley Relay		#404
#405	3:52.59	12 & Under 200 Breaststroke	3:44.69	#406
#407		12 & Under 50 Breaststroke		#408
#409		12 & Under 100 Backstroke		#410
#411	6:48.29	12 & Under 400 IM	6:39.19	#412
#413		12 & Under 50 Freestyle		#414
#415		12 & Under 100 Butterfly		#416
#417	3:45.79 3:02.29	10 & Under 200 Freestyle 11-12 200 Freestyle	3:33.49 2:57.49	#418

Sunday Midday Session #5 – Open Distance

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#501	6:06.79 5:58.49	14 & Under 400 Freestyle 15 & Over 400 Freestyle		
		14 & Under 800 Freestyle 15 & Over 800 Freestyle	11:13.99 10:50.09	#502
#503	22:23.09 22:02.19	14 & Under 1500 Freestyle 15 & Over 1500 Freestyle		

Sunday Afternoon: Session #6 – 13 & Over

Women	Equal/Faster	Age Group and Event	Equal/Faster	Men
#601		13-14 200 Medley Relay		#602
#603		15 & Over 200 Medley Relay		#604
#605	3:39.69 3:35.89	13-14 200 Breaststroke 15 & Over 200 Breaststroke	3:25.49 3:15.39	#606
#607		13 & Over 50 Breaststroke		#608
#609		100 Backstroke		#610
#611	6:25.89 6:18.79	13-14 400 IM 15 & Over 400 IM	6:04.69 5:47.29	#612
#613		13 & Over 50 Freestyle		#614
#616		13 & Over 100 Butterfly		#616
#617	2:54.29 2:50.49	13-14 200 Freestyle 15 & Over 200 Freestyle	2:44.09 2:37.99	#618



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.***

Saturday, June 10 th		Warm-up
Session 2	Morning	12 & Under
Session 3	Midday	Open Distance
Session 4	Afternoon	13 & Over
Sunday, June 11 th		Warm-up
Session 5	Morning	12 & Under
Session 6	Midday	Open Distance
Session 7	Afternoon	13 & Over

Scoring:	<ul style="list-style-type: none"> • Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> • No awards. •
Starts:	“Fly-over/Over-the-top” starts will be used during this meet.
Programs:	<ul style="list-style-type: none"> • Heat sheets will be online at www.besmartinc.com (free) and Meet Mobile (subscription required)
Admission:	<ul style="list-style-type: none"> • Spectators will be allowed into the natatorium subject to capacity constraints.
Concessions:	<ul style="list-style-type: none"> • None.
Vendor:	<ul style="list-style-type: none"> • None.
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.
Entry Information:	<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. • Entry Fee Summary 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. • Team entries will be considered accepted when the host club accepts the entries. • Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.
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 long course meters. Converted times are acceptable.
Distance Events:	<ul style="list-style-type: none"> • All distance events will be run slowest to fastest. • Swimmers in these events are responsible to supply their own timer, and counter for the 800 & 1500 Freestyle.



Heat Limited Events:	<ul style="list-style-type: none"> • The 400, 800, and 1500 freestyle events may be limited so that the middle distance sessions each day are no more than two hours, excluding warm-ups, depending on the timeline developed after entries are received. • The 400 freestyle events are limited to 5 heats daily. • The 800 freestyle events are limited to 3 heats daily. • The 1500 freestyle event is limited to 2 heats daily. • Swimmers whose seed times place them below the heat limitation 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.
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. • Unattached swimmers may not swim in any relay.
Swimmer Eligibility:	<ul style="list-style-type: none"> • No swimmer will be permitted to compete unless the swimmer is a member 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.
Adaptive Provisions:	<p>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).</p>
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will provide a single timer in each lane throughout the meet, except for the distance events where swimmers will provide their own timers and lap counters. • The host club will have stopwatches available for volunteers helping to time. • 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 and posted on the website (www.besmarttinc.com) 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 and posted on the swim meet website (www.besmarttinc.com) 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. List the club contact for club officials on the meet summary.



<p>Coaches Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • 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 card 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.
<p>Officials Conduct & Eligibility:</p>	<ul style="list-style-type: none"> • 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 cards. • 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 and will receive free admission.
<p>Meet Format Waiver:</p>	<p>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 sanctioning chair and either the age group or senior chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include:</p> <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 period. <p>Some of the changes that may be made include: 1) add a session, 2) limiting heats in distance events, 3) condense sessions, and 4) eliminate relays.</p>
<p>Warm-up Procedures:</p>	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, sprint lanes, and pace lanes. • 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 are entitled to a fair and comparable warm-up. All teams must receive the same opportunities for warm-up lanes, sprint lanes, and pace lanes. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
<p>Check-In:</p>	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table 35 minutes before the start of each session. 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.
<p>No Show Procedure:</p>	<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:	<p>Internet location for all meet information: http://www.besmarttinc.com & www.njswim.org</p> <p>Pre-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Meet Information will be posted on the website. • Downloadable Hy-Tek Events list (.HYV file) will be posted on the website. • List Teams whose entries have been received. • List “heat limited” events psych sheet. • List Updated meet schedule. • List Warm-up Schedule and Team Warm-up Assignments. • List Timing assignments. <p>Post-Meet Information posted on website.</p> <ul style="list-style-type: none"> • Downloadable Results (Zipped .CL2 & .HY3 files) for TM • Printable meet results (.PDF file)
Results:	<ul style="list-style-type: none"> • Results will be e-mailed to teams participating in the meet. • Results will be posted on the meet website www.besmarttinc.com and on the NJ swimming Website www.njswimming.org
USA-S Racing Start Certification Statement:	<p>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.</p>
Audio/Visual Recording Statement:	<p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>
USA-S Deck Change Policy Statement:	<p>Deck Changes are prohibited.</p>
USA-S Drone Policy Statement:	<p>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.</p>
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	<p>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.</p>
Tech Suit/ Swimwear Policy:	<p>Swimwear must conform to USA Swimming 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 • Pursuant to USA Swimming Rule 205.10.1, it is permissible for the swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.
COVID-19 Assumption of Risk Disclaimer	<p>The host team has taken enhanced health and safety measures for all participants. All persons participating must follow all posted instructions while at the DeNunzio Pool. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. All persons visiting the DeNunzio Pool voluntarily assume all risks related to exposure to COVID-19.</p>
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.



Hotel:	<ul style="list-style-type: none"> • Holiday Inn, 100 Independence Way. 609-520-1200 Ask for special rate • Staybridge Suites, 4375 Route 1. 609-951-0009 Ask for sports group rate • Residence Inn by Marriott, 4225 Route 1. 732-329-9600 Rates include breakfast • Princeton Courtyard by Marriott, Route 1 & Mapleton Rd. 609-726-9100 Rates include breakfast
Medical Information:	<ul style="list-style-type: none"> • The DeNunzio Pool is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid. • There is an AED on site (by reception) and EMT service on the campus.
Directions:	<i>Google Maps: https://goo.gl/maps/vdBqocBuD6ZrmoYp7</i>





**NEW JERSEY
SWIMMING**

2023 Meet of XCellence

Saturday-Sunday June 10th-11th

Waiver

In consideration of the acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA Swimming, NJ Swimming, Princeton University, XCEL Swimming, Be Smartt Inc. and their staffs for any injuries and/or expenses incurred by me/us at the swim meet, or while on the road to and from the meet. I/we are USA Swimming registered athletes and am/are eligible to compete in all the events I/we have entered.

Covid-19 Waiver

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Meet Verification

I hereby certify that all entered swimmers and coaches listed on the waiver form for the XCEL Meet of XCellence on June 10th-11th, 2023 are registered members of USA Swimming. All USA Swimming members are correctly entered according to; Article 302.4 of the USA Swimming Rules and Regulations. False Registration: An LSC may impose a fine of up to \$100 per event against a member coach or a member club's representative signing a document which indicates a swimmer is registered with USA Swimming for a meet when that swimmer is not properly registered or eligible to compete for that club. This will be enforced by the LSC and the LSC will be entitled to the fines imposed.

Also I acknowledge that deck access is limited to coaches and/or officials working the meet and displaying their credentials.



Information below must be submitted to the club hosting the meet before the start of the meet along with payment.

Club Name/Club Code _____

Signature of Coach and/or Parent/Guardian _____

Telephone _____ E-Mail Address _____

Name(s) of Coach(es): _____

Name/E-Mail/Phone Number of person to contact regarding this entry:

NAME/E-Mail/Phone Number of person to contact regarding timers/officials:

Entry Fee Summary:	_____ Timed Final individual event entries @ \$10.00 =	\$ _____
	_____ Distance individual event entries @ \$12.00 =	\$ _____
	_____ Relay event entries @ \$16.00 =	\$ _____
	_____ Swimmer surcharge @ \$15.00/swimmer/day =	\$ _____
	Total:	\$ _____

Make checks payable to: **XCEL Swimming**

