

2025 Go for the Gold

Hosted by the Bergen Barracuda Swim Team
at the Raritan Valley Community College

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Saturday, October 25 th -Sunday, 26 th , 2025		
Link to Facility Info:	Raritan Valley Community College <i>(link to facility location & directions, pool certification & medical information)</i>		
Host Team Contact:	Nicole DeCaro		Nicole@bbswim.org
Meet Director:	Nicole DeCaro		Nicole@bbswim.org
Meet Referees:	Raymond Wong		officials@bbswim.org
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Erin Kelly Phil Umbrino		Erin@bbswim.org Phil@bbswim.org
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Wednesday September 24 th , 2025, at 6:00am.		
Entry Deadline:	Friday October 17 th , 2025, at 6:00pm, or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: October 25 th , 2025		
Entry Fees & Surcharges:	Individual Event: \$7		Relay Event: \$10
	400 IM/500 Free Event: \$9		
	There will be a \$10/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, 13-14, 14 & Under, and 15-19 events.• There are no qualifying times for this meet, except for the 400 IM and 500 Freestyle events. "NT/No Time" entries will not be accepted at this meet.• 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 event	Meet: 6 Individual events 2 Relay events	
Checks Payable To:	Bergen Barracuda Swim Team		
Email Entry Files To:	besmarttinc@gmail.com		



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 section of the NJS website, meet website, and e-mailed to the coaches of participating teams.

Saturday		
Session 1	Morning	11-12
Session 2	Midday	10 & Under
Session 3	Afternoon	13-19
Session 4	Evening	19 & Under 500 Freestyle
Sunday		
Session 5	Morning	11-12
Session 6	Midday	10 & Under
Session 7	Afternoon	13-19
Session 8	Evening	19 & Under 400 IM

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Medals will be awarded for the top three swimmers in each individual event. Medals will be awarded to the top three relays in each relay event. Medals will be awarded for the top 3 13-14, and 15-19 swimmers in the 13-19 individual events. Medals will be awarded to the top 3 14 & Under, 15-19 in the 19 & Under individual 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 not be permitted into the facility. The meet will be livestreamed. A link will be posted at www.besmarttinc.com shortly before each session. Heat sheets will be available online at www.besmarttinc.com and Meet Mobile.
Concessions:	None.
Vendor:	None.
Distance Events:	<ul style="list-style-type: none"> The 400 yard IM and 500 yard Freestyle events will be run fastest to slowest, alternating genders. Heats may be combined without an empty lane to save time. Swimmers are responsible to supply their own timer, and for the 500 freestyle, a person to count. There will be a 15 minute break/warm-up before the start of the first heats of these events.
Heat Limited Events	<ul style="list-style-type: none"> The 13-19 400-yard IM and 500 yard Freestyle may be limited to the fastest 4 heats per event, depending on the timeline developed after entries are received.
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
Session: 1 11-12 Saturday	
1	Girls 11-12 200 Medley Relay
2	Boys 11-12 200 Medley Relay
3	Girls 11-12 200 Freestyle
4	Boys 11-12 200 Freestyle
5	Girls 11-12 100 Breaststroke
6	Boys 11-12 100 Breaststroke
7	Girls 11-12 50 Backstroke
8	Boys 11-12 50 Backstroke
9	Girls 11-12 100 Butterfly
10	Boys 11-12 100 Butterfly
11	Girls 11-12 50 Freestyle
12	Boys 11-12 50 Freestyle
13	Girls 11-12 200 Backstroke
14	Boys 11-12 200 Backstroke
15	Girls 11-12 100 IM
16	Boys 11-12 100 IM

#	Event
Session: 2 10 & Under Saturday	
17	Girls 10 & Under 200 Medley Relay
18	Boys 10 & Under 200 Medley Relay
19	Girls 10 & Under 200 Freestyle
20	Boys 10 & Under 200 Freestyle
21	Girls 10 & Under 100 Breaststroke
22	Boys 10 & Under 100 Breaststroke
23	Girls 10 & Under 50 Backstroke
24	Boys 10 & Under 50 Backstroke
25	Girls 10 & Under 100 Butterfly
26	Boys 10 & Under 100 Butterfly
27	Girls 10 & Under 50 Freestyle
28	Boys 10 & Under 50 Freestyle
29	Girls 10 & Under 100 IM
30	Boys 10 & Under 100 IM

#	Event
Session: 3 13-19 Saturday	
31	Girls 13-14 200 Freestyle Relay
32	Boys 13-14 200 Freestyle Relay
33	Women 15-19 200 Freestyle Relay
34	Men 15-19 200 Freestyle Relay
35	Women 13-19 50 Butterfly
36	Men 13-19 50 Butterfly
37	Women 13-19 200 IM
38	Men 13-19 200 IM
39	Women 13-19 200 Butterfly
40	Men 13-19 200 Butterfly
41	Women 13-19 100 Freestyle
42	Men 13-19 100 Freestyle
43	Women 13-19 100 Backstroke
44	Men 13-19 100 Backstroke
45	Women 13-19 100 Breaststroke
46	Men 13-19 100 Breaststroke
47	Women 13-19 50 Freestyle
48	Men 13-19 50 Freestyle

#	Event	Equal/ Faster
Session: 4 Saturday 500 Freestyle		
49	Women 19 & Under 500 Freestyle	
	14 & Under	6:24.99
	15-19	6:12.19
50	Men 19 & Under 500 Freestyle	
	14 & Under	6:23.19
	15-19	5:51.69



#	Event
Session: 5 11-12 Sunday	
51	Girls 11-12 200 Freestyle Relay
52	Boys 11-12 200 Freestyle Relay
53	Girls 11-12 200 IM
54	Boys 11-12 200 IM
55	Girls 11-12 200 Breaststroke
56	Boys 11-12 200 Breaststroke
57	Girls 11-12 50 Butterfly
58	Boys 11-12 50 Butterfly
59	Girls 11-12 100 Backstroke
60	Boys 11-12 100 Backstroke
61	Girls 11-12 50 Breaststroke
62	Boys 11-12 50 Breaststroke
63	Girls 11-12 100 Freestyle
64	Boys 11-12 100 Freestyle

#	Event
Session: 6 10 & Under Sunday	
65	Girls 10 & Under 200 Freestyle Relay
66	Boys 10 & Under 200 Freestyle Relay
67	Girls 10 & Under 200 IM
68	Boys 10 & Under 200 IM
69	Girls 10 & Under 50 Breaststroke
70	Boys 10 & Under 50 Breaststroke
71	Girls 10 & Under 100 Backstroke
72	Boys 10 & Under 100 Backstroke
73	Girls 10 & Under 50 Butterfly
74	Boys 10 & Under 50 Butterfly
75	Girls 10 & Under 100 Freestyle
76	Boys 10 & Under 100 Freestyle

#	Event
Session: 7 13-19 Sunday	
77	Girls 13-14 200 Medley Relay
78	Boys 13-14 200 Medley Relay
79	Women 15-19 200 Medley Relay
80	Men 15-19 200 Medley Relay
81	Women 13-19 50 Backstroke
82	Men 13-19 50 Backstroke
83	Women 13-19 200 Freestyle
84	Men 13-19 200 Freestyle
85	Women 13-19 100 Butterfly
86	Men 13-19 100 Butterfly
87	Women 13-19 200 Breaststroke
88	Men 13-19 200 Breaststroke
89	Women 13-19 200 Backstroke
90	Men 13-19 200 Backstroke
91	Women 13-19 50 Breaststroke
92	Men 13-19 50 Breaststroke

#	Event	Equal/ Faster
Session: 8 Sunday 400 IM		
93	Women 19 & Under 400 IM	
	14 & Under	5:55.69
	15-19	5:44.99
94	Men 19 & Under 400 IM	
	14 & Under	5:50.29
	15-19	5:29.19

