

# 2025 NJS Long Course 13 & Over Silver-Bronze Championships

Hosted by Bergen Barracuda Swim Team  
at Sonny Werblin Recreation Center, Rutgers University  
*Held under the sanction of USA Swimming*

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Dates of Meet:	<b>Friday-Sunday July 11<sup>th</sup>-13<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:	Nicole Cicalo-DeCaro		<a href="mailto:nicole@bbswim.org">nicole@bbswim.org</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referees:	Raymond Wong		<a href="mailto:officials@bbswim.org">officials@bbswim.org</a>
Admin Official:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Phil Umbrino Olivia Schlackman		<a href="mailto:phil@bbswim.org">phil@bbswim.org</a> <a href="mailto:olivia@bbswim.org">olivia@bbswim.org</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Friday June 20<sup>th</sup>, 2025.</b> <i>(Note: Teams cannot be closed out of this championship meet provided entries are received by the deadline)</i>		
Entry Deadline:	<b>Tuesday July 1<sup>st</sup>, 2025, at 11:59pm</b>		
Swimmer Age	Swimmer ages for this meet are as of: <b>July 11<sup>th</sup>, 2025</b>		
Entry Fees:	Individual Entry: <b>\$15.00</b>		Relay Event Entry: <b>\$25.00</b>
	<b>There will be an athlete surcharge of \$15.</b>		
Meet Course:	Long Course Meters (LCM). Converted times will be accepted.		
Meet Format:	<ul style="list-style-type: none"> <li>This meet will be run as timed finals.</li> <li>There will be 13-14, and 15 &amp; Over events.</li> <li>Swimmers 20 years and older will be entered exhibition and will not receive awards. <ul style="list-style-type: none"> <li><b>There are minimum ("faster than") and maximum ("no faster than") time standards for this meet. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries.</b> (See <i>NJ Swimming Championships additional considerations</i> section for details).</li> </ul> </li> <li>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.</li> </ul>		
Entry Limits:	Daily: <b>4</b> Individual Events <b>2</b> Relay Events	Meet:	<b>8</b> Individual Events <b>4</b> Relay Events
Checks Payable To:	<b>Bergen Barracuda Swim Team</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 and a timeline developed, published on the meet website, and e-mailed to the coaches of participating teams.*

Friday		
Session 1	Morning	Group A, Event List 1
Session 2	Midday	Group A 800 Freestyle, Group B 1500 Freestyle
Session 3	Afternoon	Group B, Event List 1
Saturday		
Session 4	Morning	Group C, Event List 1
Session 5	Midday	Group C 800 Freestyle, Group A 1500 Freestyle
Session 6	Afternoon	Group A, Event List 2
Sunday		
Session 7	Morning	Group C, Event List 2
Session 8	Midday	Group C 1500 Freestyle, Group B 800 Freestyle
Session 9	Afternoon	Group B, Event List 2

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will not be kept.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons 4<sup>th</sup> through 8<sup>th</sup> place in each individual event.</li> <li>Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place in each relay event.</li> <li>Swimmers 20 years and older, and relay teams with swimmers 20 years and older will not receive awards.</li> <li><b>Awards will be determined once all groups have swum, and will be prepared for distribution at the Gold Meet at Rutgers.</b></li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>
Admissions:	<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 the 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 be selling a limited number of packaged concessions.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>Metro Swim Shop will be in attendance.</li> </ul>
Disatance Events:	<ul style="list-style-type: none"> <li>Swimmers in the 800 &amp; 1500 freestyle events are responsible to supply their own timer and person to count.</li> <li>Distance events will be seeded fast to slow alternating genders. Slower heats may be combined without an empty lane between genders.</li> </ul>
50-Stroke Events	<ul style="list-style-type: none"> <li>There are no time standards for the 50 Backstroke, Breaststroke, and Butterfly events. Swimmers may enter these events provided that they are entered in an event longer than 50 meters that session.</li> <li>Swimmers who do not have a provable time for the 50 stroke, may use half their 100 time for that stroke</li> </ul>
Heat-limited Events:	<ul style="list-style-type: none"> <li>The meet host retains the right to limit heats in 50- and 100-meter events to ensure that sessions are not overcrowded or run for an excessive amount of time. Swimmers with a Silver qualification time in a heat-limited event will be excluded from any heat limits.</li> </ul>



Internet Website Posting:	Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a>
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.

## Special Considerations for NJ Swimming Championships

Entry Times:	<ul style="list-style-type: none"> <li>New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>All entry times must be in long course meters. Converted times are permitted. All entry times must meet the time standards for this meet as approved by NJ Swimming.</li> <li><b>All entry times must be proved upon meet entry. See "Proof of Times Reporting" below.</b></li> <li><b>All entry times must be achieved during the meet qualifying period of April 1<sup>st</sup>, 2024 through the entry date of the meet.</b></li> </ul>
Proof of Time Reporting:	<ul style="list-style-type: none"> <li>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.</li> <li>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.</li> </ul>
Relays	<p><b>Only swimmers that do not have Gold times in that stroke and distance since April 1<sup>st</sup>, 2024 may swim on relays. Where a relay leg distance is not normally contested for 13 &amp; Over swimmers (ie 50 backstroke, breaststroke, butterfly), the athlete swimming that stroke may not have a Gold time in the 100 of that stroke. A relay team with any swimmer found to have had a Gold time in that stroke and distance prior to the meet will be disqualified (even after the conclusion of the meet) and the information will be turned over to New Jersey Swimming for possible further disciplinary actions and fines.</b> (See NJS Policy &amp; Procedures Manual for explanation)</p> <ul style="list-style-type: none"> <li>If a swimmer achieves a gold time in an event during the meet they are still eligible to swim in that leg of the relay</li> <li>All relays must have the correct four names listed in the correct order for that relay to be eligible. Coaches must turn in completed relay cards, prior to the relay swimming</li> <li>The Meet Referee and/or the meet jury will handle any protest of relay swimmers during the meet. New Jersey Swimming will handle any protest of relay swimmers after the meet. (See NJ Swimming Policy &amp; Procedures Manual)</li> </ul>
Swimmer Championship Eligibility:	<ul style="list-style-type: none"> <li>No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li><b>This is a New Jersey Swimming Championship Meet. As such, only New Jersey Swimming athletes may enter and compete in this meet.</b> Swimmers may not compete in any event in which they have received a New Jersey Swimming <b>Gold Time</b> since April 1<sup>st</sup>, 2024.</li> <li><b>If a swimmer is entered in the meet, and then achieves a Gold time in one or more of their entered events prior to the start of the meet, that swimmer must be removed from that event(s).</b> Failure to do so will result in the disqualification of the swimmer (even retroactively), and the swimmer's club may be penalized and/or fined by NJ Swimming for each such infraction. The swimmer will be allowed to substitute another eligible event or the entry fee will be refunded if the swimmer cannot/does not wish to compete in a substitute event.</li> <li>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.</li> </ul>



State  
Championships  
Restriction:

- Swimmers may not compete in a given event at both a Silver Championship meet and the SC Gold meet, unless they achieve the SC Gold qualifying time in that event at the Silver meet, or at another Sanctioned or Approved meet attended in between the Silver meet and Gold meet.

## Groups

***In order to balance sessions, teams may be moved from one group to the other once entries have been received.***

Group	Teams
<b>A</b>	ACE, APEX, BAC, BB, CBGC, DESC, EEX, GMY, JAC, MAY, MEY, NJB, OTT, PAA, PRIN, PPST, PTAC, RSA, SAY, SCY, SHY, STAC, STAR, TWST, WWAT
<b>B</b>	BB, BGH, CAT, CJAC, EBGC, FSPY, HGH, JFAC, JG, LHY, LIFE, MYM, NJSD, OCY, RBY, RY, SVY, TAC, WMY, WW
<b>C</b>	BB, BWTD, EAG, GMNY, GSCY, HACY, HCY, MB, MDY, NJRC, RVYM, SCAR, WAVE, WEY, WFY, WY, XCEL



## Event List

List 1					
Group A	Group B	Group C	Event	Equal/ Slower	Equal/ Faster
1	37	69	Girls 13-14 200 Medley Relay	<b>**Gold</b>	
2	38	70	Boys 13-14 200 Medley Relay	<b>**Gold</b>	
3	39	71	Women 15 & Over 200 Medley Relay	<b>**Gold</b>	
4	40	72	Men 15 & Over 200 Medley Relay	<b>**Gold</b>	
5	41	73	Girls 13-14 400 Freestyle	5:01.30	5:25.29
6	42	74	Boys 13-14 400 Freestyle	4:46.70	5:09.99
7	43	75	Women 15 & Over 400 Freestyle	4:54.50	5:19.99
8	44	76	Men 15 & Over 400 Freestyle	4:27.70	4:43.79
9	45	77	Girls 13-14 50 Breaststroke		
10	46	78	Boys 13-14 50 Breaststroke		
11	47	79	Women 15 & Over 50 Breaststroke		
12	48	80	Men 15 & Over 50 Breaststroke		
13	49	81	Girls 13-14 100 Backstroke	1:16.30	
14	50	82	Boys 13-14 100 Backstroke	1:12.20	
15	51	83	Women 15 & Over 100 Backstroke	1:13.10	
16	52	84	Men 15 & Over 100 Backstroke	1:06.40	
17	53	85	Girls 13-14 200 Breaststroke	3:00.50	3:18.09
18	54	86	Boys 13-14 200 Breaststroke	2:48.80	3:10.79
19	55	87	Women 15 & Over 200 Breaststroke	2:57.40	3:20.49
20	56	88	Men 15 & Over 200 Breaststroke	2:40.50	2:55.29
21	57	89	Girls 13-14 100 Butterfly	1:18.00	
22	58	90	Boys 13-14 100 Butterfly	1:11.50	
23	59	91	Women 15 & Over 100 Butterfly	1:11.90	
24	60	92	Men 15 & Over 100 Butterfly	1:03.30	
25	61	93	Girls 13-14 50 Freestyle	30.90	
26	62	94	Boys 13-14 50 Freestyle	28.70	
27	63	95	Women 15 & Over 50 Freestyle	30.20	
28	64	96	Men 15 & Over 50 Freestyle	26.50	
29	65	97	Girls 13-14 200 IM	2:40.80	2:50.49
30	66	98	Boys 13-14 200 IM	2:31.70	2:43.49
31	67	99	Women 15 & Over 200 IM	2:36.30	2:45.09
32	68	100	Men 15 & Over 200 IM	2:21.60	2:26.99



Distance					
Group A	Group B	Group C	Event	Equal/ Slower	Equal/ Faster
33	181	101	Women 13 & Over 800 Freestyle		
			13-14	10:21.00	11:41.99
			15 & Over	10:09.00	11:28.39
34	182	102	Men 13 & Over 800 Freestyle		
			13-14	9:56.30	11:13.99
			15 & Over	9:33.30	10:50.09
103	35	177	Women 13 & Over 1500 Freestyle		
			13-14	19:48.10	22:23.09
			15 & Over	19:29.60	22:02.19
104	36	178	Men 13 & Over 1500 Freestyle		
			13-14	18:59.00	21:27.39
			15 & Over	18:11.70	20:33.99



List 2					
Group A	Group B	Group C	Event	Equal/ Slower	Equal/ Faster
105	183	141	Girls 13-14 200 Freestyle Relay	<b>**Gold</b>	
106	184	142	Boys 13-14 200 Freestyle Relay	<b>**Gold</b>	
107	185	143	Women 15 & Over 200 Freestyle Relay	<b>**Gold</b>	
108	186	144	Women 15 & Over Freestyle Relay	<b>**Gold</b>	
109	187	145	Girls 13-14 200 Freestyle	2:23.20	2:30.79
110	188	146	Boys 13-14 200 Freestyle	2:14.50	2:23.29
111	189	147	Women 15 & Over 200 Freestyle	2:18.00	2:25.39
112	190	148	Men 15 & Over 200 Freestyle	2:04.80	2:09.29
113	191	149	Girls 13-14 50 Butterfly		
114	192	150	Boys 13-14 50 Butterfly		
115	193	151	Women 15 & Over 50 Butterfly		
116	194	152	Men 15 & Over 50 Butterfly		
117	195	153	Girls 13-14 200 Backstroke	2:38.10	2:52.99
118	196	154	Boys 13-14 200 Backstroke	2:29.60	2:47.89
119	197	155	Women 15 & Over 200 Backstroke	2:34.40	2:46.89
120	198	156	Men 15 & Over 200 Backstroke	2:22.70	2:37.59
121	199	157	Girls 13-14 100 Breaststroke	1:28.40	
122	200	158	Boys 13-14 100 Breaststroke	1:22.30	
123	201	159	Women 15 & Over 100 Breaststroke	1:26.20	
124	202	160	Men 15 & Over 100 Breaststroke	1:14.70	
125	203	161	Girls 13-14 200 Butterfly	2:38.60	3:12.99
126	204	162	Boys 13-14 200 Butterfly	2:28.60	3:00.89
127	205	163	Women 15 & Over 200 Butterfly	2:33.90	3:07.29
128	206	164	Men 15 & Over 200 Butterfly	2:21.50	2:52.29
129	207	165	Girls 13-14 50 Backstroke		
130	208	166	Boys 13-14 50 Backstroke		
131	209	167	Women 15 & Over 50 Backstroke		
132	210	168	Men 15 & Over 50 Backstroke		
133	211	169	Girls 13-14 100 Freestyle	1:07.00	
134	212	170	Boys 13-14 100 Freestyle	1:01.90	
135	213	171	Women 15 & Over 100 Freestyle	1:04.30	
136	214	172	Men 15 & Over 100 Freestyle	57.10	
137	215	173	Girls 13-14 400 IM	5:41.30	6:25.89
138	216	174	Boys 13-14 400 IM	5:22.60	6:01.49
139	217	175	Women 15 & Over 400 IM	5:35.10	6:18.79
140	218	176	Men 15 & Over 400 IM	5:07.30	5:42.99

**\*\* Only swimmers that do not have Gold times in that stroke and distance, or for backstroke, breaststroke, and butterfly in the 100 of that stroke, since April 1st, 2024 may swim on relays.**

