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2026 NJS 12 & Under Silver/Bronze Championships Region A

Hosted by Cougar Aquatic Team
at the Wellness & Events Center, NJIT
Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Dates of Meet:	Saturday-Sunday February 21 st -22 nd , 2026		
Facility:	Wellness & Events Center, NJIT <i>(link to facility location & directions, pool certification, and medical information)</i>		
Eligible Teams:	<p>See next page for regions and list of eligible teams.</p> <p>Teams may be reassigned to another region once entries are received in order to balance numbers and session times. This will be communicated to participating coaches once entries have been processed.</p>		
Host Team Contact:	Jon Siegel		jon@cougaraquatic.com
Meet Director:	Jon Siegel		jon@cougaraquatic.com
Meet Referee:	John Butler		j.m.butler@comcast.net
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshalls:	Terry Murray Rich Palm		teammurray@verizon.net rich@cougaraquatic.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Immediately (Teams will not be closed out of this championship meet provided entries are received by the entry deadline)		
Entry Deadline:	Monday February 9th, 2026 at 11:59pm		
Swimmer Age	Swimmer ages for this meet are as of: February 21st, 2026		
Entry Fees:	Individual Entry: \$10.00		Relay Event Entry: \$24.00
	<p>There will be an athlete surcharge of \$10 per day</p> <p>Note: Entry Amendment Procedure is listed below in the Special Considerations for NJ Swimming Championships section</p>		
Meet Course:	Short Course Yards (SCY).		
Meet Format:	<ul style="list-style-type: none"> This meet will be run as timed finals. There will be 8 & Under, 10 & Under, and 11-12 events. There are minimum (“faster than”) and maximum (“no faster than”) time standards for all 9 & Over events. 8 & Under swimmers will require proof of time but do not have faster than or slower than time standards. As this is a New Jersey Swimming Championship Meet, proof of time will be required for all individual entries. (See <i>NJ Swimming Championships additional considerations</i> section for details). 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:	4 Individual Events 1 Relay Event	Meet: 8 Individual Events 2 Relay Events
	Mini Meet:	4 Individual Events 2 Relay Events	Mini-Meet: 4 Individual Events 2 Relay Events
Checks Payable To:	Cougar Aquatic Team, LLC		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



Regions & Eligible Teams

Teams may be reassigned to another region once entries are received in order to balance numbers and session times. This will be communicated to participating coaches once entries have been processed.

Region A	Hosted by CAT at NJIT Wellness & Events Center
	BB, CAT, CBGC, EAG, EBGC, GMY, JAC, LIFE, NJBL, NJSD, TWST, WEY, WMY, NJB
Region B	Hosted by SCAR at Newark Academy
	ACE, DESC, JFAC, LHY, MEY, MYM, RSA, RY, SAY, SCAR, TAC, WFY, WWAT
Region C	Hosted by PPST at Princeton Middle School
	APEX, BGH, CJAC, EEX, FSPY, HACY, HCY, JG, MB, OCY, PAA, PPST, PTAC, RVYM, SWST, WW, WY, XCEL
Region D	Hosted by STAC at Raritan Valley Community College
	BAC, BWTD, HQH, GSCY, JSY, MAY, MDY, NJRC, RY, SCY, STAC, STAR, WAVE

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 and e-mailed to the coaches of participating teams.

Saturday		
Session 1	Morning	10 & Under
Session 2	Midday	10 & Under 500 Freestyle
Session 3	Afternoon	11-12
Session 4	Evening	11-12 1000 Freestyle
Sunday		
Session 5	Morning	10 & Under, 8 & Under Mini-Meet <i>(Some host teams may choose to run the 8 & Under events separately, depending on entries. This will be communicated to participating teams with the meet schedule, timing & warm-up information)</i>
Session 6	Afternoon	11-12
Session 7	Evening	11-12 1650 Freestyle



Scoring:	<ul style="list-style-type: none"> Team scoring will not be kept.
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. The 500 freestyle and the 11-12 400 IM events are combined Silver/Bronze events and will be awarded as such with medals awarded to 1st through 3rd place and ribbons 4th through 8th place in each individual event. A swimmer competing in the Bronze division of an event who achieves a Gold time will not receive an award. (This does not apply to the combined Silver/Bronze events).
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet.
Concessions:	<ul style="list-style-type: none"> None.
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.

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, 2025 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.
Entry Amendment Procedures:	<p>Coaches will be permitted to amend inaccuracies in their meet entries for this meet. The process shall be as follows:</p> <ol style="list-style-type: none"> The meet coordinator will enter each team as the entries are received. An entry report for each team will be e-mailed to that team within 24 hours after they are received. Upon receipt of the entry report for their team, the coach will be expected to proof the entries for their team. The coach must respond to the email, either indicating that the entries are accepted as is or amending as explained below. Late entries will be accepted if the swims occur after the meet entry deadline at a USA Swimming Sanctioned, or Approved meet. After the entry deadline has passed, should a swimmer be missing from the entry list or missing from an event, then the coach may enter the swimmer (up to 5 swimmers) through the following process: Make a list of the missing entry information: swimmer's name, USA-S number, event number(s), and entry time(s). Email the list of missing swimmers and their events to the Entry Coordinator no later than 72 hours before the start of the meet. Please do not email a Hy-Tek file. The entry fee for all events entered in this manner will be \$25 per change in addition to all other fees. This money is payable before the start of the meet. If this fee is not paid, the swimmer(s) will not be permitted to swim in the amended events in the meet. Entries which are amended due to a swimmer achieving a new Gold or Silver time after the original entry is submitted do not incur this additional fee.



Entry Amendment ...continued	<p>10. Larger scale situations must be brought to the attention of the NJS Executive board so they can be dealt with individually, allowing the issue to be a singular situation.</p>
Distance Events	<ul style="list-style-type: none"> • The 11-12 1000 and 1650 yard freestyle events are limited to athletes with a provable Gold or Silver time in the 500 Free, or those with a Silver time in the 1000 or 1650 Free, but who do not yet have the 1000 or 1650 Gold time respectively. Athletes will be seeded with their 500 Free time. If a swimmer has a provable silver time in the 1000 or 1650 free, but not in the 500 free, the swimmer may be entered in the 1000/1650 free at the 500 free qualifying time. • The 10 & Under 500 yard freestyle and the 11-12 1000 yard Freestyle and 1650 yard Freestyle events will be run fastest to slowest, alternating genders. • Swimmers in the 10 & Under 500 Freestyle, the 11-12 1000 Freestyle, and the 11-12 1650 Freestyle events are responsible for providing their own timers and counters. • In all events of 400 yards or more, heats may be combined at the discretion of the meet referee, without an empty lane between genders. <p>The 500 Freestyle and 400 IM events will be run and scored as combined Silver/Bronze events.</p>
Relays	<p>Only swimmers that do not have Gold times in that stroke and distance can swim on relays. 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. (See NJS Policy & Procedures Manual for explanation)</p> <ul style="list-style-type: none"> • 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 • 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 • 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 & Procedures Manual)
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. Swimmers may not compete in any event in which they have received a New Jersey Swimming Gold Time since January 1st, 2025. • No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. • 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). 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. • Similarly, if a swimmer was initially entered in the Bronze division of an event, and then achieves a Silver time in the event prior to the start of this meet, then that swimmer's entry must be amended so they compete in the Silver division of the event. 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. • 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.
State Championships Restriction:	<ul style="list-style-type: none"> • Swimmers may not compete in a given event at both a Silver/Bronze Championship meet and the SC Gold meet, unless they achieve the SC Gold qualifying time in that event at the Silver/Bronze meet, or at another Sanctioned or Approved meet attended in between the Silver/Bronze meet and the Gold meet.



Event List

#	Event	Equal/ Slower	Equal/ Faster
Session: 1 Saturday 10 & Under			
1	Girls 10 & Under 200 Medley Relay Silver/Bronze		
2	Boys 10 & Under 200 Medley Relay Silver/Bronze		
3	Girls 10 & Under 100 IM Bronze	1:39.10	
4	Boys 10 & Under 100 IM Bronze	1:39.10	
5	Girls 10 & Under 100 IM Silver	1:22.90	1:39.09
6	Boys 10 & Under 100 IM Silver	1:22.90	1:39.09
7	Girls 10 & Under 100 Freestyle Bronze	1:21.80	
8	Boys 10 & Under 100 Freestyle Bronze	1:21.80	
9	Girls 10 & Under 100 Freestyle Silver	1:12.30	1:21.79
10	Boys 10 & Under 100 Freestyle Silver	1:12.30	1:21.79
11	Girls 10 & Under 50 Backstroke Bronze	44.90	
12	Boys 10 & Under 50 Backstroke Bronze	44.90	
13	Girls 10 & Under 50 Backstroke Silver	38.70	44.89
14	Boys 10 & Under 50 Backstroke Silver	38.70	44.89
15	Girls 10 & Under 100 Butterfly Bronze	1:52.90	
16	Boys 10 & Under 100 Butterfly Bronze	1:52.90	
17	Girls 10 & Under 100 Butterfly Silver	1:37.40	1:52.89
18	Boys 10 & Under 100 Butterfly Silver	1:37.40	1:52.89
19	Girls 10 & Under 50 Breaststroke Bronze	52.10	
20	Boys 10 & Under 50 Breaststroke Bronze	52.10	
21	Girls 10 & Under 50 Breaststroke Silver	45.00	52.09
22	Boys 10 & Under 50 Breaststroke Silver	45.00	52.09

#	Event	Equal/ Slower
Session: 2 10 & Under 500 Freestyle		
23	Girls 10 & Under 500 Freestyle Silver/Bronze	7:25.70
24	Boys 10 & Under 500 Freestyle Silver/Bronze	7:25.70



#	Event	Equal/ Slower	Equal/ Faster
Session: 3 Saturday 11-12			
25	Girls 11-12 200 Medley Relay Silver/Bronze		
26	Boys 11-12 200 Medley Relay Silver/Bronze		
27	Girls 11-12 500 Freestyle Silver/Bronze	6:03.50	
28	Boys 11-12 500 Freestyle Silver/Bronze	5:57.30	
29	Girls 11-12 50 Butterfly Bronze	35.00	
30	Boys 11-12 50 Butterfly Bronze	36.30	
31	Girls 11-12 50 Butterfly Silver	31.70	34.99
32	Boys 11-12 50 Butterfly Silver	32.00	36.29
33	Girls 11-12 200 Backstroke Bronze	2:38.40	
34	Boys 11-12 200 Backstroke Bronze	3:08.00	
35	Girls 11-12 200 Backstroke Silver	2:29.80	2:38.39
36	Boys 11-12 200 Backstroke Silver	2:31.00	3:07.99
37	Girls 11-12 100 Breaststroke Bronze	1:30.20	
38	Boys 11-12 100 Breaststroke Bronze	1:31.30	
39	Girls 11-12 100 Breaststroke Silver	1:22.30	1:30.19
40	Boys 11-12 100 Breaststroke Silver	1:21.20	1:31.29
41	Girls 11-12 100 Freestyle Bronze	1:04.90	
42	Boys 11-12 100 Freestyle Bronze	1:05.60	
43	Girls 11-12 100 Freestyle Silver	1:01.90	1:04.89
44	Boys 11-12 100 Freestyle Silver	1:00.40	1:05.59
45	Girls 11-12 200 Butterfly Bronze	3:07.30	
46	Boys 11-12 200 Butterfly Bronze	2:59.80	
47	Girls 11-12 200 Butterfly Silver	2:50.00	3:07.29
48	Boys 11-12 200 Butterfly Silver	2:50.50	2:59.79
49	Girls 11-12 50 Backstroke Bronze	35.70	
50	Boys 11-12 50 Backstroke Bronze	37.70	
51	Girls 11-12 50 Backstroke Silver	32.90	35.69
52	Boys 11-12 50 Backstroke Silver	33.20	37.69
53	Girls 11-12 200 IM Bronze	2:40.90	
54	Boys 11-12 200 IM Bronze	2:39.50	
55	Girls 11-12 200 IM Silver	2:31.80	2:40.89
56	Boys 11-12 200 IM Silver	2:27.50	2:39.49

#	Event	Equal/ Slower	Equal/ Faster
Session: 4 11-12 1000 Freestyle			
57	Girls 11-12 1000 Freestyle Silver	12:47.00	7:32.29
58	Boys 11-12 1000 Freestyle Silver	12:41.60	7:03.09



#	Event	Equal/ Slower	Equal/ Faster
Session: 5 Sunday 10 & Under, Mini-Meet			
59	Girls 10 & Under 200 Freestyle Relay Silver/Bronze		
60	Boys 10 & Under 200 Freestyle Relay Silver/Bronze		
61	Girls 8 & Under 100 Freestyle Relay		
62	Boys 8 & Under 100 Freestyle Relay		
63	Girls 10 & Under 200 Freestyle Bronze	3:09.40	
64	Boys 10 & Under 200 Freestyle Bronze	3:09.40	
65	Girls 10 & Under 200 Freestyle Silver	2:42.30	3:09.39
66	Boys 10 & Under 200 Freestyle Silver	2:42.30	3:09.39
67	Girls 8 & Under 50 Freestyle		
68	Boys 8 & Under 50 Freestyle		
69	Girls 8 & Under 25 Freestyle		
70	Boys 8 & Under 25 Freestyle		
71	Girls 10 & Under 100 Backstroke Bronze	1:34.40	
72	Boys 10 & Under 100 Backstroke Bronze	1:34.40	
73	Girls 10 & Under 100 Backstroke Silver	1:23.20	1:34.39
74	Boys 10 & Under 100 Backstroke Silver	1:23.20	1:34.39
75	Girls 8 & Under 50 Backstroke		
76	Boys 8 & Under 50 Backstroke		
77	Girls 8 & Under 25 Backstroke		
78	Boys 8 & Under 25 Backstroke		
79	Girls 10 & Under 50 Butterfly Bronze	50.80	
80	Boys 10 & Under 50 Butterfly Bronze	50.80	
81	Girls 10 & Under 50 Butterfly Silver	40.20	50.79
82	Boys 10 & Under 50 Butterfly Silver	40.10	50.79
83	Girls 8 & Under 50 Butterfly		
84	Boys 8 & Under 50 Butterfly		
85	Girls 8 & Under 25 Butterfly		
86	Boys 8 & Under 25 Butterfly		
87	Girls 10 & Under 100 Breaststroke Bronze	1:49.70	
88	Boys 10 & Under 100 Breaststroke Bronze	1:49.70	
89	Girls 10 & Under 100 Breaststroke Silver	1:34.00	1:49.69
90	Boys 10 & Under 100 Breaststroke Silver	1:34.00	1:49.69
91	Girls 8 & Under 50 Breaststroke		
92	Boys 8 & Under 50 Breaststroke		
93	Girls 8 & Under 25 Breaststroke		
94	Boys 8 & Under 25 Breaststroke		
95	Girls 10 & Under 50 Freestyle Bronze	37.00	
96	Boys 10 & Under 50 Freestyle Bronze	37.00	
97	Girls 10 & Under 50 Freestyle Silver	32.70	36.99
98	Boys 10 & Under 50 Freestyle Silver	32.70	36.99



#	Event	Equal/ Slower	Equal/ Faster
Session: 5 Sunday 10 & Under, Mini-Meet...continued			
99	Girls 8 & Under 100 IM		
100	Boys 8 & Under 100 IM		
101	Girls 10 & Under 200 IM Bronze	3:30.70	
102	Boys 10 & Under 200 IM Bronze	3:30.70	
103	Girls 10 & Under 200 IM Silver	2:53.70	3:30.69
104	Boys 10 & Under 200 IM Silver	2:53.70	3:30.69
105	Girls 8 & Under 100 Medley Relay		
106	Boys 8 & Under 100 Medley Relay		

#	Event	Equal/ Slower	Equal/ Faster
Session: 6 Sunday 11-12			
107	Girls 11-12 200 Freestyle Relay Silver/Bronze		
108	Boys 11-12 200 Freestyle Relay Silver/Bronze		
109	Girls 11-12 400 IM Silver/Bronze	5:25.50	
110	Boys 11-12 400 IM Silver/Bronze	5:20.80	
111	Girls 11-12 50 Breaststroke Bronze	43.10	
112	Boys 11-12 50 Breaststroke Bronze	43.70	
113	Girls 11-12 50 Breaststroke Silver	38.00	43.09
114	Boys 11-12 50 Breaststroke Silver	37.50	43.69
115	Girls 11-12 200 Freestyle Bronze	2:19.10	
116	Boys 11-12 200 Freestyle Bronze	2:18.40	
117	Girls 11-12 200 Freestyle Silver	2:13.50	2:19.09
118	Boys 11-12 200 Freestyle Silver	2:11.60	2:18.39
119	Girls 11-12 100 Backstroke Bronze	1:13.90	
120	Boys 11-12 100 Backstroke Bronze	1:17.40	
121	Girls 11-12 100 Backstroke Silver	1:10.00	1:13.89
122	Boys 11-12 100 Backstroke Silver	1:10.10	1:17.39
123	Girls 11-12 100 IM Bronze	1:15.40	
124	Boys 11-12 100 IM Bronze	1:16.10	
125	Girls 11-12 100 IM Silver	1:11.50	1:15.39
126	Boys 11-12 100 IM Silver	1:10.80	1:16.09
127	Girls 11-12 200 Breaststroke Bronze	3:37.00	
128	Boys 11-12 200 Breaststroke Bronze	3:32.20	
129	Girls 11-12 200 Breaststroke Silver	2:54.90	3:36.99
130	Boys 11-12 200 Breaststroke Silver	2:53.90	3:32.19
131	Girls 11-12 50 Freestyle Bronze	29.60	
132	Boys 11-12 50 Freestyle Bronze	30.00	
133	Girls 11-12 50 Freestyle Silver	28.10	29.59
134	Boys 11-12 50 Freestyle Silver	27.70	29.99
135	Girls 11-12 100 Butterfly Bronze	1:27.10	
136	Boys 11-12 100 Butterfly Bronze	1:45.00	
137	Girls 11-12 100 Butterfly Silver	1:11.50	1:27.09
138	Boys 11-12 100 Butterfly Silver	1:12.00	1:44.99



#	Event	Equal/ Slower	Equal/ Faster
Session: 7 Sunday 11-12 1650 Freestyle			
139	Girls 11-12 1650 Freestyle Silver	21:13.60	7:32.29
140	Boys 11-12 1650 Freestyle Silver	21:09.20	7:03.09

