



2025 Caitlin Lehmann Memorial

Hosted by the Cougar Aquatic Team
at the Wellness & Events Center, NJIT

Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Saturday-Sunday November 22nd-23rd, 2025		
Link to Facility Info:	Wellness & Events Center, NJIT <i>(link to facility location & directions, pool certification, and medical information)</i>		
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 Marshall:	Terry Murray Rich Palm		teammurray@verizon.net rich@cougaraquatic.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Wednesday October 22nd, 2025 at 6:00am		
Entry Deadline:	Friday November 14th, 2025, at 6:00pm or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: Saturday November 22nd, 2025		
Entry Fees:	Individual Entry: \$12.00 , 1000/1650 Freestyle: \$16.00 There will be a \$15 per day swimmer surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as a timed final meet.• There will be 12 & Under, and 13 & Over events.• There are no qualifying times for this meet. "NT" or "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	Meet: 6 Individual 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.		



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

Sunday		
Session 1	Morning	13 & Over
Session 2	Afternoon	12 & Under
Sunday		
Session 3	Morning	13 & Over
Session 4	Afternoon	12 & Under

Scoring:	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.
Admissions:	<ul style="list-style-type: none"> Spectators will be admitted up to the capacity of the gallery. 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"> None.
Heat Limited Events – Distance Sessions	<ul style="list-style-type: none"> The middle-distance sessions will be limited to two hours. Psych sheets for these events will be posted on the meet website at one week before the meet. The coaches of swimmers over the limits will be notified. If there are scratches, the entry coordinator will notify teams as places open up. Swimmers over the limit are welcome to arrive at the meet to see if any day of meet scratches create openings. The events will be seeded fast to slow, alternating genders. Swimmers must provide their own timers and (if desired) counters.
Internet Website Posting:	<ul style="list-style-type: none"> 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 Saturday 13 & Over	
1	Women 13 & Over 500 Freestyle
2	Men 13 & Over 500 Freestyle
3	Women 13 & Over 50 Breaststroke
4	Men 13 & Over 50 Breaststroke
5	Women 13 & Over 200 IM
6	Men 13 & Over 200 IM
7	Women 13 & Over 100 Freestyle
8	Men 13 & Over 100 Freestyle
9	Women 13 & Over 200 Breaststroke
10	Men 13 & Over 200 Breaststroke
11	Women 13 & Over 50 Backstroke
12	Men 13 & Over 50 Backstroke
13	Women 13 & Over 100 Butterfly
14	Men 13 & Over 100 Butterfly
15	Women 13 & Over 200 Backstroke
16	Men 13 & Over 200 Backstroke

#	Event
Session: 2 Saturday Distance	
17	Women 13 & Over 1000 Freestyle
18	Men 13 & Over 1000 Freestyle

#	Event
Session: 3 Saturday 12 & Under	
19	Girls 12 & Under 50 Freestyle
20	Boys 12 & Under 50 Freestyle
21	Girls 12 & Under 200 Freestyle
22	Boys 12 & Under 200 Freestyle
23	Girls 12 & Under 100 Backstroke
24	Boys 12 & Under 100 Backstroke
25	Girls 12 & Under 200 Breaststroke
26	Boys 12 & Under 200 Breaststroke
27	Girls 12 & Under 50 Breaststroke
28	Boys 12 & Under 50 Breaststroke
29	Girls 12 & Under 100 Butterfly
30	Boys 12 & Under 100 Butterfly
31	Girls 12 & Under 200 IM
32	Boys 12 & Under 200 IM
33	Girls 9-12 500 Freestyle
34	Boys 9-12 500 Freestyle

#	Event
Session: 4 Sunday 13 & Over	
35	Women 13 & Over 400 IM
36	Men 13 & Over 400 IM
37	Women 13 & Over 50 Freestyle
38	Men 13 & Over 50 Freestyle
39	Women 13 & Over 100 Breaststroke
40	Men 13 & Over 100 Breaststroke
41	Women 13 & Over 200 Butterfly
42	Men 13 & Over 200 Butterfly
43	Women 13 & Over 100 Backstroke
44	Men 13 & Over 100 Backstroke
45	Women 13 & Over 200 Freestyle
46	Men 13 & Over 200 Freestyle
47	Women 13 & Over 50 Butterfly
48	Men 13 & Over 50 Butterfly

#	Event
Session: 5 Sunday Distance	
49	Women 13 & Over 1650 Freestyle
50	Men 13 & Over 1650 Freestyle

#	Event
Session: 6 Sunday 12 & Under	
51	Girls 12 & Under 50 Butterfly
52	Boys 12 & Under 50 Butterfly
53	Girls 12 & Under 100 Freestyle
54	Boys 12 & Under 100 Freestyle
55	Girls 12 & Under 50 Backstroke
56	Boys 12 & Under 50 Backstroke
57	Girls 12 & Under 200 Butterfly
58	Boys 12 & Under 200 Butterfly
59	Girls 12 & Under 100 Breaststroke
60	Boys 12 & Under 100 Breaststroke
61	Girls 12 & Under 200 Backstroke
62	Boys 12 & Under 200 Backstroke
63	Girls 9-12 400 IM
64	Boys 9-12 400 IM

