

Holiday Classic XXXVII

Hosted by Eastern Express
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Friday December 20 th to Sunday December 22 nd , 2024		
Facility:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Michael Randazzo	908-448-8476	EasternExpressSwimTeam@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Gary Thayer		gght466@gmail.com
Admin Officials:	Be Smartt		besmarttinc@gmail.com
Safety Marshall:	Kevin Dobson Shannon Nelson		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday November 5 th , 2024, at 6:00am		
Entry Deadline:	Wednesday December 11 th , 2024, at 6:00pm or when the meet has filled, if earlier.		
Swimmer Age	Swimmer ages for this meet are as of: December 20 th , 2024		
Entry Fees:	Individual Entry:	\$12.00	Relays: \$18.00
	1000/1650 Freestyle Entry:	\$15.00	
	There will be a swimmer surcharge of \$15 per day.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none">• There will be 12 & Under, 13-14, 15 & Over, and Open events offered.• This meet will have prelims/finals events morning and evening, with timed final events in the afternoon. There will be 2 heats at finals for 13-14 events and 3 heats for Open events.• The scoring 13-14 500 freestyle & 400 IM are timed finals events and will swim in the morning preliminaries sessions, except for the fastest heat which will swim at finals.• There are minimum “faster than” times for all events. Times must have been achieved since January 1st, 2023. Proof of time is required for the prelims/finals and the 1000/1650 freestyle events. (Hy-Tek/Team Unify proof of time reports suffice for this purpose)• The 1000 and the Open 1650 freestyle events are timed finals, with slower heats swimming midday and the fastest heat swimming with finals.• Swimmers may compete in either the prelims/finals events or the timed finals events each day. Swimmers may choose to swim in different sessions each day.• All swimmers may compete in the 1000 and 1650 freestyle events provided they meet the qualifying standards.• All swimmers may compete in relay events.• 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: 3 Individual events (<i>prelims</i>) 4 Individual events (<i>timed finals</i>) 2 Relays		Meet: 12 Individual Events 6 Relays
	Teams are limited to three relays (A, B, C) per event.		
Checks Payable To:	Express Sports Inc		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		



No Show Policy:	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.
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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.
The schedule will be published on the meet website, the meet section section of the NJS website, and e-mailed to the coaches of participating teams.***

Friday		
Session 1	Morning	Preliminaries
Session 2	Midday	500 Freestyle
Session 3	Afternoon	Timed Finals
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Preliminaries
Session 6	Late Morning	400 IM
Session 7	Midday	1000 Freestyle
Session 8	Afternoon	Timed Finals
Session 9	Evening	Finals
Sunday		
Session 10	Morning	Preliminaries
Session 11	Midday	1650 Freestyle
Session 12	Afternoon	Timed Finals
Session 13	Evening	Finals

Scoring:	<ul style="list-style-type: none"> Team scoring will be kept. 16 place scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 and double for relays. Only the 12 & Under events in the afternoon timed finals sessions will score.
Awards:	<ul style="list-style-type: none"> Medals will be awarded to the fastest 3 swimmers in each individual scoring event. Ribbons will be awarded to swimmers in 4th through 8th place in each individual scoring event. Medals will be awarded to the 1st place team and ribbons to the teams placing 2nd and 3rd in each scoring relay event. Non-scoring events in the afternoon timed finals sessions will not receive awards.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet during preliminary and timed finals sessions.
Admissions & Programs:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Ticket sales information will be published at besmarttinc.com two weeks before the meet start.



	<ul style="list-style-type: none"> Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> Rutgers will be selling a snacks and drinks.
Vendor:	<ul style="list-style-type: none"> Metro Swim Shop will be in attendance.
Scratch Rule:	<ul style="list-style-type: none"> This meet will follow USA Swimming Rule 207.11.6.D and rule 207.11.6.E for scratches from finals. A swimmer who fails to scratch from finals within the deadlines outlined in rule 207.11.6.3 and then fails to swim the event at finals will be barred from further competition in the meet. In addition, the club of a swimmer who qualifies for finals, bonus or consolation finals and fails to compete in that final during the last session of the meet without properly scratching from the event in according to the above procedures may be fined \$150 for each occurrence. (This section supersedes the “scratch rule” section in the general NJS Information and Policies for Sanctioned Meets)
Distance Events (1000 & 1650)	<ul style="list-style-type: none"> The 1000 and 1650 freestyle events are timed finals. The slower heats of the 1000 and 1650 freestyles will be swum fastest to slowest as a separate session after the AM prelims on Saturday and Sunday. The fastest heats (top 8 swimmers) of the 1000 and 1650 will compete during the evening finals session. Heats of Women & Men may be combined to conserve time and space. Swimmers must provide their own timers and counters. Proof of time is required for entry into these events. 14 & Under Distance Standards: There are different qualifying standards for all athletes 14 & under. These events will be contested and scored as an Open event – no 14 & Under Finals Heat or separate awards.
500 Freestyle/400 IM Events in Friday/Saturday Prelims sessions	<ul style="list-style-type: none"> The 13-14 Events will be Timed Finals, with the fastest 8 swimmers competing at Evening Finals. All other heats will be swum after the main preliminaries session. The Open 500 Free and 400 IM are Prelims/Finals Events, with prelim heats swimming fast-to-slow. The swimming order in the prelims session will be the two fastest 13-14 heats not in finals, followed by Heats 1 & 2 of the Open event (the 2 Circle-Seeded heats), then alternating single heats of 13-14 and Open events fast-to-slow. The slowest heats may be combined.
50-yard events in afternoon timed finals sessions	<ul style="list-style-type: none"> Swimmers entering the 50-yard events in the afternoon timed finals session may qualify by: <ul style="list-style-type: none"> Qualifying for another event in the session, Having a meet qualifying time in the 100 or 200 of the stroke, or Having a qualifying time for the 50-yard event itself.
Bonus Events:	<ul style="list-style-type: none"> Any swimmer qualifying for at least one event may enter up two two bonus events of 200 yards or less, in the same section throughout the meet – a swimmer qualifying for a prelim/final event may enter up to two bonus prelim/final events ≤200 yards; a swimmer qualifying for a timed final event may enter up to two bonus timed final events ≤200 yards.
Heat-Limited Events	<ul style="list-style-type: none"> Once all entries have been received and processed, the entry coordinator will determine whether it will be necessary to heat-limit any distance event (400 IM, and 500 and longer freestyle events). Psych sheets will be posted on all the meet websites no later than the Monday prior to the start of the meet. Every effort will be made to allow as many athletes to compete in these events as possible. Additional swimmers will be added if there are scratches in the event and/or there is extra space on the timeline. Refunds will be processed after the meet only for swimmers not given the opportunity to participate in the event, not for those following normal scratch procedures. Approximately one week before the meet, all coaches with swimmers in an oversubscribed distance event will be e-mailed and asked to declare any scratches that they know of in advance.



Event List – Prelim/Finals & Distance Events

There are two event files for this meet as there are different time standards for the afternoon timed-finals events. The distance events are included in both files for convenience; the time standards are the same and either may be used for entries.

	Event #	Event	Equal/Faster
Session: 1 Friday Prelims			
	207	Girls 13-14 50 Freestyle	26.39
	208	Boys 13-14 50 Freestyle	24.79
	209	Women 50 Freestyle	24.99
	210	Men 50 Freestyle	22.79
	211	Girls 13-14 200 Butterfly	2:21.99
	212	Boys 13-14 200 Butterfly	2:13.99
	213	Women 200 Butterfly	2:14.99
	214	Men 200 Butterfly	2:04.99
	215	Girls 13-14 100 Backstroke	1:04.99
	216	Boys 13-14 100 Backstroke	1:00.99
	217	Women 100 Backstroke	1:01.49
	218	Men 100 Backstroke	55.99
	219	Girls 13-14 200 Breaststroke	2:40.99
	220	Boys 13-14 200 Breaststroke	2:32.99
	221	Women 200 Breaststroke	2:31.99
	222	Men 200 Breaststroke	2:18.99

	Event #	Event	Equal/Faster
Session: 2 Friday 500 Freestyle			
Finals	203	Girls 13-14 500 Freestyle	5:31.99
Finals	204	Boys 13-14 500 Freestyle	5:16.99
	205	Women 500 Freestyle	5:16.99
	206	Men 500 Freestyle	4:55.99

	Event #	Event
Session: 4 Friday Finals		
	201	Mixed 200 Medley Relay
		Fastest Heats of #203-#204
		Finals of Events #205-#222
	223	Girls 13-14 400 Freestyle Relay
	224	Boys 13-14 400 Freestyle Relay
	225	Women 400 Freestyle Relay
	226	Men 400 Freestyle Relay



	Event #	Event	Equal/Faster
Session: 5 Saturday Prelims			
	405	Girls 13-14 100 Breaststroke	1:14.99
	406	Boys 13-14 100 Breaststroke	1:10.99
	407	Women 100 Breaststroke	1:10.49
	408	Men 100 Breaststroke	1:03.49
	409	Girls 13-14 200 Freestyle	2:06.99
	410	Boys 13-14 200 Freestyle	1:58.99
	411	Women 200 Freestyle	1:58.99
	412	Men 200 Freestyle	1:48.99
	413	Girls 13-14 100 Butterfly	1:03.99
	414	Boys 13-14 100 Butterfly	59.99
	415	Women 100 Butterfly	1:00.99
	416	Men 100 Butterfly	55.49

	Event #	Event	Equal/Faster
Session: 6 Saturday 400 IM			
Finals	417	Girls 13-14 400 IM	4:59.99
Finals	418	Boys 13-14 400 IM	4:43.99
	419	Women 400 IM	4:45.99
	420	Men 400 IM	4:24.99

	Event #	Event	Equal/Faster
Session: 7 Saturday 1000 Freestyle			
	403	Women 1000 Freestyle	
		14 & Under	11:09.99
		15 & Over	10:54.99
	404	Men 1000 Freestyle	
		14 & Under	10:34.99
		15 & Over	10:14.99

	Event #	Event
Session: 9 Saturday Finals		
	401	Women 200 Medley Relay
	402	Men 200 Medley Relay
		Fastest Heats of #403-#404
		Finals of Events #405-#416
		Fastest Heats of #417-#418
		Finals of Events #419-#420
	421	Women 800 Freestyle Relay
	422	Men 800 Freestyle Relay



	Event #	Event	Equal/Faster
Session: 10 Sunday Prelims			
	605	Girls 13-14 200 Backstroke	2:19.99
	606	Boys 13-14 200 Backstroke	2:11.99
	607	Women 200 Backstroke	2:12.99
	608	Men 200 Backstroke	2:01.99
	609	Girls 13-14 100 Freestyle	57.99
	610	Boys 13-14 100 Freestyle	54.49
	611	Women 100 Freestyle	54.49
	612	Men 100 Freestyle	49.49
	615	Girls 13-14 200 IM	2:21.99
	616	Boys 13-14 200 IM	2:13.99
	617	Women 200 IM	2:13.99
	618	Men 200 IM	2:02.99

	Event #	Event	Equal/Faster
Session: 11 Sunday 1650 Freestyle			
	603	Women 1650 Freestyle	
		14 & Under	18:49.99
		15 & Over	18:19.99
	614	Men 1650 Freestyle	
		14 & Under	18:09.99
		15 & Over	17:09.99

	Event #	Event
Session: 13 Sunday Finals		
	601	Women 200 Freestyle Relay
	602	Men 200 Freestyle Relay
		Fastest Heat of #603
		Finals of #605-#612
		Fastest Heat of #614
		Finals of #615-#618
	619	Girls 13-14 400 Medley Relay
	620	Boys 13-14 400 Medley Relay
	621	Women 400 Medley Relay
	622	Men 400 Medley Relay



Event List – Distance & Timed Finals

There are two event files for this meet as there are different time standards for the afternoon timed-finals events. The distance events are included in both files for convenience; the time standards are the same and either may be used for entries.

	Event #	Event	Equal/Faster
Session: 3 Friday Timed Finals			
	101	Girls 12 & Under 200 Freestyle Relay	
	102	Boys 12 & Under 200 Freestyle Relay	
	103	Women 13 & Over 200 Freestyle Relay	
	104	Men 13 & Over 200 Freestyle Relay	
	105	Girls 12 & Under 500 Freestyle	6:06.99
	106	Boys 12 & Under 500 Freestyle	6:06.99
	107	Girls 13-14 500 Freestyle	5:51.99
	108	Boys 13-14 500 Freestyle	5:36.99
	109	Women 15 & Over 500 Freestyle	5:36.99
	110	Men 15 & Over 500 Freestyle	5:15.99
	111	Girls 12 & Under 50 Freestyle	30.19
	112	Boys 12 & Under 50 Freestyle	30.19
	113	Girls 13-14 50 Freestyle	29.89
	114	Boys 13-14 50 Freestyle	28.79
	115	Women 15 & Over 50 Freestyle	28.99
	116	Men 15 & Over 50 Freestyle	26.79
	117	Girls 12 & Under 200 Butterfly	2:37.99
	118	Boys 12 & Under 200 Butterfly	2:37.99
	119	Girls 13-14 200 Butterfly	2:34.99
	120	Boys 13-14 200 Butterfly	2:27.99
	121	Women 15 & Over 200 Butterfly	2:28.99
	122	Men 15 & Over 200 Butterfly	2:18.99
	123	Girls 12 & Under 100 Backstroke	1:15.99
	124	Boys 12 & Under 100 Backstroke	1:15.99
	125	Girls 13-14 100 Backstroke	1:11.99
	126	Boys 13-14 100 Backstroke	1:08.99
	127	Women 15 & Over 100 Backstroke	1:09.49
	128	Men 15 & Over 100 Backstroke	1:03.99
	129	Girls 12 & Under 200 Breaststroke	3:01.99
	130	Boys 12 & Under 200 Breaststroke	3:01.99
	131	Girls 13-14 200 Breaststroke	2:52.99
	132	Boys 13-14 200 Breaststroke	2:46.99
	133	Women 15 & Over 200 Breaststroke	2:45.99
	134	Men 15 & Over 200 Breaststroke	2:32.99
	135	Girls 12 & Under 100 IM	1:14.99
	136	Boys 12 & Under 100 IM	1:14.99
	137	Girls 13-14 100 IM	1:12.99
	138	Boys 13-14 100 IM	1:10.99
	139	Women 15 & Over 100 IM	1:11.99
	140	Men 15 & Over 100 IM	1:06.99



	Event #	Event	Equal/Faster
Session: 7 Saturday 1000 Freestyle			
	403	Women 1000 Freestyle	
		14 & Under	11:09.99
		15 & Over	10:54.99
	404	Men 1000 Freestyle	
		14 & Under	10:34.99
		15 & Over	10:14.99
	Event #	Event	Equal/Faster
Session: 8 Saturday Timed Finals			
	301	Girls 12 & Under 200 Medley Relay	
	302	Boys 12 & Under 200 Medley Relay	
	303	Women 13 & Over 200 Medley Relay	
	304	Men 13 & Over 200 Medley Relay	
	305	Girls 12 & Under 100 Breaststroke	1:25.99
	306	Boys 12 & Under 100 Breaststroke	1:25.99
	307	Girls 13-14 100 Breaststroke	1:21.99
	308	Boys 13-14 100 Breaststroke	1:18.99
	309	Women 15 & Over 100 Breaststroke	1:18.49
	310	Men 15 & Over 100 Breaststroke	1:11.49
	311	Girls 12 & Under 200 Freestyle	2:20.99
	312	Boys 12 & Under 200 Freestyle	2:20.99
	313	Girls 13-14 200 Freestyle	2:18.99
	314	Boys 13-14 200 Freestyle	2:12.99
	315	Women 15 & Over 200 Freestyle	2:12.99
	316	Men 15 & Over 200 Freestyle	2:08.99
	317	Girls 12 & Under 50 Backstroke	35.49
	318	Boys 12 & Under 50 Backstroke	35.49
	319	Girls 13-14 50 Backstroke	33.49
	320	Boys 13-14 50 Backstroke	31.99
	321	Women 15 & Over 50 Backstroke	34.99
	322	Men 15 & Over 50 Backstroke	31.99
	323	Girls 12 & Under 100 Butterfly	1:15.99
	324	Boys 12 & Under 100 Butterfly	1:15.99
	325	Girls 13-14 100 Butterfly	1:10.99
	326	Boys 13-14 100 Butterfly	1:07.99
	327	Women 15 & Over 100 Butterfly	1:08.99
	328	Men 15 & Over 100 Butterfly	1:03.49
	329	Girls 12 & Under 400 IM	5:25.99
	330	Boys 12 & Under 400 IM	5:25.99
	331	Girls 13-14 400 IM	5:15.99
	332	Boys 13-14 400 IM	4:59.99
	333	Women 15 & Over 400 IM	5:01.99
	334	Men 15 & Over 400 IM	4:40.99



	Event #	Event	Equal/Faster
Session: 11 Sunday 1650 Freestyle			
	603	Women 1650 Freestyle	
		14 & Under	18:49.99
		15 & Over	18:19.99
	614	Men 1650 Freestyle	
		14 & Under	18:09.99
		15 & Over	17:09.99
	Event #	Event	Equal/Faster
Session: 12 Sunday Timed Finals			
	501	Mixed 12 & Under 200 Medley Relay	
	502	Mixed 13 & Over 200 Medley Relay	
	503	Girls 12 & Under 200 Backstroke	2:33.99
	504	Boys 12 & Under 200 Backstroke	2:33.99
	505	Girls 13-14 200 Backstroke	2:31.99
	506	Boys 13-14 200 Backstroke	2:25.99
	507	Women 15 & Over 200 Backstroke	2:26.99
	508	Men 15 & Over 200 Backstroke	2:15.99
	509	Girls 12 & Under 50 Breaststroke	39.49
	510	Boys 12 & Under 50 Breaststroke	39.49
	511	Girls 13-14 50 Breaststroke	37.49
	512	Boys 13-14 50 Breaststroke	34.99
	513	Women 15 & Over 50 Breaststroke	36.99
	514	Men 15 & Over 50 Breaststroke	32.99
	515	Girls 12 & Under 100 Freestyle	1:05.99
	516	Boys 12 & Under 100 Freestyle	1:05.99
	517	Girls 13-14 100 Freestyle	1:04.99
	518	Boys 13-14 100 Freestyle	1:02.49
	519	Women 15 & Over 100 Freestyle	1:00.99
	520	Men 15 & Over 100 Freestyle	57.99
	521	Girls 12 & Under 50 Butterfly	34.49
	522	Boys 12 & Under 50 Butterfly	34.49
	523	Girls 13-14 50 Butterfly	31.49
	524	Boys 13-14 50 Butterfly	30.99
	525	Women 15 & Over 50 Butterfly	31.99
	526	Men 15 & Over 50 Butterfly	28.99
	527	Girls 12 & Under 200 IM	2:36.99
	528	Boys 12 & Under 200 IM	2:36.99
	529	Girls 13-14 200 IM	2:33.99
	530	Boys 13-14 200 IM	2:27.99
	531	Women 15 & Over 200 IM	2:27.99
	532	Men 15 & Over 200 IM	2:16.99

