

# 2025 RU Scared Yet

## Hosted by Eastern Express Swim Team

at the Werblin Recreation Center, Rutgers University

*Held under the sanction of USA Swimming*

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Date of Meet:	Sunday October 19 <sup>th</sup> , 2025		
Link to Facility Info:	<a href="#">Sonny Werblin Recreation Center, Rutgers University</a> <i>(link to facility location &amp; directions, pool certification, and medical information)</i>		
Host Team Contact:	Michael Randazzo	908-448-8476	<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referees:	Rob Curry		<a href="mailto:rksauce@yahoo.com">rksauce@yahoo.com</a>
Admin Officials:	Be Smartt		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshall:	Tiny Randazzo Jeff Verga		<a href="mailto:EasternExpressSwimTeam@gmail.com">EasternExpressSwimTeam@gmail.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	Tuesday September 23 <sup>rd</sup> , 2025, at 6:00am		
Entry Deadline:	Friday October 10 <sup>th</sup> , 2025, at 6:00pm or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: <b>October 19<sup>th</sup>, 2025</b>		
Entry Fees:	\$50 flat fee per swimmer.		
Meet Course:	Short Course Yards (SCY), converted times are acceptable.		
Meet Format:	<ul style="list-style-type: none"><li>* This meet will be run as timed finals.</li><li>* There will be Open events.</li><li>* <b>There are minimum (“faster than”) time standards for this meet. A Swimmer who qualifies for one event may swim 4 events in the meet (“Make one, swim 4”) “NT/No Time” entries are not permitted at this meet.</b></li><li>• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. Once a session has been seeded, swimmers will be responsible for reporting to the blocks on their own.</li></ul>		
Entry Limits:	Daily: 4 Individual Events	Meet: 4 Individual Events	
Checks Payable To:	<b>Express Sports Inc</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.***

***The schedule 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	Afternoon	Women
Session 2	Late Afternoon	Men

Scoring:	<ul style="list-style-type: none"> <li>No team scoring.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>Winners of <i>Haunted Heats</i> will be invited to choose a prize at the <i>Trick or Treat table</i>.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts may be used during this meet</li> </ul>
Admissions and Programs:	<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>Programs will be available via the Meet Mobile app (fee) and on besmarttinc.com (free).</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>Rutgers will be selling snacks and drinks.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Internet Website Posting:	<ul style="list-style-type: none"> <li>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a></li> </ul>
Meet Requirement Statement:	<ul style="list-style-type: none"> <li>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.</li> </ul>

## Event List

*"Make 1, Swim 4"*

#	Event	Equal/ Faster
<b>Session: 1 Women</b>		
1	Women 200 Freestyle	2:29.99
3	Women 100 Butterfly	1:29.99
5	Women 200 Breaststroke	2:59.99
7	Women 100 Backstroke	1:24.99
9	Women 50 Freestyle	32.99
11	Women 100 Breaststroke	1:34.99
13	Women 200 Backstroke	2:39.99
15	Women 100 Freestyle	1:14.99
17	Women 200 Butterfly	2:49.99

#	Event	Equal/ Faster
<b>Session: 2 Men</b>		
2	Men 200 Freestyle	2:29.99
4	Men 100 Butterfly	1:29.99
6	Men 200 Breaststroke	2:59.99
8	Men 100 Backstroke	1:24.99
10	Men 50 Freestyle	32.99
12	Men 100 Breaststroke	1:34.99
14	Men 200 Backstroke	2:39.99
16	Men 100 Freestyle	1:14.99
18	Men 200 Butterfly	2:49.99