

2026 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:	NJ Swimming Sanction Document		
Date of Meet:	Saturday-Sunday October 17th-18th, 2026		
Link to Facility Info:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, pool certification, and medical 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:	Selena Fung		sfung33@gmail.com
Admin Officials:	Ellen Mace, John Lister		besmarttinc@gmail.com
Safety Marshall:	Tiny Randazzo Jeff Verga		EasternExpressSwimTeam@gmail.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Tuesday September 15th, 2026, at 6:00am		
Entry Deadline:	Friday October 9th, 2026, at 6:00pm or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: October 17th, 2026		
Entry Fees & Surcharges:	Individual Event: \$12 1650 Freestyle: \$20		
	There will be a \$25 per swimmer surcharge.		
Meet Course:	Short Course Yards (SCY), converted times are acceptable.		
Meet Format:	• This meet will be run as timed finals. • There will be Open events. • There are minimum ("faster than") time standards for events equal/longer than 200 yards for this meet. "NT/No Time" entries are not permitted at this meet. • 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.		
Entry Limits:	Daily: Saturday: 3 Individual Events Sunday: 3 Individual Events + 1650 freestyle		Meet: 7 Individual Events
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.		



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.

Saturday		
Session 1	Afternoon	Men
Session 2	Late Afternoon	Women
Sunday		
Session 3	Afternoon	Men
Session 4	Late Afternoon	1650 Freestyle
Session 5	Evening	Women

Scoring:	No team scoring.
Awards:	Winners of <i>Haunted Heats</i> will be invited to choose a prize at the <i>Trick or Treat</i> table.
Starts:	'Fly-over/Over-the-top' starts may be used during this meet
Admissions and Programs:	- 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 go.rutgers.edu/swimmeet-tickets. - Programs will be available via the Meet Mobile app (fee) and on besmarttinc.com (free).
Concessions:	Rutgers will be selling snacks and drinks from vending machines.
Vendor:	TBD.
1650 Freestyle:	- The 1650-yard freestyle events will be swum slowest to fastest, alternating genders. Heats may be combined without an empty lane to save time. - There will be a maximum of 4 heats. Coaches will be notified by email when entries close if their swimmers are in the event. If there is not space for them, the coach may choose a different event for the swimmer if desired. - Swimmers are responsible to supply their own person to count.
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.



Event List

#	Event	Equal/ Faster
Session: 1 Saturday Men		
1	Men 200 Freestyle	2:39.99
2	Men 100 IM	
3	Men 200 Breaststroke	3:09.99
4	Men 100 Butterfly	
5	Men 50 Breaststroke	
6	Men 100 Backstroke	
7	Men 50 Freestyle	
8	Men 400 IM	5:39.99

#	Event	Equal/ Faster
Session: 2 Saturday Women		
11	Women 200 Freestyle	2:39.99
12	Women 100 IM	
13	Women 200 Breaststroke	3:09.99
14	Women 100 Butterfly	
15	Women 50 Breaststroke	
16	Women 100 Backstroke	
17	Women 50 Freestyle	
18	Women 400 IM	5:39.99

#	Event	Equal/ Faster
Session: 3 Sunday Men		
21	Men 200 IM	2:59.99
22	Men 50 Butterfly	
23	Men 100 Breaststroke	
24	Men 200 Backstroke	2:59.99
25	Men 100 Freestyle	
26	Men 50 Backstroke	
27	Men 200 Butterfly	2:59.99

#	Event	Equal/ Faster
Session: 4 Sunday 1650 Freestyle		
29	Women 1650 Freestyle	20:29.99
30	Men 1650 Freestyle	20:29.99

#	Event	Equal/ Faster
Session: 5 Sunday Women		
31	Women 200 IM	2:59.99
32	Women 50 Butterfly	
33	Women 100 Breaststroke	
34	Women 200 Backstroke	2:59.99
35	Women 100 Freestyle	
36	Women 50 Backstroke	
37	Women 200 Butterfly	2:59.99

