

2025 NJS Long Course 12 & Under Silver-Bronze Championships

Hosted by Hamilton YMCA Aquatic Club
at the DeNunzio Natatorium, Princeton University

Held under the sanction of USA Swimming

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| NJ Swimming: | NJ Swimming Sanction Document | | |
| Dates of Meet: | Saturday-Sunday July 12th-13th, 2025 | | |
| Facility: | DeNunzio Natatorium, Princeton University <i>(link to facility location & directions, and pool certification information)</i> | | |
| Host Team Contact: | Sue Welsh | | swelshhacy@gmail.com |
| Meet Director: | Ellen Mace | 609-558-0988 | besmarttinc@gmail.com |
| Meet Referees: | Ronnie & Steve Sawin (Saturday) Janice Rein (Sunday) | | spsawin@aol.com ronisawin2@aol.com janice.rein@rutgers.edu |
| Admin Officials: | Be Smartt Inc | | besmarttinc@gmail.com |
| Safety Marshalls: | Sandra Franc Webster Bozzo | | francswiss@comcast.net bozzow@rider.edu |
| Entry Coordinator: | Be Smartt Inc | 609-558-0988 | besmarttinc@gmail.com |
| Entries Open: | Friday, June 20th, 2025. Note that teams will not be closed out of this championship meet provided entries are received by the deadline. | | |
| Entry Deadline: | Tuesday, July 1st, 2025, at 11:59pm | | |
| Swimmer Age | Swimmer ages for this meet are as of: July 12th, 2025 | | |
| Entry Fees: | Individual Entry: \$15.00 Relay Entry: \$25.00 There will be a surcharge of \$15 per athlete. | | |
| Meet Course: | Long Course Meters (LCM). Converted times will be accepted. | | |
| Meet Format: | <ul style="list-style-type: none"> This meet will be run as timed final meet. There will be 10 & Under, and 11-12 events. There are minimum ("faster than") and maximum ("no faster than") time standards for this meet. As this is a New Jersey Swimming championship meet, proof of time is required for all individual entries. <i>(See NJ Swimming Championships additional considerations section for details).</i> 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 | |
| Checks Payable To: | Hamilton Aquatic Club | | |
| 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 section of the NJS website, the meet website, and e-
mailed to the coaches of participating teams.***

| Saturday | | |
|-----------|-----------|-------------------------------------|
| Session 1 | Morning | Group A, Event List 1 |
| Session 2 | Midday | 800 Freestyle <i>(both groups)</i> |
| Session 3 | Afternoon | Group B, Event List 1 |
| Sunday | | |
| Session 4 | Morning | Group A, Event List 2 |
| Session 5 | Midday | 1500 Freestyle <i>(both groups)</i> |
| Session 6 | Afternoon | Group B, Event List 2 |

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| 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 the fastest three swimmers, and ribbons awarded to swimmers placing 4th-8th in individual events. Medals will be awarded to the fastest three relay teams in relay events. Awards will be determined once all groups have swum, and will be prepared for distribution at the Gold Meet at Rutgers. |
| Starts: | <ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts may be used during this meet. |
| Programs: | <ul style="list-style-type: none"> Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required) |
| Admission: | <ul style="list-style-type: none"> Spectators will be allowed into the natatorium subject to capacity constraints. |
| Concessions: | <ul style="list-style-type: none"> None. |
| Vendor: | <ul style="list-style-type: none"> A swim vendor will be in attendance. |
| Distance Events: | <ul style="list-style-type: none"> Swimmers in the 800 & 1500 freestyle are responsible to provide their own time and a person to count. Events will swim slow to fast, alternating genders. |
| Heat-Limited Events: | <ul style="list-style-type: none"> There are no "faster than" cuts for events 100 meters and shorter. However if the meet is overcrowded or runs for an excessive amount of time, the meet host retains the right to limit heats in these events. Swimmers with the silver qualification time in a heat-limited event are not subject to the limits. |
| 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. |



Special Considerations for NJ Swimming Championships

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| 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 long course meters. 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 April 1st, 2024 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. |
| Relays | <p>Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2024 may 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 that stroke in a 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 Championship Eligibility: | <ul style="list-style-type: none"> No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302. 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, 2023. 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. 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 the LC Silver Championship meet and the LC Gold Championship meet, unless they achieve the LC Gold qualifying time in that event at the Silver meet, or at another Sanctioned or Approved meet attended in between the Silver meet and Gold meet. |



Groups

In order to balance sessions, teams may be moved from one group to the other once entries have been received.

| Group | Teams |
|-------|--|
| A | ACE, APEX, BAC, CBGC, DESC, EEX, GMY, GMNY, HACY, JAC, MAY, MB, MDY, MEY, NJB, NJRC, OTT, PAA, PRIN, PPST, PTAC, RSA, SAY, SCY, SHY, STAC, STAR, TWST, WFY, WWAT, WY |
| B | BB, BGH, BWTD, CAT, CJAC, EGBC, EAG, FSPY, HACY, HCY, HGH, JFAC, JG, LHY, LIFE, MYM, NJSD, OCY, RBY, RVYM, RY, SCAR, TAC, WAVE, WEY, WMY, WW, XCEL |



Event List

| Group A Event # | Group B Event # | Event | Equal/ Slower | Equal/ Faster |
|--------------------------|--------------------|-----------------------------------|------------------|------------------|
| List 1 – Saturday | | | | |
| 1 | 33 | Girls 10 & Under 200 Medley Relay | **Gold | |
| 2 | 34 | Boys 10 & Under 200 Medley Relay | **Gold | |
| 3 | 35 | Girls 11-12 200 Medley Relay | **Gold | |
| 4 | 36 | Boys 11-12 200 Medley Relay | **Gold | |
| 5 | 37 | Girls 10 & Under 400 Freestyle | 6:05.40 | 7:36.79 |
| 6 | 38 | Boys 10 & Under 400 Freestyle | 5:59.50 | 7:29.29 |
| 7 | 39 | Girls 11-12 400 Freestyle | 5:29.10 | 5:56.49 |
| 8 | 40 | Boys 11-12 400 Freestyle | 5:21.90 | 6:15.49 |
| 9 | 41 | Girls 10 & Under 100 Backstroke | 1:39.50 | |
| 10 | 42 | Boys 10 & Under 100 Backstroke | 1:38.40 | |
| 11 | 43 | Girls 11-12 100 Backstroke | 1:23.80 | |
| 12 | 44 | Boys 11-12 100 Backstroke | 1:24.00 | |
| 13 | 45 | Girls 10 & Under 50 Breaststroke | 54.00 | |
| 14 | 46 | Boys 10 & Under 50 Breaststroke | 53.30 | |
| 15 | 47 | Girls 11-12 200 Breaststroke | 3:19.40 | 3:35.99 |
| 16 | 48 | Boys 11-12 200 Breaststroke | 3:12.60 | 3:44.69 |
| 17 | 49 | Girls 10 & Under 100 Butterfly | 1:53.00 | |
| 18 | 50 | Boys 10 & Under 100 Butterfly | 1:50.80 | |
| 19 | 51 | Girls 11-12 100 Butterfly | 1:28.40 | |
| 20 | 52 | Boys 11-12 100 Butterfly | 1:26.30 | |
| 21 | 53 | Girls 10 & Under 50 Freestyle | 39.60 | |
| 22 | 54 | Boys 10 & Under 50 Freestyle | 38.60 | |
| 23 | 55 | Girls 11-12 50 Freestyle | 33.00 | |
| 24 | 56 | Boys 11-12 50 Freestyle | 32.80 | |
| 25 | 57 | Girls 10 & Under 200 IM | 3:17.10 | 4:09.39 |
| 26 | 58 | Boys 10 & Under 200 IM | 3:15.40 | 4:06.19 |
| 27 | 59 | Girls 11-12 200 IM | 2:55.30 | 3:11.39 |
| 28 | 60 | Boys 11-12 200 IM | 2:53.20 | 3:10.99 |
| 29 | 61 | Girls 11-12 50 Breaststroke | 45.60 | |
| 30 | 62 | Boys 11-12 50 Breaststroke | 45.20 | |

| Event # | Event | Equal/ Slower | Equal/ Faster |
|-------------------------------------|---------------------------|------------------|------------------|
| Session: 2 Saturday Distance | | | |
| 31 | Girls 11-12 800 Freestyle | 11:29.30 | 12:26.69 |
| 32 | Boys 11-12 800 Freestyle | 11:18.60 | 12:15.19 |

**** Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2024 may swim on relays.**



Event List...continued

| Group A Event # | Group B Event # | Event | Equal/ Slower | Equal/ Faster |
|------------------------|--------------------|--------------------------------------|------------------|------------------|
| List 2 – Sunday | | | | |
| 63 | 95 | Girls 10 & Under 200 Freestyle Relay | **Gold | |
| 64 | 96 | Boys 10 & Under 200 Freestyle Relay | **Gold | |
| 65 | 97 | Girls 11-12 200 Freestyle Relay | **Gold | |
| 66 | 98 | Boys 11-12 200 Freestyle Relay | **Gold | |
| 67 | 99 | Girls 10 & Under 200 Freestyle | 2:56.30 | 3:30.29 |
| 68 | 100 | Boys 10 & Under 200 Freestyle | 2:50.80 | 3:31.29 |
| 69 | 101 | Girls 11-12 200 Freestyle | 2:34.90 | 2:47.19 |
| 70 | 102 | Boys 11-12 200 Freestyle | 2:32.20 | 2:49.99 |
| 71 | 103 | Girls 10 & Under 50 Backstroke | 47.20 | |
| 72 | 104 | Boys 10 & Under 50 Backstroke | 46.20 | |
| 73 | 105 | Girls 11-12 200 Backstroke | 2:55.30 | 3:09.89 |
| 74 | 106 | Boys 11-12 200 Backstroke | 2:51.00 | 3:19.49 |
| 75 | 107 | Girls 10 & Under 100 Breaststroke | 1:55.80 | |
| 76 | 108 | Boys 10 & Under 100 Breaststroke | 1:56.00 | |
| 77 | 109 | Girls 11-12 100 Breaststroke | 1:37.00 | |
| 78 | 110 | Boys 11-12 100 Breaststroke | 1:37.80 | |
| 79 | 111 | Girls 10 & Under 50 Butterfly | 47.10 | |
| 80 | 112 | Boys 10 & Under 50 Butterfly | 46.00 | |
| 81 | 113 | Girls 11-12 200 Butterfly | 2:55.60 | 3:26.09 |
| 82 | 114 | Boys 11-12 200 Butterfly | 2:51.90 | 3:20.49 |
| 83 | 115 | Girls 11-12 50 Backstroke | 39.70 | |
| 84 | 116 | Boys 11-12 50 Backstroke | 39.70 | |
| 85 | 117 | Girls 10 & Under 100 Freestyle | 1:27.10 | |
| 86 | 118 | Boys 10 & Under 100 Freestyle | 1:26.10 | |
| 87 | 119 | Girls 11-12 100 Freestyle | 1:11.90 | |
| 88 | 120 | Boys 11-12 100 Freestyle | 1:12.00 | |
| 89 | 121 | Girls 11-12 50 Butterfly | 37.40 | |
| 90 | 122 | Boys 11-12 50 Butterfly | 37.80 | |
| 91 | 123 | Girls 11-12 400 IM | 6:16.90 | 7:16.69 |
| 92 | 124 | Boys 11-12 400 IM | 6:08.50 | 7:09.89 |

| Event # | Event | Equal/ Slower | Equal/ Faster |
|-----------------------------------|----------------------------|------------------|------------------|
| Session: 5 Sunday Distance | | | |
| 93 | Girls 11-12 1500 Freestyle | 22:05.00 | 23:55.39 |
| 94 | Boys 11-12 1500 Freestyle | 21:37.40 | 23:25.49 |

**** Only swimmers that do not have Gold times in that stroke and distance since April 1st, 2024 may swim on relays.**

