

# 2026 Summer Solstice

Hosted by Hamilton YMCA Aquatic Club  
 at the DeNunzio Natatorium, Princeton University  
*Held under the sanction of USA Swimming*

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Date of Meet:	<b>Saturday-Sunday May 30<sup>th</sup>-31<sup>st</sup>, 2026</b>		
Facility:	<b><a href="#">DeNunzio Natatorium, Princeton University</a></b> <i>(link to facility location &amp; directions, pool certification, and medical information)</i>		
Host Team Contact:	Sue Welsh		<a href="mailto:swelshhacy@gmail.com">swelshhacy@gmail.com</a>
Meet Director:	Ellen Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referees:	Dave Somers		<a href="mailto:dave1temp@crookedspruce.net">dave1temp@crookedspruce.net</a>
Admin Officials:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshalls:	Sandra Franc Webster Bozzo		<a href="mailto:francswiss@comcast.net">francswiss@comcast.net</a> <a href="mailto:Bozzow@rider.edu">Bozzow@rider.edu</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Thursday April 23<sup>rd</sup>, 2026, at 6am</b>		
Entry Deadline:	<b>Friday May 22<sup>nd</sup>, 2026, at 6:00pm</b> , or when the meet fills.		
Swimmer Age	Swimmer ages for this meet are as of: <b>May 30<sup>th</sup>, 2026</b>		
Entry Fees:	Individual Entry: <b>\$10.00</b> 400 IM/Freestyle Entry: <b>\$12.00</b> <b>There will be a surcharge of \$20/athlete per day.</b>		Relay Entry: <b>\$20.00</b>
Meet Course:	Long Course Meters (LCM).		
Meet Format:	<ul style="list-style-type: none"> <li>• This meet will be run as timed final meet.</li> <li>• There will be 10 &amp; Under, 11-12, 13-14, 15 &amp; Over, and Open events.</li> <li>• There are no time standards for this meet, except for the Open 400 events in the mid session.</li> <li>• 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.</li> </ul>		
Entry Limits:	Daily: <b>3</b> Individual Events <b>1</b> Relay Event	Meet: <b>6</b> Individual Events <b>2</b> Relay Events	
Checks Payable To:	<b>Hamilton Aquatic Club</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 section of the NJS website, the meet website, and e-  
mailed to the coaches of participating teams.***

Saturday		
Session 1	Morning	13 & Over
Session 2	Midday	Open 400s
Session 3	Afternoon	12 & Under
Sunday		
Session 4	Morning	13 & Over
Session 5	Midday	Open 400s
Session 6	Afternoon	12 & Under

Scoring:	<ul style="list-style-type: none"> <li>Team scoring will not be kept.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>There will be awards for the fastest three swimmers in individual events.</li> <li>The 13 &amp; Over events will have awards for 13-14, 15 &amp; Over swimmers.</li> <li>The Open events will have awards for 14 &amp; Under, 15 &amp; Over swimmers.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during this meet.</li> </ul>
Programs:	<ul style="list-style-type: none"> <li>Heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Admission:	<ul style="list-style-type: none"> <li>Spectators will be allowed into the natatorium subject to capacity constraints.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>None.</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>A swim vendor will be in attendance.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>All relays will be deck seeded. Coaches must turn in relay cards with scratches at swimmer check-in.</li> <li>Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> <li>Unattached swimmers may not swim in any relay.</li> </ul>
Distance/Heat-Limited Events:	<ul style="list-style-type: none"> <li>The 400 freestyle/IM sessions may have to be limited, depending on entries. If this happens, coaches of affected swimmers will be offered an opportunity to amend their entries to add events in the 13 &amp; Over main session to the affected swimmers.</li> <li>The 400 freestyle/IM events will swim fastest to slowest, alternating genders.</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:	<p>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.</p>



## Event List

#	Event
<b>Session: 1 Saturday 13 &amp; Over</b>	
1	Girls 13-14 200 Medley Relay
2	Boys 13-14 200 Medley Relay
3	Women 15 & Over 200 Medley Relay
4	Men 15 & Over 200 Medley Relay
5	Women 13 & Over 200 Freestyle
6	Men 13 & Over 200 Freestyle
7	Women 13 & Over 50 Backstroke
8	Men 13 & Over 50 Backstroke
9	Women 13 & Over 50 Freestyle
10	Men 13 & Over 50 Freestyle
11	Women 13 & Over 100 Breaststroke
12	Men 13 & Over 100 Breaststroke
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	Equal/ Faster
<b>Session: 2 Saturday Open 400s</b>		
17	Women 400 Freestyle	
	14 & Under	5:40.59
	15 & Over	5:32.89
18	Men 400 IM	
	14 & Under	6:04.69
	15 & Over	5:47.29

#	Event
<b>Session: 3 Saturday 12 &amp; Under</b>	
19	Girls 10 & Under 200 Medley Relay
20	Boys 10 & Under 200 Medley Relay
21	Girls 11-12 200 Medley Relay
22	Boys 11-12 200 Medley Relay
23	Girls 10 & Under 200 Freestyle
24	Boys 10 & Under 200 Freestyle
25	Girls 11-12 200 Freestyle
26	Boys 11-12 200 Freestyle
27	Girls 10 & Under 100 Breaststroke
28	Boys 10 & Under 100 Breaststroke
29	Girls 11-12 100 Breaststroke
30	Boys 11-12 100 Breaststroke
31	Girls 10 & Under 50 Backstroke
32	Boys 10 & Under 50 Backstroke
33	Girls 11-12 50 Backstroke
34	Boys 11-12 50 Backstroke
35	Girls 10 & Under 50 Freestyle
36	Boys 10 & Under 50 Freestyle
37	Girls 11-12 50 Freestyle
38	Boys 11-12 50 Freestyle
39	Girls 10 & Under 100 Butterfly
40	Boys 10 & Under 100 Butterfly
41	Girls 11-12 100 Butterfly
42	Boys 11-12 100 Butterfly



#	Event
<b>Session: 4 Sunday 13 &amp; Over</b>	
43	Girls 13-14 200 Freestyle Relay
44	Boys 13-14 200 Freestyle Relay
45	Women 15 & Over 200 Freestyle Relay
46	Men 15 & Over 200 Freestyle Relay
47	Women 13 & Over 200 IM
48	Men 13 & Over 200 IM
49	Women 13 & Over 50 Breaststroke
50	Men 13 & Over 50 Breaststroke
51	Women 13 & Over 50 Butterfly
52	Men 13 & Over 50 Butterfly
53	Women 13 & Over 100 Backstroke
54	Men 13 & Over 100 Backstroke
55	Women 13 & Over 200 Breaststroke
56	Men 13 & Over 200 Breaststroke
57	Women 13 & Over 100 Freestyle
58	Men 13 & Over 100 Freestyle
59	Women 13 & Over 200 Butterfly
60	Men 13 & Over 200 Butterfly

#	Event	Equal/ Faster
<b>Session: 5 Sunday Open 400s</b>		
61	Women 400 IM	
	14 & Under	6:25.89
	15 & Over	6:18.79
62	Men 400 Freestyle	
	14 & Under	5:24.09
	15 & Over	5:09.89

#	Event
<b>Session: 6 Sunday 12 &amp; Under</b>	
63	Girls 10 & Under 200 Freestyle Relay
64	Boys 10 & Under 200 Freestyle Relay
65	Girls 11-12 200 Freestyle Relay
66	Boys 11-12 200 Freestyle Relay
67	Girls 10 & Under 200 IM
68	Boys 10 & Under 200 IM
69	Girls 11-12 200 IM
70	Boys 11-12 200 IM
71	Girls 10 & Under 50 Breaststroke
72	Boys 10 & Under 50 Breaststroke
73	Girls 11-12 50 Breaststroke
74	Boys 11-12 50 Breaststroke
75	Girls 10 & Under 50 Butterfly
76	Boys 10 & Under 50 Butterfly
77	Girls 11-12 50 Butterfly
78	Boys 11-12 50 Butterfly
79	Girls 10 & Under 100 Backstroke
80	Boys 10 & Under 100 Backstroke
81	Girls 11-12 100 Backstroke
82	Boys 11-12 100 Backstroke
83	Girls 10 & Under 100 Freestyle
84	Boys 10 & Under 100 Freestyle
85	Girls 11-12 100 Freestyle
86	Boys 11-12 100 Freestyle

