

# 2025 Hot Summer Nights

Hosted by Metro Area Life Time Life Time Swimming  
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:	Saturday-Sunday June 21 <sup>st</sup> -22 <sup>nd</sup> , 2025		
Facility:	<a href="#">Sonny Werblin Recreation Center, Rutgers University</a> <i>(facility location &amp; directions, and pool certification information)</i>		
Host Team Contact:	Asher Phipps		<a href="mailto:APhipps@lt.life">APhipps@lt.life</a>
Meet Director:	Asher Phipps		<a href="mailto:APhipps@lt.life">APhipps@lt.life</a>
Meet Referee:	Louis Hu		<a href="mailto:louishu@yahoo.com">louishu@yahoo.com</a>
Admin Officials:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshals:	Darren Milun Jen Kulp		<a href="mailto:DMilun@lt.life">DMilun@lt.life</a> <a href="mailto:Kulp@mac.com">Kulp@mac.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	Tuesday, May 27 <sup>th</sup> , 2025, at 6:00am		
Entry Deadline:	Friday, June 13 <sup>th</sup> , 2025, at 6:00pm or when the meet fills.		
Swimmer Age	Swimmer age for this meet is as of: Saturday June 21 <sup>st</sup> , 2025		
Entry Fees:	Individual Entry Fee: \$10.00, 400 IM, 400 Freestyle: \$12.00 <b>There will be a \$15 per swimmer surcharge.</b>		
Meet Course:	Long Course Meters (LCM). Converted times are permitted.		
Meet Format:	<ul style="list-style-type: none"><li>• This meet will be run as a timed finals meet.</li><li>• There will be 10 &amp; Under, 11-12, 12 &amp; Under, 13-14, and 15 &amp; Over</li><li>• <b>There are qualifying times for the 13 &amp; Over 400 Freestyle and 400 IM events.</b></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: 3 Individual Events	Meet: 6 Individual Events	
Checks Payable To:	Life Time Fitness		
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, published on the NJS Website, meet website, and emailed to the coaches of participating teams.***

Saturday		
Session 1	Afternoon	12 & Under
Session 2	Evening	13 & Over
Sunday		
Session 3	Afternoon	12 & Under
Session 4	Evening	13 & Over

Scoring:	<ul style="list-style-type: none"> <li>Team Scoring will not be kept.</li> </ul>
Awards:	<ul style="list-style-type: none"> <li>No awards.</li> </ul>
Starts:	<ul style="list-style-type: none"> <li>'Fly-over/Over-the-top' starts will be used during the 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>
Admissions:	<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 on the Tuesday before the meet starts. Tickets may be purchased at <a href="http://go.rutgers.edu/swimmeet-tickets">go.rutgers.edu/swimmeet-tickets</a>.</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>Rutgers will have a concession stand for light snacks and refreshments in the hallway.</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

#	Event
<b>Session: 1 Saturday 12 &amp; Under</b>	
1	Girls 12 & Under 200 Breaststroke
2	Boys 12 & Under 200 Breaststroke
3	Girls 12 & Under 50 Freestyle
4	Boys 12 & Under 50 Freestyle
5	Girls 12 & Under 100 Butterfly
6	Boys 12 & Under 100 Butterfly
7	Girls 12 & Under 50 Breaststroke
8	Boys 12 & Under 50 Breaststroke
9	Girls 12 & Under 200 Freestyle
10	Boys 12 & Under 200 Freestyle
11	Girls 12 & Under 100 Backstroke
12	Boys 12 & Under 100 Backstroke

#	Event	Equal/ Faster
<b>Session: 2 Saturday 13 &amp; Over</b>		
13	Girls 13 & Over 200 IM	
14	Boys 13 & Over 200 IM	
15	Girls 13 & Over 50 Backstroke	
16	Boys 13 & Over 50 Backstroke	
17	Girls 13 & Over 100 Breaststroke	
18	Boys 13 & Over 100 Breaststroke	
19	Girls 13 & Over 200 Butterfly	
20	Boys 13 & Over 200 Butterfly	
21	Girls 13 & Over 100 Freestyle	
22	Boys 13 & Over 100 Freestyle	
23	Girls 13 & Over 50 Butterfly	
24	Boys 13 & Over 50 Butterfly	
25	Girls 13 & Over 200 Backstroke	
26	Boys 13 & Over 200 Backstroke	
27	Girls 13 & Over 400 Freestyle	
	13-14	5:32.99
	15 & Over	5:21.79
28	Boys 13 & Over 400 Freestyle	
	13-14	5:31.39
	15 & Over	5:03.89

#	Event
<b>Session: 3 Sunday 12 &amp; Under</b>	
29	Girls 12 & Under 200 IM
30	Boys 12 & Under 200 IM
31	Girls 12 & Under 50 Backstroke
32	Boys 12 & Under 50 Backstroke
33	Girls 12 & Under 100 Breaststroke
34	Boys 12 & Under 100 Breaststroke
35	Girls 12 & Under 200 Butterfly
36	Boys 12 & Under 200 Butterfly
37	Girls 12 & Under 100 Freestyle
38	Boys 12 & Under 100 Freestyle
39	Girls 12 & Under 50 Butterfly
40	Boys 12 & Under 50 Butterfly
41	Girls 12 & Under 200 Backstroke
42	Boys 12 & Under 200 Backstroke

#	Event	Equal/ Faster
<b>Session: 4 Sunday 13 &amp; Over</b>		
43	Girls 13 & Over 200 Breaststroke	
44	Boys 13 & Over 200 Breaststroke	
45	Girls 13 & Over 50 Freestyle	
46	Boys 13 & Over 50 Freestyle	
47	Girls 13 & Over 100 Butterfly	
48	Boys 13 & Over 100 Butterfly	
49	Girls 13 & Over 50 Breaststroke	
50	Boys 13 & Over 50 Breaststroke	
51	Girls 13 & Over 200 Freestyle	
52	Boys 13 & Over 200 Freestyle	
53	Girls 13 & Over 100 Backstroke	
54	Boys 13 & Over 100 Backstroke	
55	Girls 13 & Over 400 IM	
	13-14	6:27.49
	15 & Over	6:15.59
56	Boys 13 & Over 400 IM	
	13-14	6:21.49
	15 & Over	5:58.09

