2026 LT You Name It!

Hosted by Metro Area Life Time Swimming
at the Sonny Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

NJ Swimming:	**NJ Swimming Sanction Document**		
Date of Meet:	**Saturday-Sunday November 21st-22nd, 2026**		
Facility:	**Sonny Werblin Recreation Center, Rutgers University** *(link to facility location & directions, pool certification, and medical information)*		
Host Team Contact:	Asher Phipps		APhipps@lt.life
Meet Director:	Asher Phipps		APhipps@lt.life
Meet Referee:	Endrit Gjona		endritgjona@yahoo.com
Admin Officials:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshals:	Asher Phipps Jen Kulp		APhipps@lt.life Kulp@mac.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	**November 6, 2026, at 6:00am**		
Entry Deadline:	**Friday November 13th, 2026, at 6:00pm** or when the meet fills.		
Swimmer Age	Swimmer age for this meet is as of: **Saturday November 21st, 2026**		
Entry Fees:	Individual Entry Fee: $10.00, Relay Entry Fee: $15.00 400 IM, 500 Freestyle: $12.00 **There will be a $15 per swimmer surcharge.**		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	• This meet will be run as a timed finals meet. • There will be 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over • **There are qualifying times for the 13 & Over 500 Freestyle and 400 IM events. "NT/No Time" entries will not be accepted at this meet.** • 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: **3** Individual Events **1** Relay Event	Meet: **6** Individual Events **2** Relay Events	
Checks Payable To:	**Life Time Fitness**		
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

T his 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	13 & Over
Session 2	Late Afternoon	12 & Under
Sunday		
Session 3	Afternoon	13 & Over
Session 4	Late Afternoon	12 & Under

Scoring:	• Team Scoring will not be kept.
Awards:	• No awards.
Starts:	• 'Fly-over/Over-the-top' starts will be used during the meet.
Programs:	• Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Admissions:	• 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 go.rutgers.edu/swimmeet-tickets.
Concessions:	• Rutgers will have a concession stand for light snacks and refreshments in the hallway.
Vendor:	• None.
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 an NJ Swimming sanctioned meet, this meet counts toward those participation requirements.

Event List

#	Event	Equal/ Faster
Session: 1 Saturday 13 & Over		
1	Women 13 & Over 200 Freestyle Relay	
2	Men 13 & Over 200 Freestyle Relay	
3	Women 13 & Over 200 Butterfly	
4	Men 13 & Over 200 Butterfly	
5	Women 13 & Over 50 Backstroke	
6	Men 13 & Over 50 Backstroke	
7	Women 13 & Over 100 Breaststroke	
8	Men 13 & Over 100 Breaststroke	
9	Women 13 & Over 200 IM	
10	Men 13 & Over 200 IM	
11	Women 13 & Over 100 Freestyle	
12	Men 13 & Over 100 Freestyle	
13	Women 13 & Over 50 Butterfly	
14	Men 13 & Over 50 Butterfly	
15	Women 13 & Over 200 Backstroke	
16	Men 13 & Over 200 Backstroke	
17	Women 13 & Over 500 Freestyle	
	13-14	6:05.49
	15 & Over	5:38.59
18	Men 13 & Over 500 Freestyle	
	13-14	5:41.49
	15 & Over	5:10.09

#	Event
Session: 2 Saturday 12 & Under	
19	Girls 10 & Under 200 Freestyle Relay
20	Boys 10 & Under 200 Freestyle Relay
21	Girls 11-12 200 Freestyle Relay
22	Boys 11-12 200 Freestyle Relay
23	Girls 12 & Under 200 Breaststroke
24	Boys 12 & Under 200 Breaststroke
25	Girls 12 & Under 50 Freestyle
26	Boys 12 & Under 50 Freestyle
27	Girls 12 & Under 100 Butterfly
28	Boys 12 & Under 100 Butterfly
29	Girls 12 & Under 50 Breaststroke
30	Boys 12 & Under 50 Breaststroke
31	Girls 12 & Under 200 Freestyle
32	Boys 12 & Under 200 Freestyle
33	Girls 12 & Under 100 Backstroke
34	Boys 12 & Under 100 Backstroke

#	Event	Equal/ Faster
Session: 3 Sunday 13 & Over		
35	Women 13 & Over 200 Medley Relay	
36	Men 13 & Over 200 Medley Relay	
37	Women 13 & Over 200 Breaststroke	
38	Men 13 & Over 200 Breaststroke	
39	Women 13 & Over 50 Freestyle	
40	Men 13 & Over 50 Freestyle	
41	Women 13 & Over 100 Butterfly	
42	Men 13 & Over 100 Butterfly	
43	Women 13 & Over 50 Breaststroke	
44	Men 13 & Over 50 Breaststroke	
45	Women 13 & Over 200 Freestyle	
46	Men 13 & Over 200 Freestyle	
47	Women 13 & Over 100 Backstroke	
48	Men 13 & Over 100 Backstroke	
49	Women 13 & Over 400 IM	
	13-14	6:27.49
	15 & Over	6:15.59
50	Men 13 & Over 400 IM	
	13-14	6:21.49
	15 & Over	5:58.09

#	Event
Session: 4 Sunday 12 & Under	
51	Girls 10 & Under 200 Medley Relay
52	Boys 10 & Under 200 Medley Relay
53	Girls 11-12 200 Medley Relay
54	Boys 11-12 200 Medley Relay
55	Girls 12 & Under 200 Butterfly
56	Boys 12 & Under 200 Butterfly
57	Girls 12 & Under 50 Backstroke
58	Boys 12 & Under 50 Backstroke
59	Girls 12 & Under 100 Breaststroke
60	Boys 12 & Under 100 Breaststroke
61	Girls 12 & Under 200 IM
62	Boys 12 & Under 200 IM
63	Girls 12 & Under 100 Freestyle
64	Boys 12 & Under 100 Freestyle
65	Girls 12 & Under 50 Butterfly
66	Boys 12 & Under 50 Butterfly
67	Girls 12 & Under 200 Backstroke
68	Boys 12 & Under 200 Backstroke