

2025 July Heat Wave

Hosted by the Madison Area YMCA Swim Team

at the DeNunzio Natatorium, Princeton University
Held under the sanction of USA Swimming

NJ Swimming:	NJ Swimming Sanction Document		
Date of Meet:	Saturday-Sunday July 5 th -6 th , 2025		
Facility:	DeNunzio Natatorium, Princeton University (link to facility location & directions, and pool certification information)		
Host Team Contact:	Kevin Carney		KCarney@madisonymca.org
Meet Director:	Be Smartt Inc		besmarttinc@gmail.com
Meet Referees:	Rasika Abeysinghe		rasikaabeysinghe56@gmail.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshals:	Kate Hay, Yean Jimenez		katherineahay@gmail.com Yjimenez@madisonymca.org
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Wednesday June 4 th , 2025, at 6:00am		
Entry Deadline:	Friday June 27 th , 2025, at 6:00pm or Once the meet has filled, if earlier		
Swimmer Age	Swimmer ages for this meet are as of: July 5 th , 2025		
Entry Fees:	Individual Entry Fee: \$12.00 Distance (400, 800, 1500): \$16.00 There will be a \$20 per swimmer surcharge.		
Meet Course:	Long Course Meters (LCM)		
Meet Format:	<ul style="list-style-type: none">• This meet will be run as a timed finals meet.• There will be 10 & Under, 11-12, 12 & Under, 13-14, 15 & Over, and Open events.• There are qualifying times for events 400 meters and longer.• 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 in main session + 1 Distance event	Meet: 8 Individual Events	
Checks Payable To:	Madison MPO		
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	12 & Under
Session 2	Midday	Distance
Session 3	Afternoon	13 & Over
Sunday		
Session 4	Morning	12 & Under
Session 5	Midday	Distance
Session 6	Afternoon	13 & Over

Scoring:	<ul style="list-style-type: none"> Team scoring will not be kept.
Awards:	<ul style="list-style-type: none"> None.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet.
Admissions:	<ul style="list-style-type: none"> Spectators will be admitted into the facility up to its capacity.
Programs:	<ul style="list-style-type: none"> Heat sheets will be online at www.besmarttinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> None.
Vendor:	<ul style="list-style-type: none"> None.
Heat Limited Events:	<ul style="list-style-type: none"> Depending on entries, the distance events in the midday sessions may be limited. If there are too many entries, swimmers entering later may be removed from the events and offered entry into a shorter event or a refund.
Internet Website Posting:	<ul style="list-style-type: none"> Internet location for all meet information: http://www.besmarttinc.com
Meet Requirement Statement:	<ul style="list-style-type: none"> 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
Session: 1 Saturday 12 & Under	
1	Girls 12 & Under 200 Butterfly
2	Boys 12 & Under 200 Butterfly
3	Girls 12 & Under 50 Backstroke
4	Boys 12 & Under 50 Backstroke
5	Girls 12 & Under 100 Breaststroke
6	Boys 12 & Under 100 Breaststroke
7	Girls 12 & Under 200 IM
8	Boys 12 & Under 200 IM
9	Girls 12 & Under 100 Freestyle
10	Boys 12 & Under 100 Freestyle
11	Girls 12 & Under 50 Butterfly
12	Boys 12 & Under 50 Butterfly
13	Girls 12 & Under 200 Backstroke
14	Boys 12 & Under 200 Backstroke

#	Event	Equal/ Faster
Session: 2 Saturday Distance		
15	Women 400 IM	
	14 & Under	6:27.49
	15 & Over	6:15.59
16	Men 400 IM	
	14 & Under	6:21.49
	15 & Over	5:58.09
17	Women 800 Freestyle	
	14 & Under	11:41.99
	15 & Over	11:28.39
18	Men 800 Freestyle	
	14 & Under	11:13.99
	15 & Over	10:50.99

#	Event
Session: 3 Saturday 13 & Over	
19	Women 13 & Over 200 Breaststroke
20	Men 13 & Over 200 Breaststroke
21	Women 13 & Over 50 Freestyle
22	Men 13 & Over 50 Freestyle
23	Women 13 & Over 100 Butterfly
24	Men 13 & Over 100 Butterfly
25	Women 13 & Over 50 Breaststroke
26	Men 13 & Over 50 Breaststroke
27	Women 13 & Over 200 Freestyle
28	Men 13 & Over 200 Freestyle
29	Women 13 & Over 100 Backstroke
30	Men 13 & Over 100 Backstroke

#	Event
Session: 4 Sunday 12 & Under	
31	Girls 12 & Under 200 Breaststroke
32	Boys 12 & Under 200 Breaststroke
33	Girls 12 & Under 50 Freestyle
34	Boys 12 & Under 50 Freestyle
35	Girls 12 & Under 100 Butterfly
36	Boys 12 & Under 100 Butterfly
37	Girls 12 & Under 50 Breaststroke
38	Boys 12 & Under 50 Breaststroke
39	Girls 12 & Under 200 Freestyle
40	Boys 12 & Under 200 Freestyle
41	Girls 12 & Under 100 Backstroke
42	Boys 12 & Under 100 Backstroke

#	Event	Equal/ Faster
Session: 5 Sunday Distance		
43	Women 400 Freestyle	
	14 & Under	5:32.99
	15 & Over	5:21.79
44	Men 400 Freestyle	
	14 & Under	5:31.39
	15 & Over	5:03.89
45	Women 1500 Freestyle	
	14 & Under	22:23.09
	15 & Over	22:02.19
46	Men 1500 Freestyle	
	14 & Under	21:27.39
	15 & Over	20:33.99

#	Event
Session: 6 Sunday 13 & Over	
47	Women 13 & Over 200 Butterfly
48	Men 13 & Over 200 Butterfly
49	Women 13 & Over 50 Backstroke
50	Men 13 & Over 50 Backstroke
51	Women 13 & Over 100 Breaststroke
52	Men 13 & Over 100 Breaststroke
53	Women 13 & Over 200 IM
54	Men 13 & Over 200 IM
55	Women 13 & Over 100 Freestyle
56	Men 13 & Over 100 Freestyle
57	Women 13 & Over 50 Butterfly
58	Men 13 & Over 50 Butterfly
59	Women 13 & Over 200 Backstroke
60	Men 13 & Over 200 Backstroke



NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	<ul style="list-style-type: none"> • If only one locker room/restroom: If Athletes and Adults including Coaches & Officials must use the same facility, make sure you are not alone with an athlete in the locker room, including using the restroom. Be proactive and tell the meet director immediately if this happens, even when no fault of your own. • If multiple facilities: There is a separate locker room/restroom for athletes only! All other adults including Coaches & Officials need to make sure that you are only using the facility marked for you.
Spectator Considerations:	<ul style="list-style-type: none"> • As per USA Swimming Safe Sport Protocols, Parents or legal guardians will have access to their child and an opportunity to observe their child if the facility protocols allow for spectators.
Entry Info:	<ul style="list-style-type: none"> • There will be no refunds after the entry deadline except for events that may be scratched from meet by the Entry Coordinator or Meet Director, or as otherwise directed by NJ Swimming. Entries will be acknowledged within 48 hours of receipt. • All entries will be accepted on a first come basis. • Team entries will be considered accepted when the host club accepts the entries. • Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule. • Special Notice: Entry forms, verification forms, waiver release, and fees must be received no later than the first session of the meet where the team competes. If a team fails to make payment by that time all their swimmers may be scratched, at the discretion of the Host Team.
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. • Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being permitted.
Relays:	<ul style="list-style-type: none"> • Relay scratches should be turned in at the required time noted by the meet director. • Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.
Swimmer 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. • 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. All Unattached swimmers must be listed on the team's official waiver entry form. • All swimmers 18 & Over at the meet start date must have met the USA Swimming Athlete Protection Training requirement. Failure to complete it will result in an athlete's inability to swim in this meet.
Check-In:	<ul style="list-style-type: none"> • All check-in sheets must be turned into the scoring table before the start of each session. Check-in times will be noted on the check in sheets. Swimmers that are swimming will have a line through their name. Swimmers that are being scratched will have their names circled with a "SCR" next to the circle. Swimmers scratching a single event will have a line through their name and the event number circled with "SCR" next to the circle. • Failure to follow this procedure may result in the swimmer(s) being scratched from the session.



Adaptive Provisions:	USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's coach or guardians. NJ swimming will provide all swimmers with disabilities a chance to swim in events for which they have qualified (met the time standards of the meet).
Host Club Responsibilities:	<ul style="list-style-type: none"> • The host club will help provide timers for the meet. • The host club will e-mail entry verification back to the participating clubs. • The host club will create a warm-up schedule that will be fair and equal to all teams. • The host club will create timing assignments that are fair and equitable with as many teams participating as possible. • Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.
Participating Club Responsibilities:	<ul style="list-style-type: none"> • Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet. • Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck. • Participating clubs should help with officiating whenever possible.
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions. • As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping. • All coaches "on the deck" must be currently registered coach members of USA Swimming. Verification can be in the form of a current USA Swimming membership credential or Coaches Pass available thru the USA swimming Deck Pass App. • Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility. • All Coaches must have some form of USA coaching credential verification with them at all times.
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> • This meet is conducted according to current USA Swimming Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (MAAPP 2.0). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your credentials. • Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help. • All officials must wear the standard white and blue uniform. • Officials will be required to work the entire session to receive credit for the session in OTS.
Meet Format Waiver:	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming Rules. • The host club has the right to change the format of the meet with the approval of the Administrative vice chair and either the Age Group or Senior vice chair. These changes would be made for a more efficient swim meet for the swimmers and the host club. Reasons for these changes include: <ul style="list-style-type: none"> • To allow more swimmers to swim. • To conform to facility capacity limits or for facility safety concerns. • To condense the meet into smaller time frame. • Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.



Warm-up Procedures:	<ul style="list-style-type: none"> • Warm-ups will be run under New Jersey Swimming Warm-up and Safety Guidelines. Teams will be assigned lanes according to the size of their entries, to achieve a fair and comparable warm-up for all swimmers. • Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys. • All swimmers must enter the pool feet first from the starting end of the pool. • New Jersey Swimming officials and Safety Marshals will monitor warm-ups. • All general warm-up lanes will swim in a counterclockwise direction.
Results:	<ul style="list-style-type: none"> • Meet result files for TM will be emailed to all participating teams. • Meet results will be posted on the meet website and on the New Jersey Swimming Website: www.njswim.org
USA-S Racing Start Certification Statement:	Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
Audio/Visual Recording Statement:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.
USA-S Deck Change Policy Statement:	Deck changes are prohibited.
USA-S Drone Policy Statement:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
Minor Athlete Abuse Prevention Policy (MAAPP 2.0)	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), and that they understand that compliance with the MAAPP 2.0 policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming Rules.</p> <ul style="list-style-type: none"> • Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined, as suits that have bonded seams, kinetic tape, or meshed seams. A list of restricted suits can be found on the NJ Swimming Website; www.njswim.org. • Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body. <p>Pursuant to USA Swimming Rule 205.10.1, it is permissible for a swimmer to wear a single set of garments underneath his or her competition swimsuit for modesty and/or other privacy reasons.</p>

