

**TCNJ INVITATIONAL 2024  
SWIMMING AND DIVING  
TRIALS & FINALS INVITATIONAL**

**Date:**

November 22-24, 2024

### Participating Teams:

The College of New Jersey, USMMA, Stevens Institute of Technology  
SUNY Cortland, SUNY New Paltz

Diving Only – The College of New Jersey, USMMA, Montclair State University,  
West Chester University, SUNY Cortland

**Entries:**

Events will be pre-seeded in order to formulate a time line. Entries should be sent by e-mail to Ellen Mace of Be Smartt, Inc. (besmarttinc@gmail.com) as an attachment using Hy-Tek Team Manager. **Please use this season's best times. (NT is allowed)**

**Entry Deadline:**

Tuesday, November 19, 2024 by 5:00 PM

**Entry Fee:**

Swimming &amp; Diving - \$150

Diving only - \$75

Payable to "TCNJ" - Mail by December 17 or bring to meet

## Jennifer Harnett – TCNJ women's swimming

PO Box 7718

Ewing, NJ 08628

**Location:**

TCNJ Aquatic Center – Packer Hall

8 lane x 25 yard, with separate warm-up area and diving well.

### Meet Director:

Dave Dow

O: 609-771-2230

C: 607-591-4629

### Meet Information:

Jennifer Harnett

O: 609-771-2383

C: 201-390-9340

**Session Times:**

Friday – Prelims: 1:00 PM (warm-ups start at 11:00 AM)

Finals: 7:00 PM (warm-ups start at 5:00 PM)

**Saturday – Prelims 11:00 AM (warm-ups start at 9:00 AM)**

Finals 6:00 PM (warm-ups start at 4:00 PM)

Diving: see below

**Sunday - Prelims 9:00 AM (warm-ups start at 7:00 AM)**

**Finals 2:00 PM (warm-ups start at 1:00 PM)**

Diving: see below

### Schedule of Events:

Meet File will be emailed by November 15th. Relays are timed finals only.

Entry times are best times this year. (NT are also allowed)

Please use 1000 times for 1650 seed times and 400 or 200 IM times for the 400 IM seed times (400 IM times will be seeded first).



# TCNJ INVITATIONAL 2024 SWIMMING AND DIVING TRIALS & FINALS INVITATIONAL -continued-

## Diving Format:

Contact Eric Blevins (blevinse@tcnj.edu) 641-821-9527  
**Enter on Divemeets.com**

*Estimated starts – a true timeline will be sent out once entries are in*

Friday November 22, 2024  
Warm-ups between Swimming Prelims & finals

Saturday November 23, 2024  
Warm-ups: 12:30 pm (or when swimming is over) Events Start: 2:00 pm  
Event 1: Women 1 meter - 11 dives & Men 3 meter - 11 dives  
6 dive event will be run within the 11 dive event

Sunday November 24, 2024  
Warm-ups: 10:00 am (or when swimming is over) Events Start: 11:00 am  
Event 2: Women 3 meter - 11 dives & Men 1 meter - 11 dives  
6 dive event will be run within the 11 dive event

Boards will be open Friday for warm-up between swimming sessions only

## Scoring:

Standard Championship Scoring  
Top 16 will swim at finals (no diving at finals)

## Event Limits:

Each swimmer is allowed to swim a maximum of eight (8) events, of which no more than four (4) may be individual events.  
Each school is allowed to enter up to four (4) relays in each relay event. Only two (2) relays from any one team will score in each event.

## Scratches:

Scratches are due at the beginning of warm ups the previous day before the events for prelims and by 30 minutes after the end of prelims meet for finals that evening.

## Event Format

Friday Prelims 1:00 PM  
500 Free  
200 IM  
50 Free

Saturday Prelims 11:00 AM  
400 IM  
100 Fly  
200 Free  
100 Breast  
100 Back

Sunday Prelims 9:00 AM  
200 Back  
100 Free  
200 Breast  
200 Fly

Friday Finals 7:00 PM  
200 Free Relay  
**10 Min Break**  
500 Free  
200 IM  
50 Free  
**15 Min Break**  
400 Medley Relay

Saturday Finals 6:00 PM  
200 Medley Relay  
**10 Min Break**  
400 IM  
100 Fly  
200 Free  
100 Breast  
100 Back  
**15 Min Break**  
800 Free Relay

Sunday Finals 2:00 PM  
1650 Free (heats begin at 2:00 PM going slowest  
**10 Min Break** to fastest, alternating W & M)  
200 Back  
100 Free  
200 Breast  
200 Fly  
**15 Min Break**  
400 Free Relay



**TCNJ INVITATIONAL 2024  
SWIMMING AND DIVING  
TRIALS & FINALS INVITATIONAL**

**Parking & Drop off**

More information will be sent out the week of the event

**Hotels**

Spring Hill Suites by Marriott at Ewing/Princeton South (1.8 miles from campus)  
(609) 530-0900  
[www.ewingspringhill.com](http://www.ewingspringhill.com)

Courtyard Marriott-Ewing Hopewell (2.5 miles from campus)  
360 Scotch Road  
Phone 609-716-9100  
[www.courtyardprinceton.com](http://www.courtyardprinceton.com)

Element Ewing Hopewell (2.5 miles from campus)  
(609) 671-0050  
[www.elementhotels.com](http://www.elementhotels.com)

**On Campus Food Dining**

If you want to bring your team to our main dining hall for meals call 609-771-3447.  
It's all you can eat!

Other suggestions:

**In our campus town:**

Jersey Mikes - (609) 634-0939  
Panera Bread - 609-403-7081

**Off Campus:**

Ray's Sub – 609-771-8006  
Salernos – 609-883-0700  
Mama Floras – 609-434-1188