

# 2025 Meet of Xcellence

## Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

*Held under the sanction of USA Swimming*

NJ Swimming:	<a href="#">NJ Swimming Sanction Document</a>		
Dates of Meet:	<b>Saturday-Sunday, June 7<sup>th</sup>-8<sup>th</sup>, 2025</b>		
Facility:	<a href="#">DeNunzio Natatorium, Princeton University</a> <i>(link to facility location &amp; directions, and pool certification information)</i>		
Host Team Contact:	Coach Lucy	609-937-4631	<a href="mailto:headcoach@swimxcel.org">headcoach@swimxcel.org</a>
Meet Director:	Ellen W Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Gary Thayer		<a href="mailto:gght466@gmail.com">gght466@gmail.com</a>
Admin Officials:	Be Smartt Inc		<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshalls:	Coach Lucy Josh Rosenbluth		<a href="mailto:headcoach@swimxcel.org">headcoach@swimxcel.org</a> <a href="mailto:joshrosenbluth@gmail.com">joshrosenbluth@gmail.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Monday May 12<sup>th</sup>, 2025 at 6:00am</b>		
Entry Deadline:	<b>Friday May 30<sup>th</sup>, 2025, at 6:00pm</b> or when the meet fills		
Swimmers Age:	Swimmer ages for this meet are as of: <b>Saturday June 7<sup>th</sup>, 2025</b>		
Entry Fees:	Individual Entry: <b>\$10.00</b>	Relay: <b>\$16.00</b>	
	400/800/1500 Freestyle: <b>\$12.00</b>		
	<b>There will be a \$15 per day athlete surcharge.</b>		
Meet Course:	Long Course Meters (LCM). Converted times will be accepted.		
Meet Format	<ul style="list-style-type: none"><li>• This meet will be run as a timed final meet.</li><li>• There will be 10 &amp; Under, 11-12, 12 &amp; Under, 13-14, 14 &amp; Under, and 15 &amp; Over events</li><li>• <b>There are qualifying (greater than) times for this meet for events that are 200 meters and longer.</b></li><li>• This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When the seeding has been posted, swimmers will report to the blocks on their own.</li></ul>		
Entry Limits:	Daily: <b>3 Individual events</b> <b>2 Relays</b>	Meet: <b>6 Individual Events</b> <b>4 Relays</b>	
Checks Payable To:	<b>X-Cel Swimming</b>		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
Mail Checks/Reports	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 meet website, and e-mailed to the coaches of participating teams.***

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

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> <li>• There will be awards for 1<sup>st</sup>-3<sup>rd</sup> places in individual 12 &amp; Under events.</li> <li>• There will be awards for the fastest three teams in 12 &amp; Under relay events.</li> </ul>
Starts:	“Fly-over/Over-the-top” starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> <li>• Spectators will be allowed into the natatorium subject to capacity constraints.</li> <li>• Heat sheets will be online at <a href="http://www.besmartinc.com">www.besmartinc.com</a> (free) and Meet Mobile (subscription required)</li> </ul>
Concessions:	<ul style="list-style-type: none"> <li>• None</li> </ul>
Vendor:	<ul style="list-style-type: none"> <li>• None.</li> </ul>
Distance Events:	<ul style="list-style-type: none"> <li>• All distance events will be run slowest to fastest.</li> <li>• Swimmers in these events are responsible to supply their own timer, and counter for the 800 &amp; 1500 Freestyle.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>• The 400, 800, and 1500 freestyle events may be limited so that the middle distance sessions each day are no more than two hours, excluding warm-ups, depending on the timeline developed after entries are received.</li> <li>• The 400 freestyle events are limited to 5 heats daily.</li> <li>• The 800 freestyle events are limited to 3 heats daily.</li> <li>• The 1500 freestyle event is limited to 2 heats daily.</li> <li>• Swimmers whose seed times place them below the heat limitation will have the option to pick another event or remain in the event and possibly compete because of day-of-meet scratches.</li> <li>• Swimmers who do not switch events and do not compete in the heat-limited event will have their entry fee refunded within one week of the meet. Psych sheets will be posted on the meet web site no later than one week before the meet start.</li> </ul>
Internet Website Posting:	Internet location for all meet information: <a href="http://www.besmartinc.com">http://www.besmartinc.com</a>
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 a NJ Swimming sanctioned meet, this meet counts toward those participation requirements.

## Event List

#	Event	Equal/ Faster
<b>Session: 1 Saturday 12 &amp; Under</b>		
101	Girls 11-12 200 Freestyle Relay	
102	Boys 11-12 200 Freestyle Relay	
103	Girls 10 & Under 200 Freestyle Relay	
104	Boys 10 & Under 200 Freestyle Relay	
105	Girls 12 & Under 200 Backstroke	3:24.49
106	Boys 12 & Under 200 Backstroke	3:19.49
107	Girls 12 & Under 50 Backstroke	
108	Boys 12 & Under 50 Backstroke	
109	Girls 12 & Under 100 Breaststroke	
110	Boys 12 & Under 100 Breaststroke	
111	Girls 12 & Under 200 Butterfly	3:24.89
112	Boys 12 & Under 200 Butterfly	3:20.49
113	Girls 12 & Under 50 Butterfly	
114	Boys 12 & Under 50 Butterfly	
115	Girls 12 & Under 100 Freestyle	
116	Boys 12 & Under 100 Freestyle	
117	Girls 12 & Under 200 IM	
	10 & Under	4:09.39
	11-12	3:26.09
118	Boys 12 & Under 200 IM	
	10 & Under	4:06.19
	11-12	3:23.79

#	Event	Equal/ Faster
<b>Session: 2 Saturday Distance</b>		
202	Men 400 Freestyle	
	14 & Under	5:59.09
	15 & Over	5:33.69
203	Women 800 Freestyle	
	14 & Under	11:41.99
	15 & Over	11:28.39
204	Men 1500 Freestyle	
	14 & Under	21:27.39
	15 & Over	20:33.99

#	Event	Equal/ Faster
<b>Session: 3 Saturday 13 &amp; Over</b>		
301	Women 13 & Over 200 Freestyle Relay	
302	Men 14 & Over 200 Freestyle Relay	
303	Women 13 & Over 200 Backstroke	
	13-14	3:12.39
	15 & Over	3:08.39
304	Men 13 & Over 200 Backstroke	
	13-14	3:02.09
	15 & Over	2:53.79
305	Women 13 & Over 50 Backstroke	
306	Men 13 & Over 50 Backstroke	
307	Women 13 & Over 100 Breaststroke	
308	Men 13 & Over 100 Breaststroke	
309	Women 13 & Over 200 Butterfly	
	13-14	3:12.99
	15 & Over	3:07.29
310	Men 13 & Over 200 Butterfly	
	13-14	3:00.89
	15 & Over	2:52.29
311	Women 13 & Over 50 Butterfly	
312	Men 13 & Over 50 Butterfly	
313	Women 13 & Over 100 Freestyle	
314	Men 13 & Over 100 Freestyle	
315	Women 13 & Over 200 IM	
	13-14	3:15.79
	15 & Over	3:11.89
316	Men 13 & Over 200 IM	
	13-14	3:04.59
	15 & Over	2:56.59
317	Women 13 & Over 400 Medley Relay	
318	Men 13 & Over 400 Medley Relay	

#	Event	Equal/ Faster
<b>Session: 4 Sunday 12 &amp; Under</b>		
401	Girls 11-12 200 Medley Relay	
402	Boys 11-12 200 Medley Relay	
403	Girls 10 & Under 200 Medley Relay	
404	Boys 10 & Under 200 Medley Relay	
405	Girls 12 & Under 200 Breaststroke	3:52.59
406	Boys 12 & Under 200 Breaststroke	3:44.69
407	Girls 12 & Under 50 Breaststroke	
408	Boys 12 & Under 50 Breaststroke	
409	Girls 12 & Under 100 Backstroke	
410	Boys 12 & Under 100 Backstroke	
411	Girls 12 & Under 400 IM	6:48.29
412	Boys 12 & Under 400 IM	6:39.19
413	Girls 12 & Under 50 Freestyle	
414	Boys 12 & Under 50 Freestyle	
415	Girls 12 & Under 100 Butterfly	
416	Boys 12 & Under 100 Butterfly	
417	Girls 12 & Under 200 Freestyle	
	10 & Under	3:45.79
	11-12	3:02.29
418	Boys 12 & Under 200 Freestyle	
	10 & Under	3:33.49
	11-12	2:57.49

#	Event	Equal/ Faster
<b>Session: 5 Sunday Distance</b>		
501	Women 400 Freestyle	
	14 & Under	6:06.79
	15 & Over	5:58.49
502	Men 800 Freestyle	
	14 & Under	11:13.99
	15 & Over	10:50.09
503	Women 1500 Freestyle	
	14 & Under	22:23.09
	15 & Over	22:02.19

#	Event	Equal/ Faster
<b>Session: 6 Sunday 13 &amp; Over</b>		
601	Women 13 & Over 200 Medley Relay	
602	Men 13 & Over 200 Medley Relay	
603	Women 13 & Over 200 Breaststroke	
	13-14	3:39.69
	15 & Over	3:35.89
604	Men 13 & Over 200 Breaststroke	
	13-14	3:25.49
	15 & Over	3:15.39
605	Women 13 & Over 50 Breaststroke	
606	Men 13 & Over 50 Breaststroke	
607	Women 13 & Over 100 Backstroke	
608	Men 13 & Over 100 Backstroke	
609	Women 13 & Over 400 IM	
	13-14	6:25.89
	15 & Over	6:18.79
610	Men 13 & Over 400 IM	
	13-14	6:04.69
	15 & Over	5:47.29
611	Women 13 & Over 50 Freestyle	
612	Men 13 & Over 50 Freestyle	
613	Women 13 & Over 100 Butterfly	
614	Men 13 & Over 100 Butterfly	
615	Women 13 & Over 200 Freestyle	
	13-14	2:54.29
	15 & Over	2:50.49
616	Men 13 & Over 200 Freestyle	
	13-14	2:44.09
617	15 & Over	2:37.99
	Women 13 & Over 400 Freestyle Relay	
618	Men 13 & Over 400 Freestyle Relay	