

EEX Jeffrey S. Mace Memorial Summer Sizzle XXXII

Hosted by Eastern Express Swim Team
at the Werblin Recreation Center, Rutgers University

Date of Meet:	Friday June 28 th to Sunday June 30 th , 2024
Location:	Sonny Werblin Recreation Center, Rutgers University (link to facility location & directions, and pool certification information)
Meet Format:	<ul style="list-style-type: none"> * This meet will be run as prelims finals, except for the 12 & Under 400 events, and the 800 & 1500 meter freestyle events.. * Open events will have 3 heats at finals, except for the 400 Freestyle and 400 IM, which will have 2. * 13-14 events will have 2 heats at finals, except for the 400 Freestyle and 400 IM, which will have 1. * 12 & Under events will have 1 heat at finals, except for the 400 Freestyle and 400 IM. * There are minimum ("faster than") time standards for this meet. * The Open events have separate SCY and LCM time standards. Converted times are not acceptable for these events. * The 12 & Under and 13-14 events must be entered in SC Yards. * Proof of time will be required for all individual events (Hy-Tek proof of time and top times reports will suffice for this purpose).
Bonus Events:	<ul style="list-style-type: none"> • Any swimmer qualifying for at least one morning preliminary event may enter up to two bonus preliminary events of 200 yards or less throughout the meet.

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 website, the meet section of the NJS website, and e-mailed to the coaches of participating teams.

Friday		
Session 1	Morning	Open Preliminaries
Session 2	Midday	Open & 13-14 400 Freestyle Preliminaries
Session 3	Afternoon	14 & Under Preliminaries
Session 4	Evening	Finals
Saturday		
Session 5	Morning	Preliminaries
Session 6	Midday	800 Freestyle Timed Finals
Session 7	Afternoon	14 & Under Preliminaries
Session 8	Evening	Finals
Sunday		
Session 9	Morning	Open Preliminaries
Session 10	Midday	1500 Freestyle Timed Finals Slower Heats
Session 11	Afternoon	14 & Under Preliminaries
Session 12	Evening	Finals

Event List

- Events are listed in session order. Events in **preliminary** sessions **may not swim in numerical order**.
- Events grouped with a solid box around them will alternate genders.
- ** 50-meter events have multiple qualifying methods. See notes above.
- † 13-14 and 12 & Under only have SCY qualifying times. See notes above.

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 1 Friday Open Preliminaries				
Prelims	115	Women 50 Freestyle	**29.49	**24.99
Prelims	116	Men 50 Freestyle	**26.49	**22.79
Prelims	121	Women 200 Butterfly	2:34.99	2:14.99
Prelims	122	Men 200 Butterfly	2:21.99	2:03.99
Prelims	127	Women 100 Backstroke	1:11.99	1:01.49
Prelims	128	Men 100 Backstroke	1:05.49	55.99
Prelims	133	Women 200 Breaststroke	2:56.99	2:31.99
Prelims	134	Men 200 Breaststroke	2:41.99	2:16.99

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 2 Friday 400 Freestyle Preliminaries				
Prelims	109	Women 400 Freestyle	4:47.99	5:17.99
Prelims	110	Men 400 Freestyle	4:29.99	4:56.99
Prelims	107	Girls 13-14 400 Freestyle	†	5:31.99
Prelims	108	Boys 13-14 400 Freestyle	†	5:16.99
Session: 3 Friday 14 & Under Preliminaries				
Finals	101	Mixed 12 & Under 200 Medley Relay		
Finals	102	Mixed 13-14 200 Medley Relay		
Prelims	111	Girls 12 & Under 50 Freestyle	†	**28.19
Prelims	112	Boys 12 & Under 50 Freestyle	†	**28.19
Prelims	113	Girls 13-14 50 Freestyle	†	**26.39
Prelims	114	Boys 13-14 50 Freestyle	†	**24.79
Prelims	117	Girls 12 & Under 200 Butterfly	†	2:29.99
Prelims	118	Boys 12 & Under 200 Butterfly	†	2:29.99
Prelims	119	Girls 13-14 200 Butterfly	†	2:21.99
Prelims	120	Boys 13-14 200 Butterfly	†	2:13.99
Prelims	123	Girls 12 & Under 100 Backstroke	†	1:11.99
Prelims	124	Boys 12 & Under 100 Backstroke	†	1:11.99
Prelims	125	Girls 13-14 100 Backstroke	†	1:04.99
Prelims	126	Boys 13-14 100 Backstroke	†	1:00.99
Prelims	129	Girls 12 & Under 200 Breaststroke	†	2:53.99
Prelims	130	Boys 12 & Under 200 Breaststroke	†	2:53.99
Prelims	131	Girls 13-14 200 Breaststroke	†	2:40.99
Prelims	132	Boys 13-14 200 Breaststroke	†	2:32.99
Finals	105	Girls 12 & Under 400 Freestyle	†	5:50.99
Finals	106	Boys 12 & Under 400 Freestyle	†	5:50.99
Session: 4 Friday Finals				
Finals	103	Mixed 200 Medley Relay		
Finals	<i>Finals of Events 107-134 in numerical order</i>			
Finals	135	Women 400 Freestyle Relay		
Finals	136	Men 400 Freestyle Relay		
Session: 5 Saturday Open Preliminaries				
Prelims	213	Women 200 Freestyle	2:16.99	1:58.99
Prelims	214	Men 200 Freestyle	2:04.49	1:48.99
Prelims	219	Women 100 Breaststroke	1:21.99	1:10.49
Prelims	220	Men 100 Breaststroke	1:14.49	1:03.49
Prelims	225	Women 50 Backstroke	**32.99	**28.49
Prelims	226	Men 50 Backstroke	**30.49	**25.99
Prelims	231	Women 100 Butterfly	1:10.99	1:00.99
Prelims	232	Men 100 Butterfly	1:03.99	55.49
Prelims	237	Women 400 IM	5:21.99	4:43.99
Prelims	238	Men 400 IM	5:00.99	4:21.99
Session: 6 Saturday 800 Freestyle				
Finals	201	Women 800 Freestyle	9:54.99	10:54.99
Finals	202	Men 800 Freestyle	9:14.99	10:14.99

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 7 Saturday 14 & Under Preliminaries				
Finals	203	Girls 12 & Under 200 Medley Relay		
Finals	204	Boys 12 & Under 200 Medley Relay		
Finals	205	Girls 13-14 200 Medley Relay		
Finals	206	Boys 13-14 200 Medley Relay		
Prelims	209	Girls 12 & Under 200 Freestyle	†	2:12.99
Prelims	210	Boys 12 & Under 200 Freestyle	†	2:12.99
Prelims	211	Girls 13-14 200 Freestyle	†	2:06.99
Prelims	212	Boys 13-14 200 Freestyle	†	1:58.99
Prelims	215	Girls 12 & Under 100 Breaststroke	†	1:21.99
Prelims	216	Boys 12 & Under 100 Breaststroke	†	1:21.99
Prelims	217	Girls 13-14 100 Breaststroke	†	1:14.99
Prelims	218	Boys 13-14 100 Breaststroke	†	1:10.99
Prelims	221	Girls 12 & Under 50 Backstroke	†	**33.49
Prelims	222	Boys 12 & Under 50 Backstroke	†	**33.49
Prelims	223	Girls 13-14 50 Backstroke	†	**30.99
Prelims	224	Boys 13-14 50 Backstroke	†	**28.99
Prelims	227	Girls 12 & Under 100 Butterfly	†	1:11.99
Prelims	228	Boys 12 & Under 100 Butterfly	†	1:11.99
Prelims	229	Girls 13-14 100 Butterfly	†	1:03.99
Prelims	230	Boys 13-14 100 Butterfly	†	59.99
Finals	233	Girls 12 & Under 400 IM	†	5:13.99
Finals	234	Boys 12 & Under 400 IM	†	5:13.99
Prelims	235	Girls 13-14 400 IM	†	4:59.99
Prelims	236	Boys 13-14 400 IM	†	4:43.99
Session: 8 Saturday Finals				
Finals	207	Women 200 Medley Relay		
Finals	208	Men 200 Medley Relay		
Finals	<i>Finals of Events 209-232, 236-240 in numerical order</i>			
Finals	239	Women 800 Freestyle Relay		
Finals	240	Men 800 Freestyle Relay		
Session: 9 Sunday Open Preliminaries				
Prelims	311	Women 200 Backstroke	2:33.99	2:12.99
Prelims	312	Men 200 Backstroke	2:21.99	2:00.99
Prelims	317	Women 50 Breaststroke	**36.49	**31.99
Prelims	318	Men 50 Breaststroke	**32.99	**28.99
Prelims	325	Women 100 Freestyle	1:02.99	54.49
Prelims	326	Men 100 Freestyle	57.49	49.49
Prelims	333	Women 50 Butterfly	**31.49	**27.49
Prelims	334	Men 50 Butterfly	**28.99	**24.99
Prelims	339	Women 200 IM	2:33.99	2:13.99
Prelims	340	Men 200 IM	2:21.99	2:01.99
Session: 10 Sunday 1500 Freestyle Slower Heats				
Finals-S	319	Women 1500 Freestyle	19:04.99	18:24.99
Finals-S	328	Men 1500 Freestyle	17:54.99	17:14.99

Round	Event #	Event	Equal/Faster LCM	Equal/Faster SCY
Session: 11 Sunday 14 & Under Preliminaries				
Finals	301	Girls 12 & Under 200 Freestyle Relay		
Finals	302	Boys 12 & Under 200 Freestyle Relay		
Finals	303	Girls 13-14 200 Freestyle Relay		
Finals	304	Boys 13-14 200 Freestyle Relay		
Prelims	307	Girls 12 & Under 200 Backstroke	†	2:27.99
Prelims	308	Boys 12 & Under 200 Backstroke	†	2:27.99
Prelims	309	Girls 13-14 200 Backstroke	†	2:19.99
Prelims	310	Boys 13-14 200 Backstroke	†	2:11.99
Prelims	313	Girls 12 & Under 50 Breaststroke	†	**37.49
Prelims	314	Boys 12 & Under 50 Breaststroke	†	**37.49
Prelims	315	Girls 13-14 50 Breaststroke	†	**34.49
Prelims	316	Boys 13-14 50 Breaststroke	†	**32.49
Prelims	321	Girls 12 & Under 100 Freestyle	†	1:01.99
Prelims	322	Boys 12 & Under 100 Freestyle	†	1:01.99
Prelims	323	Girls 13-14 100 Freestyle	†	57.99
Prelims	324	Boys 13-14 100 Freestyle	†	53.99
Prelims	329	Girls 12 & Under 50 Butterfly	†	**32.49
Prelims	330	Boys 12 & Under 50 Butterfly	†	**32.49
Prelims	331	Girls 13-14 50 Butterfly	†	**29.99
Prelims	332	Boys 13-14 50 Butterfly	†	**27.99
Prelims	335	Girls 12 & Under 200 IM	†	2:28.99
Prelims	336	Boys 12 & Under 200 IM	†	2:28.99
Prelims	337	Girls 13-14 200 IM	†	2:20.99
Prelims	338	Boys 13-14 200 IM	†	2:12.99
Session: 12 Sunday Finals				
Finals	305	Women 200 Freestyle Relay		
Finals	306	Men 200 Freestyle Relay		
Finals	<i>Finals of Events 307-318, 319 Fastest Heat, Finals of Event 321-326, 328 Fastest Heat, Finals of Events 328-340, all in numerical order</i>			
Finals	341	Women 400 Medley Relay		
Finals	342	Men 400 Medley Relay		