

# 2023 Fall Festival of X-Cellence

## Hosted by X-Cel Swimming

at the DeNunzio Natatorium, Princeton University

*Held under the sanction of USA Swimming*

	NJ swimming Sanction # – NJS-TF-101423SCYA		
Meet Sanction Info:	Any changes of the meet information without the approval of the administrative chairman, age group chairman or senior chairman are a violation of the sanction. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.		
Date of Meet:	Saturday October 14 <sup>th</sup> -Sunday October 15 <sup>th</sup> , 2023		
Link to Facility Info:	<a href="#">DeNunzio Natatorium, Princeton University</a> (click on the link to view facility location, pool cert., and directions)		
Host Team Contact:	Coach Lucy	609-937-4631	<a href="mailto:headcoach@xcelswimming.org">headcoach@xcelswimming.org</a>
Meet Director:	Ellen W Mace	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Bach LeQuang		<a href="mailto:blequang@gmail.com">blequang@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@swimxccl.org">headcoach@swimxccl.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:	September 28, 2023 at 6:00am		
Entry Deadline:	Friday October 6 <sup>th</sup> , 2023 at 6:00pm		
Swimmers Age:	Swimmer ages for this meet are as of: Saturday October 14 <sup>th</sup> , 2023		
Entry Fees:	Individual Entry:	\$7.00	Relay: \$9.00
	400 IM/500 Freestyle:	\$10.00	
	There will be a \$10/day athlete surcharge.		
Meet Course:	Short Course Yards (SCY). 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, and 15 &amp; Over events.</li><li>• <b>There are qualifying times for this meet for all events 200 yards and longer. No qualifying times for shorter events.</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: 4 Individual events 1 Relay		Meet: 8 Individual Events 2 Relays
Checks Payable To:	X-Cel Swimming		
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	15 & Over
Session 2	Midday	13-14
Session 3	Evening	12 & Under
Sunday		
Session 4	Morning	15 & Over
Session 5	Midday	13-14
Session 6	Afternoon	12 & Under

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> <li>There will be awards for the fastest three swimmers in 12 &amp; Under 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>Psych sheets and heat sheets will be online at <a href="http://www.besmarttinc.com">www.besmarttinc.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>Metro Swim Shop will be in attendance.</li> </ul>
Distance Events:	<ul style="list-style-type: none"> <li>All events will be swum slowest to fastest.</li> <li>All 500-yard freestyle swimmers are responsible to provide a person to count.</li> </ul>
Heat Limited Events:	<ul style="list-style-type: none"> <li>Depending on entries, the 400 yard IM and 500 yard Freestyle may be limited to a maximum of 3 heats per gender for 13 &amp; Over and two heats per gender for 12 &amp; Under, per event.</li> <li>Swimmers whose seed times place them below the limit 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>
No Show Policy	<ul style="list-style-type: none"> <li>No penalty will be incurred for an unscratched swimmer who fails to report to the starting blocks for his/her scheduled event. However, the event will be counted toward the swimmer's maximum allowable swims for that day. The swimmer may be allowed to swim the event in a later heat or a subsequent event if the swimmer is at the starting end of the pool, ready to swim, and an open lane is available. However, the host club will not schedule an additional heat to accommodate the swimmer.</li> </ul>
Internet Website Posting:	Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.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

Session	Event #	Event				Equal Faster	
1	1	Women	15 & O	200	Free Relay		
1	2	Men	15 & O	200	Free Relay		
1	3	Women	15 & O	100	IM		
1	4	Men	15 & O	100	IM		
1	5	Women	15 & O	200	Free	2:29.39	
1	6	Men	15 & O	200	Free	2:16.49	
1	7	Women	15 & O	100	Breast		
1	8	Men	15 & O	100	Breast		
1	9	Women	15 & O	50	Back		
1	10	Men	15 & O	50	Back		
1	11	Women	15 & O	100	Fly		
1	12	Men	15 & O	100	Fly		
1	13	Women	15 & O	50	Free		
1	14	Men	15 & O	50	Free		
1	15	Women	15 & O	200	Back	2:42.99	
1	16	Men	15 & O	200	Back	2:27.99	
1	17	Women	15 & O	400	IM	5:55.89	
1	18	Men	15 & O	400	IM	5:26.99	
2	19	Women	13-14	200	Free Relay		
2	20	Men	13-14	200	Free Relay		
2	21	Women	13-14	100	IM		
2	22	Men	13-14	100	IM		
2	23	Women	13-14	200	Free	2:32.09	
2	24	Men	13-14	200	Free	2:22.99	
2	25	Women	13-14	100	Breast		
2	26	Men	13-14	100	Breast		
2	27	Women	13-14	50	Back		
2	28	Men	13-14	50	Back		
2	29	Women	13-14	100	Fly		
2	30	Men	13-14	100	Fly		
2	31	Women	13-14	50	Free		
2	32	Men	13-14	50	Free		
2	33	Women	13-14	200	Back	2:46.79	
2	34	Men	13-14	200	Back	2:36.29	
2	35	Women	13-14	400	IM	6:03.59	
2	36	Men	13-14	400	IM	5:41.49	
3	37	Women	12 & U	200	Free Relay		
3	38	Men	12 & U	200	Free Relay		
3	39	Women	11-12	200	Free	2:40.39	
3	40	Men	11-12	200	Free	2:34.59	
3	41	Women	10 & U	200	IM	3:38.49	
3	42	Men	10 & U	200	IM	3:35.49	
3	43	Women	11-12	50	Back		

Session	Event #	Event				Equal Faster	
3	44	Men	11-12	50	Back		
3	45	Women	10 & U	100	Back		
3	46	Men	10 & U	100	Back		
3	47	Women	11-12	100	Breast		
3	48	Men	11-12	100	Breast		
3	49	Women	10 & U	50	Breast		
3	50	Men	10 & U	50	Breast		
3	51	Women	11-12	100	Fly		
3	52	Men	11-12	100	Fly		
3	53	Women	10 & U	50	Fly		
3	54	Men	10 & U	50	Fly		
3	55	Women	11-12	50	Free		
3	56	Men	11-12	50	Free		
3	57	Women	10 & U	100	Free		
3	58	Men	10 & U	100	Free		
3	59	Women	11-12	100	IM		
3	60	Men	11-12	100	IM		
3	61	Women	12 & U	200	Back	2:56.59	
3	62	Men	12 & U	200	Back	2:51.99	
3	63	Women	12 & U	400	IM	5:56.79	
3	64	Men	12 & U	400	IM	5:46.39	
4	65	Women	15 & O	200	Medley Relay		
4	66	Men	15 & O	200	Medley Relay		
4	67	Women	15 & O	200	Breast	3:05.99	
4	68	Men	15 & O	200	Breast	2:48.19	
4	69	Women	15 & O	100	Back		
4	70	Men	15 & O	100	Back		
4	71	Women	15 & O	50	Fly		
4	72	Men	15 & O	50	Fly		
4	73	Women	15 & O	200	IM	2:46.79	
4	74	Men	15 & O	200	IM	2:31.69	
4	75	Women	15 & O	100	Free		
4	76	Men	15 & O	100	Free		
4	77	Women	15 & O	50	Breast		
4	78	Men	15 & O	50	Breast		
4	79	Women	15 & O	200	Fly	2:45.29	
4	80	Men	15 & O	200	Fly	2:31.29	
4	81	Women	15 & O	500	Free	6:40.59	
4	82	Men	15 & O	500	Free	6:10.59	
5	83	Women	13-14	200	Medley Relay		
5	84	Men	13-14	200	Medley Relay		
5	85	Women	13-14	200	Breast	3:10.89	
5	86	Men	13-14	200	Breast	2:56.59	
5	87	Women	13-14	100	Back		
5	88	Men	13-14	100	Back		

Session	Event #	Event				Equal Faster	
5	89	Women	13-14	50	Fly		
5	90	Men	13-14	50	Fly		
5	91	Women	13-14	200	IM	2:49.79	
5	92	Men	13-14	200	IM	2:39.99	
5	93	Women	13-14	100	Free		
5	94	Men	13-14	100	Free		
5	95	Women	13-14	50	Breast		
5	96	Men	13-14	50	Breast		
5	97	Women	13-14	200	Fly	2:48.99	
5	98	Men	13-14	200	Fly	2:38.19	
5	99	Women	13-14	500	Free	6:47.79	
5	100	Men	13-14	500	Free	6:26.59	
6	101	Women	12 & U	200	Medley Relay		
6	102	Men	12 & U	200	Medley Relay		
6	103	Women	11-12	200	IM	3:00.19	
6	104	Men	11-12	200	IM	2:57.29	
6	105	Women	10 & U	50	Free		
6	106	Men	10 & U	50	Free		
6	107	Women	11-12	50	Breast		
6	108	Men	11-12	50	Breast		
6	109	Women	10 & U	100	Breast		
6	110	Men	10 & U	100	Breast		
6	111	Women	12 & U	200	Fly	2:59.99	
6	112	Men	12 & U	200	Fly	2:53.19	
6	113	Women	10 & U	100	IM		
6	114	Men	10 & U	100	IM		
6	115	Women	11-12	100	Back		
6	116	Men	11-12	100	Back		
6	117	Women	10 & U	50	Back		
6	118	Men	10 & U	50	Back		
6	119	Women	11-12	100	Free		
6	120	Men	11-12	100	Free		
6	121	Women	10 & U	200	Free	3:18.99	
6	122	Men	10 & U	200	Free	3:06.69	
6	123	Women	11-12	50	Fly		
6	124	Men	11-12	50	Fly		
6	125	Women	10 & U	100	Fly		
6	126	Men	10 & U	100	Fly		
6	127	Women	12 & U	200	Breast	3:20.89	
6	128	Men	12 & U	200	Breast	3:14.09	
6	129	Women	12 & U	500	Free	6:38.19	
6	130	Men	12 & U	500	Free	6:27.49	

## NJS Information and Policies for USA Sanctioned Meets

Locker Rooms:	<ul style="list-style-type: none"> <li>• <b>If only one locker room/restroom:</b> If Athletes and Adults including Coaches &amp; 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.</li> <li>• <b>If multiple facilities:</b> There is a separate locker room/restroom for athletes <b>only!</b> All other adults including Coaches &amp; Officials need to make sure that you are only using the facility marked for you.</li> </ul>
Spectator Considerations:	<ul style="list-style-type: none"> <li>• <b>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.</b></li> </ul>
Entry Info:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• All entries will be accepted on a first come basis.</li> <li>• Team entries will be considered accepted when the host club accepts the entries.</li> <li>• Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.</li> <li>• <b>Special Notice:</b> 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.</li> </ul>
Entry Times:	<ul style="list-style-type: none"> <li>• New Jersey Swimming does not allow 'NT' or 'No Time' to be used as an entry time.</li> <li>• All entry times must be in long course meters. Converted times are permitted.</li> </ul>
Relays:	<ul style="list-style-type: none"> <li>• Relay scratches should be turned in at the required time noted by the meet director.</li> <li>• Coaches must turn in relay cards listing correct swimmers' names and correct order prior to the start of the event.</li> </ul>
Swimmer Eligibility:	<ul style="list-style-type: none"> <li>• No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming as provided in Article 302.</li> <li>• 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.</li> <li>• All swimmers 18 &amp; 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.</li> </ul>
Check-In:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Failure to follow this procedure may result in the swimmer(s) being scratched from the session.</li> </ul>
Adaptive Provisions:	<p>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).</p>

Host Club Responsibilities:	<ul style="list-style-type: none"> <li>• The host club will help provide timers for the meet.</li> <li>• The host club will e-mail entry verification back to the participating clubs.</li> <li>• The host club will create a warm-up schedule that will be fair and equal to all teams.</li> <li>• The host club will create timing assignments that are fair and equitable with as many teams participating as possible.</li> <li>• Warm-up schedules and assignments, and timing assignments will be e-mailed to all participating clubs no later than 1 week before the meet.</li> </ul>
Participating Club Responsibilities:	<ul style="list-style-type: none"> <li>• Participating clubs must help with timing assignments. Timing assignments will be e-mailed to participating clubs 1 week prior to the meet.</li> <li>• Participating club parents must stay off the pool deck except for timing assignments. Parent timers may not use phones/cameras while on the deck.</li> <li>• Participating clubs should help with officiating whenever possible.</li> </ul>
Coaches Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.</li> <li>• 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.</li> <li>• 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 card or Coaches Pass available thru the USA swimming Deck Pass App.</li> <li>• Coaches must show their USA swimming coaching card or Coaches Pass for entrance to facility.</li> <li>• All Coaches must have some form of USA coaching credential verification with them at all times.</li> </ul>
Officials Conduct & Eligibility:	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Make sure all interactions with athletes are observable and interruptible.</li> <li>• Current USA Swimming and NJS Swimming certification is required for all officials and the Meet Referee will check your cards.</li> <li>• Swimming officials from participating teams should contact the meet referee (see page 1) with the sessions when they are able to help.</li> <li>• All officials must wear the standard white and blue uniform.</li> <li>• Officials will be required to work the entire session and will receive free admission.</li> </ul>
Meet Format Waiver:	<ul style="list-style-type: none"> <li>• This meet will be run in accordance to current USA Swimming Rules.</li> <li>• 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"> <li>• To allow more swimmers to swim.</li> <li>• To conform to facility capacity limits or for facility safety concerns.</li> <li>• To condense the meet into smaller time frame.</li> </ul> </li> <li>• Some of the changes that may be made: 1) add a session, 2) heat limit distance events 3) condense sessions, and 4) eliminate relays.</li> </ul>
Warm-up Procedures:	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Swimming Equipment is not allowed in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.</li> <li>• All swimmers must enter the pool feet first from the starting end of the pool.</li> <li>• New Jersey Swimming officials will monitor warm-ups.</li> <li>• All general warm-up lanes will swim in a counterclockwise direction.</li> </ul>
Results:	<ul style="list-style-type: none"> <li>• Meet result files for TM will be emailed to all participating teams.</li> <li>• Meet results will be posted on the meet website and on the New Jersey Swimming Website: <a href="http://www.njswim.org">www.njswim.org</a></li> </ul>

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 or locker rooms.
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"> <li>• 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 &amp; 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; <a href="http://www.njswim.org">www.njswim.org</a>.</li> <li>• Rule 102.8.1E explicitly bans the use of therapeutic elastic tape (eg: kinesio tape) on any part of the body.</li> </ul> <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>