

2024 STAC IM Tough

Hosted by Streamline Aquatics Club
at the Raritan Valley Community College
Held under the sanction of USA Swimming

Meet Sanction Info	NJ Swimming Sanction – NJS-TF-012024SCY 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-Sunday January 20th-21st, 2024		
Location:	Raritan Valley Community College		
Host Team Contact:	Clare Zeszotarski	908-208-3457	administrator@njstac.org
Meet Director:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Meet Referee:	Eric Tanalski		eric@tanalski.net
Admin Officials:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Safety Marshalls:	Clare Zesotarski Brian Greene		administrator@njstac.org bgsxim@me.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Wednesday December 20th, 2023, at 6:00am		
Entry Deadline:	Friday January 12th, 2024, at 6:00pm unless the meet fills earlier.		
Swimmer Age	Swimmer age for this meet is as of: Saturday December 20 th , 2024		
Entry Fees:	Individual Entry:	\$7.00	
	400 IM:	\$9.00	
	1650 Freestyle:	\$14.00	
	There will be a \$10 athlete per day surcharge.		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • This meet will have 10 & Under, 11-12, 12 & Under, 13-14, and 15 & Over events. • Teams will be responsible for marshaling their own swimmers. • There are “slower than” time standards for events 400 yards and longer. • This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own. • This meet has the same events each day. Teams may enter both days but a swimmer may not swim the same event both days. 		
Entry Limits:	Daily: 4 Individual Events	Meet: 8 Individual Events	
Checks Payable To:	Streamline Aquatics Club		
Email Entry Files To:	besmarttinc@gmail.com		
Checks/Waivers:	Bring to the first session of the meet where the team is competing.		
No Show Policy	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.		

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, 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:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> Ribbons will be awarded for the fastest three swimmers in each age group in each event. Heat winners will be awarded prizes.
Starts:	'Fly-over/Over-the-top' starts will be used during this meet.
Admissions and Programs:	<ul style="list-style-type: none"> Spectators will be allowed into the facility up to its capacity. Heat sheets will be available online at www.besmartinc.com and Meet Mobile.
Concessions:	None.
Vendor:	None.
Internet Website Posting:	<ul style="list-style-type: none"> Internet location for all meet information: http://www.besmartinc.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

Session #	Event #	Event				Equal/Faster
1	1	Women	10 & U	100	IM	
1	2	Men	10 & U	100	IM	
1	3	Women	11-12	100	IM	
1	4	Men	11-12	100	IM	
1	5	Women	10 & U	50	Fly	
1	6	Men	10 & U	50	Fly	
1	7	Women	11-12	50	Fly	
1	8	Men	11-12	50	Fly	
1	9	Women	10 & U	100	Back	
1	10	Men	10 & U	100	Back	
1	11	Women	11-12	100	Back	
1	12	Men	11-12	100	Back	
1	13	Women	12 & U	200	Breast	
1	14	Men	12 & U	200	Breast	
1	15	Women	10 & U	50	Back	
1	16	Men	10 & U	50	Back	
1	17	Women	11-12	50	Back	
1	18	Men	11-12	50	Back	
1	19	Women	10 & U	100	Fly	
1	20	Men	10 & U	100	Fly	
1	21	Women	11-12	100	Fly	
1	22	Men	11-12	100	Fly	
1	23	Women	10 & U	200	Free	
1	24	Men	10 & U	200	Free	
1	25	Women	11-12	200	Free	
1	26	Men	11-12	200	Free	
1	27	Women	10 & U	50	Breast	
1	28	Men	10 & U	50	Breast	
1	29	Women	11-12	50	Breast	
1	30	Men	11-12	50	Breast	
1	31	Women	10 & U	100	Free	
1	32	Men	10 & U	100	Free	
1	33	Women	11-12	100	Free	
1	34	Men	11-12	100	Free	
1	35	Women	12 & U	200	Fly	
1	36	Men	12 & U	200	Fly	
1	37	Women	10 & U	50	Free	
1	38	Men	10 & U	50	Free	
1	39	Women	11-12	50	Free	
1	40	Men	11-12	50	Free	
1	41	Women	10 & U	100	Breast	
1	42	Men	10 & U	100	Breast	
1	43	Women	11-12	100	Breast	
1	44	Men	11-12	100	Breast	
1	45	Women	12 & U	200	Back	

Session #	Event #	Event				Equal/Faster
1	46	Men	12 & U	200	Back	
1	47	Women	10 & U	200	IM	
1	48	Men	10 & U	200	IM	
1	49	Women	11-12	200	IM	
1	50	Men	11-12	200	IM	
2	51	Women	12 & U	400	IM	6:24.19
2	52	Men	12 & U	400	IM	6:13.09
2	53A	Women	13-14	400	IM	6:03.59
2	53B	Women	15 & O	400	IM	5:55.89
2	54A	Men	13-14	400	IM	5:41.49
2	54B	Men	15 & O	400	IM	5:26.99
2	55A	Women	11-12	1650	Free	24:53.99
2	55B	Women	13-14	1650	Free	23:23.49
2	55C	Women	15 & O	1650	Free	23:05.19
2	56A	Men	11-12	1650	Free	24:21.89
2	56B	Men	13-14	1650	Free	22:18.89
2	56C	Men	15 & O	1650	Free	21:35.39
3	57	Women	13-14	200	Free	
3	58	Men	13-14	200	Free	
3	59	Women	15 & O	200	Free	
3	60	Men	15 & O	200	Free	
3	61	Women	13-14	100	Back	
3	62	Men	13-14	100	Back	
3	63	Women	15 & O	100	Back	
3	64	Men	15 & O	100	Back	
3	65	Women	13-14	200	Breast	
3	66	Men	13-14	200	Breast	
3	67	Women	15 & O	200	Breast	
3	68	Men	15 & O	200	Breast	
3	69	Women	13-14	100	Fly	
3	70	Men	13-14	100	Fly	
3	71	Women	15 & O	100	Fly	
3	72	Men	15 & O	100	Fly	
3	73	Women	13-14	100	Free	
3	74	Men	13-14	100	Free	
3	75	Women	15 & O	100	Free	
3	76	Men	15 & O	100	Free	
3	77A	Women	13-14	200	Fly	
3	77B	Women	15 & O	200	Fly	
3	78A	Men	13-14	200	Fly	
3	78B	Men	15 & O	200	Fly	
3	79	Women	13-14	100	Breast	
3	80	Men	13-14	100	Breast	
3	81	Women	15 & O	100	Breast	
3	82	Men	15 & O	100	Breast	
3	83	Women	13-14	200	Back	
3	84	Men	13-14	200	Back	

Session #	Event #	Event				Equal/Faster
3	85	Women	15 & 0	200	Back	
3	86	Men	15 & 0	200	Back	
3	87	Women	13-14	50	Free	
3	88	Men	13-14	50	Free	
3	89	Women	15 & 0	50	Free	
3	90	Men	15 & 0	50	Free	
3	91	Women	13-14	200	IM	
3	92	Men	13-14	200	IM	
3	93	Women	15 & 0	200	IM	
3	94	Men	15 & 0	200	IM	
4	101	Women	10 & U	100	IM	
4	102	Men	10 & U	100	IM	
4	103	Women	11-12	100	IM	
4	104	Men	11-12	100	IM	
4	105	Women	10 & U	50	Fly	
4	106	Men	10 & U	50	Fly	
4	107	Women	11-12	50	Fly	
4	108	Men	11-12	50	Fly	
4	109	Women	10 & U	100	Back	
4	110	Men	10 & U	100	Back	
4	111	Women	11-12	100	Back	
4	112	Men	11-12	100	Back	
4	113	Women	12 & U	200	Breast	
4	114	Men	12 & U	200	Breast	
4	115	Women	10 & U	50	Back	
4	116	Men	10 & U	50	Back	
4	117	Women	11-12	50	Back	
4	118	Men	11-12	50	Back	
4	119	Women	10 & U	100	Fly	
4	120	Men	10 & U	100	Fly	
4	121	Women	11-12	100	Fly	
4	122	Men	11-12	100	Fly	
4	123	Women	10 & U	200	Free	
4	124	Men	10 & U	200	Free	
4	125	Women	11-12	200	Free	
4	126	Men	11-12	200	Free	
4	127	Women	10 & U	50	Breast	
4	128	Men	10 & U	50	Breast	
4	129	Women	11-12	50	Breast	
4	130	Men	11-12	50	Breast	
4	131	Women	10 & U	100	Free	
4	132	Men	10 & U	100	Free	
4	133	Women	11-12	100	Free	
4	134	Men	11-12	100	Free	
4	135	Women	12 & U	200	Fly	
4	136	Men	12 & U	200	Fly	
4	137	Women	10 & U	50	Free	

Session #	Event #	Event				Equal/Faster
4	138	Men	10 & U	50	Free	
4	139	Women	11-12	50	Free	
4	140	Men	11-12	50	Free	
4	141	Women	10 & U	100	Breast	
4	142	Men	10 & U	100	Breast	
4	143	Women	11-12	100	Breast	
4	144	Men	11-12	100	Breast	
4	145	Women	12 & U	200	Back	
4	146	Men	12 & U	200	Back	
4	147	Women	10 & U	200	IM	
4	148	Men	10 & U	200	IM	
4	149	Women	11-12	200	IM	
4	150	Men	11-12	200	IM	
5	151	Women	12 & U	400	IM	6:24.19
5	152	Men	12 & U	400	IM	6:13.09
5	153A	Women	13-14	400	IM	6:03.59
5	153B	Women	15 & O	400	IM	5:55.89
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5	156A	Men	11-12	1650	Free	24:21.89
5	156B	Men	13-14	1650	Free	22:18.89
5	156C	Men	15 & O	1650	Free	21:35.39
6	157	Women	13-14	200	Free	
6	158	Men	13-14	200	Free	
6	159	Women	15 & O	200	Free	
6	160	Men	15 & O	200	Free	
6	161	Women	13-14	100	Back	
6	162	Men	13-14	100	Back	
6	163	Women	15 & O	100	Back	
6	164	Men	15 & O	100	Back	
6	165	Women	13-14	200	Breast	
6	166	Men	13-14	200	Breast	
6	167	Women	15 & O	200	Breast	
6	168	Men	15 & O	200	Breast	
6	169	Women	13-14	100	Fly	
6	170	Men	13-14	100	Fly	
6	171	Women	15 & O	100	Fly	
6	172	Men	15 & O	100	Fly	
6	173	Women	13-14	100	Free	
6	174	Men	13-14	100	Free	
6	175	Women	15 & O	100	Free	
6	176	Men	15 & O	100	Free	
6	177A	Women	13-14	200	Fly	
6	177B	Women	15 & O	200	Fly	

Session #	Event #	Event				Equal/Faster
6	178A	Men	13-14	200	Fly	
6	178B	Men	15 & 0	200	Fly	
6	179	Women	13-14	100	Breast	
6	180	Men	13-14	100	Breast	
6	181	Women	15 & 0	100	Breast	
6	182	Men	15 & 0	100	Breast	
6	183	Women	13-14	200	Back	
6	184	Men	13-14	200	Back	
6	185	Women	15 & 0	200	Back	
6	186	Men	15 & 0	200	Back	
6	187	Women	13-14	50	Free	
6	188	Men	13-14	50	Free	
6	189	Women	15 & 0	50	Free	
6	190	Men	15 & 0	50	Free	
6	191	Women	13-14	200	IM	
6	192	Men	13-14	200	IM	
6	193	Women	15 & 0	200	IM	
6	194	Men	15 & 0	200	IM	

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 meet has closed or after the entry deadline (whichever comes first) except for events that may be scratched from the 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. ● All entry times must be in long course meters. Converted times are 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:	<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 Meet 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"> • 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 card 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 cards. • 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.
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 Marshalls 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:	<p>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.</p>

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, and 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>