



2024 Superbowl Splash

Hosted by Scarlet Aquatics
at the Werblin Recreation Center, Rutgers University
Held under the sanction of USA Swimming

Meet Sanction #	NJ Swimming Sanction # – NJS-TF-021024SCY 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.		
Dates of Meet:	Saturday-Sunday February 10th-11th, 2024		
Location:	Sonny Werblin Recreation Center, Rutgers University <i>(link to facility location & directions, and pool certification information)</i>		
Host Team Contact:	Thomas Speedling	732-742-4600	scarletaquatics@gmail.com
Meet Director:	Ellen Mace	609-558-0988	besmarttinc@gmail.com
Meet Referees:	Saturday: John Kelly Sunday: Rob Curry		johnfk41965@gmail.com rksauce@yahoo.com
Admin Official:	Be Smartt Inc		besmarttinc@gmail.com
Safety Marshall:	Erin Miller Brian Hoffman		emmalexW@aol.com swimcoach25@aol.com
Entry Coordinator:	Be Smartt Inc	609-558-0988	besmarttinc@gmail.com
Entries Open:	Wednesday January 24th, 2024, at 6:00am		
Entry Deadline:	Friday February 2nd, 2024, at 6:00pm		
Swimmer Age	Swimmer ages for this meet are as of: February 10 th , 2024		
Entry Fees:	Individual Entry: \$10.00		1650 Freestyle Event Entry: \$15.00
	There will be an athlete surcharge of \$10 per day.		
Meet Course:	Short Course Yards (SCY).		
Meet Format:	<ul style="list-style-type: none"> This meet will be run as timed final meet. There will be 10 & Under, 11-12, 12 & Under, and 13 & Over events. There are minimum, “faster than”, time standards for this meet. For the main 13 & Over and 12 & Under sessions, a swimmer who meets the time standards for the event may swim 4 events (Saturday), 3 events (Sunday) that session. Swimmers entering the 1650 Freestyle events must meet the qualifying standards for those events. This meet will be deck seeded with coaches checking in/scratching all swimmers and relays. When a session has been seeded, swimmers will be responsible for reporting to the blocks on their own. 		
Entry Limits:	Daily: 4 Individual Events Saturday 3 Individual Events Saturday		Meet: 7 Individual Events
	The Sunday sessions will be limited so that the finish time is approximately 4pm		
Checks Payable To:	NJ Wave Swim Team		
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. This will be published on the meet section of the NJS website and e- mailed to the coaches of participating teams.

Saturday		
Session 1	Morning	13 & Over
Session 2	Early Afternoon	1650 Freestyle
Session 3	Afternoon	12 & Under
Sunday		
Session 4	Morning	13 & Over
Session 5	Afternoon	12 & Under

The Sunday sessions will be limited so that the finish time is approximately 4pm

Scoring:	<ul style="list-style-type: none"> Team scoring will not be kept.
Awards:	<ul style="list-style-type: none"> None.
Starts:	<ul style="list-style-type: none"> 'Fly-over/Over-the-top' starts will be used during this meet.
Admissions:	<ul style="list-style-type: none"> Rutgers will be selling a limited number of tickets on a session by session basis for the meet. Tickets will go on sale the Tuesday before the meet. Tickets may be purchased at go.rutgers.edu/swimmeet-tickets. Heat sheets will be online at www.besmartinc.com (free) and Meet Mobile (subscription required)
Concessions:	<ul style="list-style-type: none"> None.
Vendor:	<ul style="list-style-type: none"> None.
Heat Limited Event (1650 Freestyle):	<ul style="list-style-type: none"> The 1650 freestyle session will be limited to 1 hour 45 minutes, with entries accepted on a first come, first served basis. Teams with swimmers who are beyond the session limit will be notified at least one week prior to the meet. Such swimmers may come and see if they scratch into the session. Otherwise refunds will be given to swimmers closed out of the event, or the swimmers may select another event if the meet is not oversubscribed. The 1650 freestyle will swim fast to slow, alternating genders. Slower heats may be combined without an empty lane between genders. Swimmers are responsible to provide their own counter for this event.
Internet Website Posting:	Internet location for all meet information: http://www.besmartinc.com
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	1A	Women 13-14 50 Free	30.09
1	1B	Women 15 & O 50 Free	28.69
1	2A	Men 13-14 50 Free	29.29
1	2B	Men 15 & O 50 Free	26.29
1	3A	Women 13-14 200 Back	2:41.59
1	3B	Women 15 & O 200 Back	2:33.99
1	4A	Men 13-14 200 Back	2:33.09
1	4B	Men 15 & O 200 Back	2:25.69
1	5A	Women 13-14 400 IM	5:34.99
1	5B	Women 15 & O 400 IM	5:22.99
1	6A	Men 13-14 400 IM	5:29.49
1	6B	Men 15 & O 400 IM	5:11.09
1	7A	Women 13-14 200 Free	2:20.89
1	7B	Women 15 & O 200 Free	2:12.49
1	8A	Men 13-14 200 Free	2:17.49
1	8B	Men 15 & O 200 Free	2:02.99
1	9A	Women 13-14 100 Breast	1:23.89
1	9B	Women 15 & O 100 Breast	1:22.49
1	10A	Men 13-14 100 Breast	1:20.29
1	10B	Men 15 & O 100 Breast	1:15.99
1	11A	Women 13-14 200 Fly	2:45.99
1	11B	Women 15 & O 200 Fly	2:40.79
1	12A	Men 13-14 200 Fly	2:42.59
1	12B	Men 15 & O 200 Fly	2:30.09
2	13	Women 1650 Free	20:41.99
2	14	Men 1650 Free	19:33.99
3	15	Women 11-12 500 Free	6:42.39
3	16	Men 11-12 500 Free	6:42.39
3	17A	Women 10 & U 50 Back	44.29
3	17B	Women 11-12 50 Back	37.39
3	18A	Men 10 & U 50 Back	44.29
3	18B	Men 11-12 50 Back	37.39
3	19	Women 12 & U 200 Back	2:51.89
3	20	Men 12 & U 200 Back	2:51.89
3	21A	Women 10 & U 100 Free	1:23.09
3	21B	Women 11-12 100 Free	1:09.79
3	22A	Men 10 & U 100 Free	1:23.09
3	22B	Men 11-12 100 Free	1:09.79
3	23A	Women 10 & U 100 Breast	1:48.19
3	23B	Women 11-12 100 Breast	1:30.79
3	24A	Men 10 & U 100 Breast	1:48.19
3	24B	Men 11-12 100 Breast	1:30.79
3	25A	Women 10 & U 50 Fly	43.79
3	25B	Women 11-12 50 Fly	36.19

Session	Event #	Event	Equal/Faster
3	26A	Men 10 & U 50 Fly	43.79
3	26B	Men 11-12 50 Fly	36.19
3	27	Women 12 & U 200 Fly	2:58.99
3	28	Men 12 & U 200 Fly	2:58.99
3	29A	Women 10 & U 200 IM	3:22.39
3	29B	Women 11-12 200 IM	2:52.69
3	30A	Men 10 & U 200 IM	3:22.39
3	30B	Men 11-12 200 IM	2:52.69
4	31A	Women 13-14 500 Free	6:16.89
4	31B	Women 15 & O 500 Free	5:55.99
4	32A	Men 13-14 500 Free	6:08.19
4	32B	Men 15 & O 500 Free	5:42.29
4	33A	Women 13-14 100 Back	1:15.39
4	33B	Women 15 & O 100 Back	1:12.69
4	34A	Men 13-14 100 Back	1:11.89
4	34B	Men 15 & O 100 Back	1:07.39
4	35A	Women 13-14 200 IM	2:39.89
4	35B	Women 15 & O 200 IM	2:32.29
4	36A	Men 13-14 200 IM	2:35.69
4	36B	Men 15 & O 200 IM	2:22.29
4	37A	Women 13-14 100 Free	1:05.89
4	37B	Women 15 & O 100 Free	1:02.09
4	38A	Men 13-14 100 Free	1:03.89
4	38B	Men 15 & O 100 Free	57.29
4	39A	Women 13-14 200 Breast	3:03.99
4	39B	Women 15 & O 200 Breast	2:54.69
4	40A	Men 13-14 200 Breast	2:55.89
4	40B	Men 15 & O 200 Breast	2:44.59
4	41A	Women 13-14 100 Fly	1:15.59
4	41B	Women 15 & O 100 Fly	1:11.99
4	42A	Men 13-14 100 Fly	1:11.99
4	42B	Men 15 & O 100 Fly	1:06.59
5	43A	Women 10 & U 200 Free	3:01.29
5	43B	Women 11-12 200 Free	2:33.49
5	44A	Men 10 & U 200 Free	3:01.29
5	44B	Men 11-12 200 Free	2:33.49
5	45A	Women 10 & U 100 Back	1:35.29
5	45B	Women 11-12 100 Back	1:22.09
5	46A	Men 10 & U 100 Back	1:35.29
5	46B	Men 11-12 100 Back	1:22.09
5	47A	Women 10 & U 50 Free	36.99
5	47B	Women 11-12 50 Free	32.19
5	48A	Men 10 & U 50 Free	36.99
5	48B	Men 11-12 50 Free	32.19
5	49A	Women 10 & U 50 Breast	48.99
5	49B	Women 11-12 50 Breast	41.89

Session	Event #	Event	Equal/Faster
5	50A	Men 10 & U 50 Breast	48.99
5	50B	Men 11-12 50 Breast	41.89
5	51	Women 12 & U 200 Breast	3:14.69
5	52	Men 12 & U 200 Breast	3:14.69
5	53A	Women 10 & U 100 Fly	1:43.59
5	53B	Women 11-12 100 Fly	1:22.09
5	54A	Men 10 & U 100 Fly	1:43.59
5	54B	Men 11-12 100 Fly	1:22.09
5	55A	Women 10 & U 100 IM	1:35.29
5	55B	Women 11-12 100 IM	1:21.59
5	56A	Men 10 & U 100 IM	1:35.29
5	56B	Men 11-12 100 IM	1:21.59

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 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. • 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. • Unless otherwise specified in the earlier Meet Course section, entry times should be for the course that the meet is going to be swum, with converted times being 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:	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).
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:	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"> • 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>