

# 2024 STAC Great Gobbled

Hosted by Streamline Aquatics Club  
at the Werblin Recreation Center, Rutgers University

*Held under the sanction of USA Swimming*

Meet Sanction Info	<b>NJ Swimming Sanction – NJS-TF-110224-SCY</b> <b>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.</b> 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:	<b>Saturday-Sunday November 2<sup>nd</sup>-3<sup>rd</sup>, 2024</b>		
Link to Facility Info:	<a href="#">Sonny Werblin Recreation Center, Rutgers University</a> <i>(link to facility location &amp; directions, and pool certification information)</i>		
Host Team Contact:	Clare Zeszotarski	908-208-3457	<a href="mailto:administrator@njstac.org">administrator@njstac.org</a>
Meet Director:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Meet Referee:	Eric Tanalski		<a href="mailto:eric@tanalski.net">eric@tanalski.net</a>
Admin Officials:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Safety Marshalls:	Clare Zeszotarski Brian Greene		<a href="mailto:administrator@njstac.org">administrator@njstac.org</a> <a href="mailto:bgswym@me.com">bgswym@me.com</a>
Entry Coordinator:	Be Smartt Inc	609-558-0988	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>
Entries Open:	<b>Tuesday October 8<sup>th</sup>, 2024, at 6:00am</b>		
Entry Deadline:	<b>Friday October 25<sup>th</sup>, 2024, at 6:00pm</b> or when the meet fills.		
Swimmer Age	Swimmer age for this meet is as of: Saturday November 2 <sup>nd</sup> , 2024		
Entry Fees:	Individual Entry:	<b>\$8.00</b>	Relay Entry: <b>\$12.00</b>
	400 IM, 500 Freestyle Entry:	<b>\$10.00</b>	
	1650 Freestyle Entry:	<b>\$15.00</b>	
	<b>There will be a \$12/day athlete surcharge.</b>		
Meet Course:	Short Course Yards (SCY)		
Meet Format:	<ul style="list-style-type: none"> <li>This meet will be run as a timed final meet.</li> <li>This meet will have 8 &amp; Under, 10 &amp; Under, 11-12, 13-14, 15 &amp; Over, and Open events.</li> <li>Teams will be responsible for marshaling their own swimmers.</li> <li>There are “faster than” time standards for the 400 IM, 500 &amp; 1650 freestyle events.</li> <li>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.</li> </ul>		
Entry Limits:	Daily: <b>3</b> Individual Events <b>2</b> Relay Event	Meet: <b>6</b> Individual Events <b>4</b> Relay Events	
Checks Payable To:	<b>Streamline Aquatics Club</b>		
Email Entry Files To:	<a href="mailto:besmarttinc@gmail.com">besmarttinc@gmail.com</a>		
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, meet website, and e-mailed to the coaches of participating teams.***

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

Scoring:	Team Scoring will not be kept.
Awards:	<ul style="list-style-type: none"> <li>Ribbons will be awarded for the fastest eight swimmers in each event.</li> <li>For 13 &amp; Over events, ribbons will be awarded to the fastest eight 13-14 and fastest eight 13 &amp; Over swimmers.</li> <li>For the 400 IM, 1000, and 1650 freestyle, ribbons will be awarded to the fastest eight 14 &amp; Under, and fastest eight 15 &amp; Over swimmers.</li> <li>Ribbons will be awarded to the fastest three relay teams in each relay event.</li> <li>There will be awards for heat winners.</li> <li>There will be high-point awards for 10 &amp; Under, 11-12, 13-14, and 15 &amp; Over swimmers.</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 facility up to its capacity.</li> <li>Heat sheets will be available online at <a href="http://www.besmarttinc.com">www.besmarttinc.com</a> and Meet Mobile.</li> </ul>
Concessions:	None.
Vendor:	None.
Distance Events:	<ul style="list-style-type: none"> <li>The 400 yard IM and 500 &amp; 1650 yard Freestyle events will be run slowest to fastest, alternating genders. Heats may be combined without an empty lane to save time.</li> <li>Swimmers are responsible to supply their own timer, and for the 500 &amp; 1650 freestyle events, a person to count.</li> </ul>
Heat Limited Events	<ul style="list-style-type: none"> <li>The 400 yard IM and 500 &amp; 1650 yard Freestyle may be limited to the fastest 4 heats per event, depending on the timeline developed after entries are received.</li> </ul>
Internet Website Posting:	<ul style="list-style-type: none"> <li>Internet location for all meet information: <a href="http://www.besmarttinc.com">http://www.besmarttinc.com</a></li> </ul>
Meet Requirement Statement:	<ul style="list-style-type: none"> <li>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.</li> </ul>

## Event List

	Event #	Event
<b>Session: 1 Saturday 12 &amp; Under</b>		
	1	Girls 10 & Under 200 Freestyle Relay
	2	Boys 10 & Under 200 Freestyle Relay
	3	Girls 11-12 200 Freestyle Relay
	4	Boys 11-12 200 Freestyle Relay
	5	Girls 12 & Under 200 IM
	6	Boys 12 & Under 200 IM
	7	Girls 12 & Under 100 Backstroke
	8	Boys 12 & Under 100 Backstroke
	9	Girls 12 & Under 50 Freestyle
	10	Boys 12 & Under 50 Freestyle
	11	Girls 8 & Under 25 Breaststroke
	12	Boys 8 & Under 25 Breaststroke
	13	Girls 12 & Under 200 Breaststroke
	14	Boys 12 & Under 200 Breaststroke
	15	Girls 12 & Under 100 Butterfly
	16	Boys 12 & Under 100 Butterfly
	17	Girls 12 & Under 50 Breaststroke
	18	Boys 12 & Under 50 Breaststroke
	19	Girls 8 & Under 25 Freestyle
	20	Boys 8 & Under 25 Freestyle
	21	Girls 12 & Under 200 Freestyle
	22	Boys 12 & Under 200 Freestyle
	23	Mixed 12 & Under 200 Medley Relay

	Event #	Event	Equal/Faster
<b>Session: 2 Saturday Distance</b>			
	25	Women 400 IM	
		14 & Under	5:37.59
		15 & Over	5:30.49
	26	Men 400 IM	
		14 & Under	5:17.09
		15 & Over	5:03.69
	27	Women 1650 Freestyle	
		14 & Under	21:43.19
		15 & Over	21:26.19
	28	Men 1650 Freestyle	
		14 & Under	20:43.19
		15 & Over	20:02.89

	<b>Event #</b>	<b>Event</b>
<b>Session: 3 Saturday 13 &amp; Over</b>		
	29	Women 13-14 200 Freestyle Relay
	30	Men 13-14 200 Freestyle Relay
	31	Women 15 & Over 200 Freestyle Relay
	32	Men 15 & Over 200 Freestyle Relay
	33	Women 13 & Over 200 Freestyle
	34	Men 13 & Over 200 Freestyle
	35	Women 13 & Over 50 Freestyle
	36	Men 13 & Over 50 Freestyle
	37	Women 13 & Over 200 Breaststroke
	38	Men 13 & Over 200 Breaststroke
	39	Women 13 & Over 50 Breaststroke
	40	Men 13 & Over 50 Breaststroke
	41	Women 13 & Over 100 Backstroke
	42	Men 13 & Over 100 Backstroke
	43	Women 13 & Over 100 Butterfly
	44	Men 13 & Over 100 Butterfly
	45	Women 13 & Over 100 IM
	46	Men 13 & Over 100 IM
	47	Mixed 13 & Over 200 Medley Relay

	<b>Event #</b>	<b>Event</b>
<b>Session: 4 Sunday 12 &amp; Under</b>		
	49	Girls 10 & Under 200 Medley Relay
	50	Boys 10 & Under 200 Medley Relay
	51	Girls 11-12 200 Medley Relay
	52	Boys 11-12 200 Medley Relay
	53	Girls 12 & Under 200 Backstroke
	54	Boys 12 & Under 200 Backstroke
	55	Girls 12 & Under 100 Breaststroke
	56	Boys 12 & Under 100 Breaststroke
	57	Girls 12 & Under 50 Backstroke
	58	Boys 12 & Under 50 Backstroke
	59	Girls 8 & Under 25 Backstroke
	60	Boys 8 & Under 25 Backstroke
	61	Girls 12 & Under 200 Butterfly
	62	Boys 12 & Under 200 Butterfly
	63	Girls 12 & Under 100 Freestyle
	64	Boys 12 & Under 100 Freestyle
	65	Girls 12 & Under 50 Butterfly
	66	Boys 12 & Under 50 Butterfly
	67	Girls 8 & Under 25 Butterfly
	68	Boys 8 & Under 25 Butterfly
	69	Girls 12 & Under 100 IM
	70	Boys 12 & Under 100 IM
	71	Mixed 12 & Under 200 Freestyle Relay

	<b>Event #</b>	<b>Event</b>	<b>Equal/Faster</b>
<b>Session: 5 Sunday Distance</b>			
	73	Women 500 Freestyle	
		14 & Under	6:18.69
		15 & Over	6:11.99
	74	Men 500 Freestyle	
		14 & Under	5:58.99
		15 & Over	5:44.09

	<b>Event #</b>	<b>Event</b>
<b>Session: 6 Sunday Afternoon 13 &amp; Over</b>		
	75	Women 13-14 200 Medley Relay
	76	Men 13-14 200 Medley Relay
	77	Women 15 & Over 200 Medley Relay
	78	Men 15 & Over 200 Medley Relay
	79	Women 13 & Over 200 IM
	80	Men 13 & Over 200 IM
	81	Women 13 & Over 50 Backstroke
	82	Men 13 & Over 50 Backstroke
	83	Women 13 & Over 100 Freestyle
	84	Men 13 & Over 100 Freestyle
	85	Women 13 & Over 200 Butterfly
	86	Men 13 & Over 200 Butterfly
	87	Women 13 & Over 50 Butterfly
	88	Men 13 & Over 50 Butterfly
	89	Women 13 & Over 100 Breaststroke
	90	Men 13 & Over 100 Breaststroke
	91	Women 13 & Over 200 Backstroke
	92	Men 13 & Over 200 Backstroke
	93	Mixed 13 & Over 200 Freestyle Relay

## 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>• 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.</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>

<p>Host Club Responsibilities:</p>	<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>
<p>Participating Club Responsibilities:</p>	<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>
<p>Coaches Conduct &amp; Eligibility:</p>	<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 credential 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>
<p>Officials Conduct &amp; Eligibility:</p>	<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 credentials.</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 to receive credit for the session.</li> </ul>
<p>Meet Format Waiver:</p>	<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 and Safety Marshals 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, locker rooms or 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"> <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>