



2025-26 NJSIAA Boys & Girls Individual Swimming Tournament

NJSIAA reserves the right to adjust, change or cancel dates, times, and locations for all NJSIAA State tournaments. Schools entering the tournament will not be granted a change of date/time due to any conflicts with school trips, proms, banquets, SATs, unless agreed upon by both schools. During the spring tournament season, we will make every effort to accommodate schools that have a conflict with their graduation.

Member schools will not be eligible to participate in any NJSIAA Tournaments if it has violated the NJSIAA Constitution, Bylaws, Rules, Regulations, Guidelines, Policies, or Procedures. Any student-athlete who transfers after the competition start date will not be eligible for this tournament (Bylaws, Article V, Section 4.K. 5).

Schools are to be reminded of the 3-team DQ rule for state tournament eligibility, which states “Any varsity team accumulating three or more player or coach disqualifications prior to the team’s participation in the state tournament will not be permitted to participate in the state tournament. The 3-team DQ rule is not applicable during participation in the state tournament.

The NJSIAA will follow the procedure below for schools that are disqualified from state tournament competition:

1. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded but prior to the bracket being final, then the bracket will be reseeded and the next ranked school who entered the tournament will be included.
2. If a school is disqualified, either for the use of an ineligible player or violating the 3-team DQ rule, from state tournament competition after the tournament has been seeded and after the bracket is final, then the bracket will not be reseeded, and no additional school will be included.
3. If a school is disqualified from state tournament competition due to the use of an ineligible player during the state tournament, then the school will be removed from the tournament immediately and their last opponent will advance in their place.

Schools participating in any NJSIAA tournament are responsible for the actions and behaviors of their spectators. Schools are required to provide adequate staff security to ensure there is proper oversight of their spectators. In addition, schools are financially responsible for any damage to the property or premises caused by their student-athletes, staff, or spectators (spectators include, but are not limited to, cheerleaders, marching band participants, students, and other fans).

NJSIAA requires Certified Athletic Trainers at all its tournament events. The ATC must document all injuries on an injury report form. This form must be available to the NJSIAA upon request.

Member schools that are not willing or able to comply with NJSIAA tournament regulations and any relevant procedures found in the state tournament operating procedures handbook should not enter the tournament. Member schools are encouraged to review NJSIAA tournament regulations with the school administration. Coaches must have a copy of the tournament regulations as well as a copy of the rule modifications (if any) available at all contests. Copies of these documents are available on the NJSIAA website.

New for This Year’s State Tournament

Backstroke ledges – Please see information regarding the implementation of backstroke ledges on the NJSIAA website under swimming.

NJSIAA Swimming Tournament Staff

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Entry Coordinator

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Swimming Important Dates

Event	Date
First Practice:	November 17, 2025
Competition May Begin:	December 1, 2025
Entry Form Opens:	January 5, 2026
Team Entries Close:	January 19, 2026
Conflict of Interest Due	January 19, 2026
Team Cutoff:	January 24, 2026
PowerPoints Close	January 25, 2026
Team Seeding:	January 27, 2026
Hy-Tek Individual Entries Open:	January 31, 2026
Individual Cutoff:	February 14, 2026
Hy-Tek Individual Entries Close:	February 15, 2026
Deadline for wildcard entries:	February 23, 2026
Deadline to update seed times:	February 23, 2026
Regular Season Competition Ends:	March 8, 2026

Swimming Individual Tournament Dates

<u>Individual Swimming Championships</u>	<u>Date</u>	<u>Location</u>
Preliminaries (Boys / Girls):	February 28, 2026	GCIT
Warm-ups (Boys 9:00am / Girls 1:00pm)		
Start Times (Boys 10:00am / Girls 2:00pm)		
Finals (Boys & Girls):	March 1, 2026	GCIT
Warm-ups (Boys & Girls 11:00am)		
Start Time (Boys & Girls 12:00am)		

In the event of inclement weather, notice will be posted on the NJSIAA website: www.njsiaa.org

Tournament Eligibility

1. Any player with two (2) or more disqualifications in the current season, prior to the start of the tournament, will be unable to compete in the state tournament.
2. A student competing on an interscholastic swim team must compete as a member of the high school team in at least 50% of the school's total meets contested starting with the first game (not scrimmage) and ending on or before the cutoff date to be eligible for the NJSIAA State Tournament. If there is an odd number remaining, then the player must compete in the greater number.
3. Students who experience Extraordinary Circumstances, which are limited to injuries/medical reasons or return from academic ineligibility, must play in at least 50% of the school's remaining games, up to and including the cut-off date. If there is an odd number remaining, then the player must compete in the greater number.

To Qualify for the Individual Tournament

1. Individual swimmers must have attained the qualifying time for each event they are entering by the dates listed. Qualifying times must have been attained between Opening Day and the Individual Cutoff date listed.
2. All times entered must be verifiable. The contest committee reserves the right to disqualify swimmers from an event if the time cannot be verified. All Coaches should be prepared to provide such verification at the contest.
3. All qualifying times must be submitted in YARD TIMES and under NJSIAA, USA, or YMCA rules.
4. Girls who swim on member schools sponsoring only boys or co-ed swimming programs, and want to qualify for a relay, are required to swim as a relay team composed of four girls when attaining the qualifying time.
5. All swimmers must strictly follow all deadlines listed above.

Wildcard Qualifiers

Swimmers from member schools that did not qualify by the Individual Cutoff date, but their team is still competing in the state tournament can qualify during the team tournament.

The online individual entry form must be completed and a Hy-Tek entry must be emailed to the Entry Coordinator by 12:00pm the next day following the contest which the time was achieved to: besmarttinc@gmail.com. The last date for wildcard entries is the day after the State Team Finals.

Updating Seed times

All individual swimmers from member schools that have qualified for the tournament and have submitted an entry by the deadline date, may update their seedtime up to and including the state final contests. All individual swimmers that have achieved a faster seed time must email the Entry Coordinator by 12:00pm the next day to: besmarttinc@gmail.com

Last Chance Wildcard Qualifier Meets

The last chance wildcard qualifier meets will be held no later than Friday night prior to the State Team Finals. Swimmers who have not yet qualified can attempt to qualify in a NJSIAA sanctioned meet one more time. These meets are open for all New Jersey high school swimmers. They will provide an equitable opportunity for swimmers to achieve the MOC qualifying standard. Meets will be held in designated facilities with NJSIAA approval.

Independent Athletes

An Independent athlete is a student enrolled in a NJSIAA member school that does not sponsor a particular sports program and would like to enter a state individual tournament. Independent athletes are permitted, provided the school follows all independent entry requirements listed in the tournament regulations for their sport. In addition to the sports-specific tournament entry regulations, the following general procedures for all sports must be followed.

Independent Athlete Procedures

1. All independent athletes must be accompanied by a certified faculty member (chaperone), or a coach approved by the schools administration.
2. The independent athlete will be disqualified if they are not accompanied by a certified faculty member (chaperone), or a coach approved by the schools administration.
3. The chaperone must have with them written authority from the school's administration and remain with the athlete throughout all contests.
4. Independent athletes will not be able to check-in to the event with a parent, a coach/chaperone must be present at the time of check-in.
5. Any properly appointed "coach" will be subject to all out-of-season practice rules.
6. The school district must be able to certify the independent athlete has met the required six (6) practices.
7. The school district must be able to certify the independent athlete has a completed physical on file.
8. The penalty for failure to comply will be the disqualification of the athlete.
9. If you compete on a co-ed team, you cannot be an independent athlete. You will have to follow the tournament regulations on how to qualify as an individual.

Independent Swimmer Qualifications

1. Individuals from member schools that do not compete on an interscholastic basis are eligible to qualify as independent swimmers, provided they have met the qualifying times between opening day and the Hy-Tek Individual entries close date listed above.
2. All times entered must be verifiable. The contest committee reserves the right to disqualify swimmers from an event if the time cannot be verified. All Coaches should be prepared to provide such verification at the contest.
3. All qualifying times must be in yards under USA or YMCA rules and submitted in yards.
4. Member schools entering independent swimmers must provide a coach/chaperone to accompany the swimmer.
5. The coach/chaperone must be approved by the school district's board of education, headmaster, etc.
6. The school district must be able to certify the independent swimmer/s has met the required six (6) practices.
7. Independent swimmers will not be able to check-in to the event with a parent, a coach/chaperone must be present at time of check-in.
8. The penalty for failure to comply will be the disqualification of the individual(s).
9. A properly appointed coach/chaperone will thereafter be subject to the rules and regulations regarding "Out-Of-Season Practices".

2026 State Qualifying Times

Event	Girl's	Boy's
200 Yard Medley Relay	1:54.34	1:41.03
200 Yard Freestyle	1:58.92	1:47.77
200 Yard Individual Medley	2:14.33	2:00.55
50 Yard Freestyle	0:24.87	0:22.40
100 Yard Butterfly	0:59.41	0:53.25
100 Yard Freestyle	0:54.51	0:48.38
500 Yard Freestyle	5:17.79	4:50.81
200 Yard Freestyle Relay	1:43.77	1:32.08
100 Yard Backstroke	1:00.74	0:54.31
100 Yard Breaststroke	1:09.24	1:00.68
400 Yard Freestyle Relay	3:48.05	3:21.46
Diving (11 dives)	228	228

Entry Procedure

1. All schools must use Hy-Tek for entering individuals into events.
2. All Hy-Tek entries must be submitted via email to the entry coordinator and tournament director listed below.
3. Either Hy-Tek Team Manager or TM II Lite may be used. TM II Lite may be downloaded without charge from the following site: www.besmartinc.com. Directions for use are also available on this site.
4. From the Team Manager, send the "individual contest entry report, by the name" and the "relay entry report". These reports can be Word documents!
5. E-mail entry should include the zip file from the Team Manager of your entries, as well as a recap of the number of individual entries and relay entries.
6. All Hy-Tek entries must be emailed to the entry coordinator by the date listed.
7. Please adhere to all due dates, we will not accept any entries after the dates listed.
8. Only updated seed times and wildcard entries will be accepted after the Individual entry deadline date.
9. The last date for wildcard entries and updating of seed times is up to and including the state semi-finals.
10. All USA Swimmers, please input your 14-character hexadecimal US Swimmer ID with your entry if you want the MOC results sent to the SWIMS database. We will no longer sign up US Swimmers at the MOC.
11. **All Hy-Tek entries must be submitted via email only to: Entry Coordinator, Ellen Mace at besmartinc@gmail.com & Tournament Director, Paul Welsh at pwwelsh6@gmail.com**

Note: Carefully check the times of your entrants. Do not enter a swimmer whose time is not equal to or better than the qualifying times listed. This is a championship contest, and you must adhere to the cut-off times. Coaches should be prepared to certify the times of any entrant on the day of the contest. The contest committee reserves the right to disqualify the school or swimmer when times cannot be certified for this event. This may result in a fine and possible disqualification in the subsequent year.

Entry Fee

- \$16.00 for each individual event and \$25.00 for each relay.
- Payable to the NJSIAA (Please note Swimming Tournament).
- Forward all entry fees to the NJSIAA, 1161 Route 130 North, Robbinsville, New Jersey 08691

Tournament Rules & Information

1. The NFHS Swimming Rules along with any NJSIAA swimming rule modifications will govern this tournament.
2. A competitor shall be permitted to enter a maximum of four (4) events, no more than two (2) of which may be individual events.
3. Each team shall be permitted a maximum of four (4) entries in an individual event and one (1) team in a relay event.
4. Relay teams can submit up to four (4) alternates with your relay entries. Teams will not be permitted to substitute for swimmers in a relay if they do not appear on the entry form.
5. All Scratches for the finals must be made within 30 minutes of event results being announced.
6. Coaches will be able to check in 30min before warm-up time. Coaches will need to be checked in no later than 15min before the start of the contest. No athlete will be permitted in the water until a coach, or school-approved personnel are on site.
7. There will be no limit to the wristbands for the coaches as long as they are approved by the school and listed on the entry form. They must be coaches that have coached all year, you cannot add coaches for the state tournament unless approved by the contest director or the NJSIAA.
8. All coaches must check in with proper ID to receive their wristband. Coaches will no longer be permitted to pick up other coaches' wristbands.
9. Shaving in the locker room/shower area will not be permitted at the Gloucester County Institute of Technology
10. Lockers will be provided. Please bring a lock. Responsibility for personal belongings rests with the individual.
11. The NJSIAA, GLOUCESTER INSTITUTE OF TECHNOLOGY, shall in no way be liable for damages of any kind sustained in any manner in connection with the conduct of the Championships.

12. Only competitors who qualify and the school's personnel will be admitted at the competitors' entrance.
13. Exhibition events/swimmers are not permitted.
14. Glass containers are prohibited in the pool/locker room areas.
15. No changing permitted on deck.
16. State Individual records can be set with proper verification by Contest Referee, Head Judge, and Head Timer.
17. Individual championships will begin on time. No event will be held up for any swimmer for any reason.
18. Participation by an ineligible swimmer will result in forfeiture of all times and places achieved by the ineligible swimmer and the next finisher will advance in his/her place. Swimmers eliminated before the last event will not re-enter the championship competition.
19. All coaches/certified faculty members must be properly certified and appointed by the Board of Education/Heads of Schools. Tournament Directors will disqualify any contestant who is accompanied by someone in a coaching/supervisory capacity who is not appointed by the school district.
20. Coaches' wristbands will be issued, which will allow access to the deck area, for all coaches listed on the entry form. Children and guests of coaches will not be permitted on the deck area. Only female swimmers are permitted when the Girls Swim is being conducted and only male swimmers are permitted when the Boys Swim is being conducted.
21. Mechanical noisemakers and balloons are not permitted in the pool area as well.
22. No face paint is permitted on the pool deck.
23. Because of the indoor conditions, bands will not be admitted into the site.
24. Please inform swimmers that no food is allowed in the immediate pool area. You will be held responsible for their conduct. Please ask everyone to help keep the pool area, locker room area, and campus clean.

Meet of Championship Costs for Schools & Officials

1. The NJSIAA will incur all costs regarding the Meet of Champions.
2. The NJSIAA will assign and pay for all officials.

Awards

1. The top eight (8) swimmers competing in the Individual State Championship Finals will be awarded medals.
2. Awards will be presented following each event. Participation by the top 8 is mandatory. Coaches' cooperation is essential.
3. For the awards ceremony, competitors must wear school apparel or apparel without logos.

NFHS Swimsuit Rules

This tournament will be conducted under NFHS rules and therefore will follow all NFHS swimsuit rules.

Swimsuit Transgender Clarification:

- Pursuant to NJ law and NJSIAA policy is that the student decides what swimsuit is appropriate. We permit the student to make the decision.
- NFHS Swim Rules-boys swim, we permit the Transgender Male to wear a men's suit, a women's suit, or a men's suit with covering (sports bra, etc.)
- Full bodysuits are not permitted.
- Long or short sleeve "rash guard" shirts are permitted.
- Transgender females may wear either.

Swimsuit Religious Clarification:

Swimmers are permitted to wear "compression shirts/Rash Guard" type apparel under their school uniform because of religious reasons, as long as the apparel is not designed to enhance the performance of the swimmer. Full-body suits are not permitted.