

2026 Rebel Dream

Hosted by the Rebel Aquatic Club
at the Jersey Aquatic Center, 629 Central Ave, New Providence, NJ 07974
Held under the Approval of USA Swimming

Meet Sanction Info:	NJ Swimming Sanction # NJS-TF-011026-SCY-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. 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 10th-11th, 2026	
Link To Facility Info:	Jersey Aquatic Center <i>(Link to Address, Directions, & Facility Information)</i>	
Host Team Contact:	Christopher Dunn	chris@rebelaquatic.org
Meet Director:	Christopher Dunn	chris@rebelaquatic.org
Meet Referees:	John Kelly	johnfk41965@gmail.com
Admin Officials:	Gail Kelly	samk80165@gmail.com
Safety Marshalls:	Michael Lazzara Anida Qerimaj	mike@rutherfordswim.org anidaqerimaj@yahoo.com
Entry Coordinator:	Christopher Dunn	chris@rebelaquatic.org
Entries Open:	December 13th, 2025, at 6:00am	
Entry Deadline:	January 2nd, 2026, at 12:00pm or once the meet has filled, if earlier.	
Swimmer Age	Swimmer ages for this meet are as of: January 9th, 2026	
Entry Fees & Surcharges:	Individual Events: \$10 Relay Events: \$20 500 Free Events: \$12 11 & 12 - 400 IM Events: \$12 1000 Free Events: \$12	
	There will be a \$15 per day athlete surcharge.	
Meet Course:	Short Course Yards (SCY). Converted times will be accepted.	
Meet Format:	<ul style="list-style-type: none"> • This meet will be run as a timed final meet. • There will be 12 & Under, 13-14, and Open events. • There are equal to or faster than qualifying times for certain events. The following are heat limited events: 400 IM, 500 Freestyle, and the 1000 Freestyle events. • 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. • There will be a 10-minute break after the 10 & Under Mixed Medley & Free Relays (timeline permitting). 	

No Show Policy:	<ul style="list-style-type: none"> 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. 	
Entry Limits:	Daily: 4 Individual events 1 Relay event	Meet: 8 Individual events 2 Relay events
Checks Payable To:	<u>Rutherford Swim Association</u> Submit payment before the start of competition. If you are mailing, please mail to: 150 Eastern Way, Rutherford, NJ 07070	
Email Entry Files To:	chris@rutherfordswim.org	

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, the 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 -14 & Open
Sunday		
Session 4	Morning	12 & Under
Session 5	Midday	Distance
Session 6	Afternoon	13 -14 & Open

Scoring:	Team Scoring will be kept
Awards:	<ul style="list-style-type: none"> Awards will be awarded for the top 6 swimmers in each individual event. Awards will be awarded to the top 3 relays in each relay event.
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 permitted into the facility. Heat sheets will be available on Meet Mobile.
Concessions:	None.
Vendor:	None.

Distance Events:	<ul style="list-style-type: none"> The 500- & 1000-yard freestyle events - 11 & 12 400IM event will be run fastest to slowest, alternating genders. Heats may be combined without an empty lane to save time. Swimmers are responsible for supplying their own person to count and timer.
Heat Limited Events	<ul style="list-style-type: none"> The 500-, 1000 freestyle and the 400-IM events will be limited to the fastest 3 heats per event. Psych sheets for these events will be emailed one week prior to the meet. Teams with swimmers who are beyond the session limit will be notified at least one week prior to the meet. Such swimmers may choose another event or remain in the event and possibly compete because of day-of-meet scratches. Swimmers who do not switch events and are closed out of the heat-limit event will have their entry fee refunded. Refunds will be made at the announcer's table during the meet. Swimmers or coaches must sign for refunds.
Internet Website Posting:	Internet location for all meet information will be on NJswim.org
Meet Requirement Statement:	In order to be eligible for the NJ Swimming Athlete Travel Grants for sectional and national level meets, NJ Swimming policy stipulates certain participation requirements. As a NJ Swimming approved meet, this meet does not counts toward those participation requirements.

Session		Gender		Age	Event	Equal/Faster
1	1	Mixed	11 - 12	200	Free Relay	
1	2	Mixed	10 & U	200	Free Relay	
1	3	Women	10 & U	50	Free	
1	4	Men	10 & U	50	Free	
1	5	Women	11 - 12	50	Backstroke	
1	6	Men	11 - 12	50	Backstroke	
1	7	Women	12 & U	200	Backstroke	2:53.99
1	8	Men	12 & U	200	Backstroke	2:53.99
1	9	Women	10 & U	100	Backstroke	
1	10	Men	10 & U	100	Backstroke	
1	11	Women	11 - 12	100	Free	
1	12	Men	11 - 12	100	Free	
1	13	Women	10 & U	200	Free	2:56.99
1	14	Men	10 & U	200	Free	2:56.99
1	15	Women	11 - 12	100	Breast	
1	16	Men	11 - 12	100	Breast	
1	17	Women	10 & U	50	Breast	
1	18	Men	10 & U	50	Breast	

Session		Gender		Age	Event	Equal/Faster
1	19	Women	11 - 12	50	Fly	
1	20	Men	11 - 12	50	Fly	
1	21	Women	12 & U	200	Fly	2:59.99
1	22	Men	12 & U	200	Fly	2:59.99
1	23	Women	10 & U	100	Fly	
1	24	Men	10 & U	100	Fly	
1	25	Women	11 - 12	200	IM	2:51.99
1	26	Men	11 - 12	200	IM	2:51.99
1	27	Women	10 & U	100	IM	
1	28	Men	10 & U	100	IM	
Session	Event #	Gender		Age	Event	Equal/Faster
2	29	Women	11 - 12	500	Free	6:40.99
2	30	Men	11 - 12	500	Free	6:40.99
2	31	Women	13-14	500	Free	6:10.99
2	32	Men	13-14	500	Free	6:10.99
2	33	Women	Open	500	Free	6:05.99
2	34	Men	Open	500	Free	6:05.99
Session	Event #	Gender		Age	Event	Equal/Faster
3	35	Women	13-14	200	Backstroke	
3	36	Men	13-14	200	Backstroke	
3	37	Women	Open	200	Breast	
3	38	Men	Open	200	Breast	
3	39	Women	13-14	400	IM	Heat Limited
3	40	Men	13-14	400	IM	Heat Limited
3	41	Women	Open	100	Backstroke	
3	42	Men	Open	100	Backstroke	
3	43	Women	13-14	200	Free	
3	44	Men	13-14	200	Free	
3	45	Women	Open	200	IM	

Session		Gender		Age	Event	Equal/Faster
3	46	Men	Open	200	IM	
3	47	Women	13-14	100	Breast	
3	48	Men	13-14	100	Breast	
3	49	Women	Open	100	Free	
3	50	Men	Open	100	Free	
3	51	Women	13-14	200	Fly	
3	52	Men	13-14	200	Fly	
3	53	Women	Open	200	Fly	
3	54	Men	Open	200	Fly	
3	55	Women	13-14	50	Free	
3	56	Men	13-14	50	Free	
Session	Event #	Gender		Age	Event	Equal/Faster
4	57	Mixed	11 - 12	200	Medley Relay	
4	58	Mixed	10 & U	200	Medley Relay	
4	59	Women	11 - 12	200	Free	2:35.99
4	60	Men	11 - 12	200	Free	2:35.99
4	61	Women	10 & U	100	Free	
4	62	Men	10 & U	100	Free	
4	63	Women	11 - 12	100	Backstroke	
4	64	Men	11 - 12	100	Backstroke	
4	65	Women	10 & U	50	Backstroke	
4	66	Men	10 & U	50	Backstroke	
4	67	Women	11 - 12	50	Free	
4	68	Men	11 - 12	50	Free	
4	69	Women	10 & U	100	Breast	
4	70	Men	10 & U	100	Breast	
4	71	Women	11 - 12	50	Breast	
4	72	Men	11 - 12	50	Breast	
4	73	Women	12 & U	200	Breast	3:17.99
4	74	Men	12 & U	200	Breast	3:17.99

Session		Gender		Age	Event	Equal/Faster
4	75	Women	11 - 12	100	Fly	
4	76	Men	11 - 12	100	Fly	
4	77	Women	10 & U	200	IM	3:15.99
4	78	Men	10 & U	200	IM	3:15.99
4	79	Women	11 - 12	100	IM	
4	80	Men	11 - 12	100	IM	
4	81	Girls	10 & U	50	Fly	
4	82	Boys	10 & U	50	Fly	
Session	Event #	Gender		Age	Event	Equal/Faster
5	83	Women	11 - 12	400	IM	Heat Limited
5	84	Men	11 - 12	400	IM	Heat Limited
5	85	Women	13-14	1,000	Free	
5	86	Men	13-14	1,000	Free	Heat Limited
5	87	Women	Open	1,000	Free	Heat Limited
5	88	Men	Open	1,000	Free	Heat Limited
Session	Event #	Gender		Age	Event	Equal/Faster
6	89	Women	Open	50	Free	
6	90	Men	Open	50	Free	
6	91	Women	13-14	100	Backstroke	
6	92	Men	13-14	100	Backstroke	
6	93	Women	Open	200	Backstroke	
6	94	Men	Open	200	Backstroke	
6	95	Women	13-14	200	IM	
6	96	Men	13-14	200	IM	
6	97	Women	Open	400	IM	Heat Limited
6	98	Men	Open	400	IM	Heat Limited
6	99	Women	13-14	100	Free	
6	100	Men	13-14	100	Free	
6	101	Women	Open	200	Free	

Session		Gender		Age	Event	Equal/Faster
6	102	Men	Open	200	Free	
6	103	Women	13-14	200	Breast	
6	104	Men	13-14	200	Breast	
6	105	Women	Open	100	Breast	
6	106	Men	Open	100	Breast	
6	107	Women	13-14	100	Fly	
6	108	Men	13-14	100	Fly	
6	109	Women	Open	100	Fly	
6	110	Men	Open	100	Fly	

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: Meet entry 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 follows the practice of not entering a meet with 'NT' or 'No Time'. Unless otherwise stated in the meet announcement, "NT's" will not be accepted. ● 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.
Over Entry Policy:	<ul style="list-style-type: none"> ● Swimmers entered in more events than permitted per day or for the duration of the meet, as stated in the meet announcement, will be required to scratch down to the allowable limit. Scratches may be submitted by the athlete or their coach and must be done before the start of the session.
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 2025 Technical 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"> • 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 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 MAAPP). • 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 credential 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 2025 Technical Rules, and in adherence to the USA-S Minor Athlete Abuse Prevention Policy (2025 MAAPP). • Make sure all interactions with athletes are observable and interruptible. • Current USA Swimming and LSC Swimming certification is required for all officials and the Meet Referee will check your credentials. • 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 in OTS.
Meet Format Waiver:	<ul style="list-style-type: none"> • This meet will be run in accordance to current USA Swimming 2025 Technical 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 Marshals 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, 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 (2025 MAAPP)	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 ("2025 MAAPP"), and that they understand that compliance with the 2025 MAAPP policy is a condition of participation in the conduct of this competition.
Tech Suit/Swimwear Policy:	<p>Swimwear must conform to USA Swimming 2025 Technical 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>