ECA Intrasquad Meet
Hosted by East Carolina Aquatics
Sunday, February 10, 2019

Sanction #: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. **Sanction #NC19035**

Meet Director: Casey Charles - ecacoachcasey@gmail.com
Meet Referee: Bob Landry - roblandry@suddenlink.net

Sponsor: East Carolina Aquatics
Location: Minges Natatorium - East Carolina University, Greenville, NC 27858
Date: February 10, 2019

Sessions: *Session #1* - **Warm-ups:** Noon, **Meet Starts:** 12:45 PM
Session #2 - **Warm-ups:** At the end of session #1, **Meet Starts:** 15 min later

Warm-ups: Open Warm-ups - ALL LANES

Classification: Intrasquad Meet

Rules: This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited. 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. Deck seeding may be permitted at the discretion of the meet referee. No penalty shall apply for failure to compete in or scratch an individual event.

Competition Course: The facility has an 8-lane 25-yard non-turbulent competition pool and 6 lanes available for continuous warm-up/warm-down. A Colorado 6 Timing System will be used with watches in each of 8-lanes for competition. A digital scoreboard will also be in use. The pool depth at both ends is a minimum of 6 feet. The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming.

Timeline/Meet Entry Constraints: Meet Management reserves the right to combine any events as needed and reserves the right to limit the number of heats or entries in any event to control meet timelines. This includes events with combined age groups

Safety: The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated. NO blocking of fire exits, which includes doors and passages.

Eligibility: ECA, and associated unattached athletes only. All athletes must be registered with USA Swimming, Inc. Registrations will be checked according to NCS rules. There will be no on-deck registration available at this meet.

Racing Starts: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimmers with Disabilities: ECA welcomes all ECA swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit ECA's ability to accommodate all request.

Entries: All entries should be submitted in Hy-tek format and will be matched to the appropriate event by the event number. Entries may be submitted via email. All entry information must be received by midnight Wednesday, January 30, 2019.

Deck seedings for swimmer already registered will be at the discretion of the meet referee.

Entry Limit: Swimmers are limited to 4 events per session and 6 events per day. Please Note: 12 & Under swimmers in 12&U events will not be allowed to participate beyond the NCS 4-hour-rule window. Swimmers who are entered in more than the allowed number of events will be automatically dropped from the event(s) that put the swimmer over the limit.

Entry Deadline: All entry information must be received by midnight Wednesday, Jan 30, 2019.

Entry Fees: There are no fees for this meet

Meetings: Officials Meeting 30-mins prior to each session. Coaches Meeting: At the discretion of the meet referee

Credentials: All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented.

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., East Carolina Aquatics, East Carolina University, and Minges Natatorium shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.

Image Release: All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

Scoring/Awards: This meet will not be scored. No awards will be given.

Order of Events: *Session #1* - **Warm-ups:** Noon, **Meet Starts:** 12:45 PM

1	Senior 400 IM	2
3	Senior 50 Freestyle	4
5	Senior 100 Breaststroke	6
7	Senior 200 Butterfly	8
9	Senior 50 Backstroke	10
11	Senior 100 IM	12
13	Senior 200 Breaststroke	14
15	Senior 50 Butterfly	16
17	Senior 100 Backstroke	18
19	Senior 200 Freestyle	20
21	Senior 50 Breaststroke	22
23	Senior 100 Butterfly	24
25	Senior 200 Backstroke	26
27	Senior 50 Freestyle	28
29	Senior 100 Freestyle	30
31	Senior 200 IM	32

Session #2 - **Warm-ups:** At the conclusion of Session 1, **Meet Starts:** 15-mins later

33	Senior 50 Freestyle	34
35	Senior 50 Backstroke	36
37	Senior 50 Breaststroke	38
39	Senior 50 Butterfly	40
41	Senior 100 IM	42
43	Senior 100 Backstroke	44
45	Senior 100 Breaststroke	46
47	Senior 100 Butterfly	48
49	Senior 100 Freestyle	50
51	Senior 1000 Freestyle	52