

ECA Intrasquad Meet
Hosted by Greenville Swim Club
December 17-18, 2016

Approval: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. **Sanctioned Meet #NC16212**

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 28590

Date: December 17-18, 2016

Times: **Saturday, December 17, 2016**
PM Session: Warm-ups – 6:15 PM, Meet Starts – 7:30 PM

Sunday, December 18, 2016
AM Session: Warm-ups – 9:00, Meet Starts – 10:00 AM
PM Session: Warm-ups - 4:30, Meet Starts – 5:15 PM

Warm-ups: Open Warm-ups ó 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.

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. The shallowest pool depth at the facility is 6 feet. 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 competition course has been certified in accordance with 104.2.2C(4). A copy of such

Timeline and Meet Entry Constraints:	certification is on file with USA Swimming. 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.
Racing Starts:	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be 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:	<p>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. However hard copies of each entry, showing the swimmers' ages as of December 17, 2016 must be included in the normal post delivery along with the summary sheet, team checklist, and payment. All entry information must be received by midnight Wednesday, December 7, 2016.</p> <p>Teams will be required to resubmit their entire corrected meet entry file to resolve any meet entry issues as the meet staff does not have the capacity to correct entries for individual swimmers or events. If meet entries must be limited, they will be accepted in the order in which final and completely correct entry files and complete payment of all entry fees are received until the meet capacity is reached.</p>
Entry Limit:	Swimmers are limited to 3 events per session and 5 events per day.. Please Note: 12 & Under swimmers will <i>not</i> 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, December 7, 2016.

Entry Fees: Individual events- FREE
Relay events- FREE
Facility Surcharge- FREE

Mail Entries & Fees: There are no FEES for this meet.

Meetings: Officials Meeting at 7 PM. Coaches Meeting at 7:20 PM ó December 17

Credentials: All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification/registration. Coaches shall prominently display their registration cards while on deck.

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., the East Carolina Aquatics, 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.

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

Saturday, December 17, 2016

PM Session: Warm-ups - 5:00, Meet Starts – 5:45

1	Open 500 Freestyle	2
3	Open 50 Butterfly	4
5	Open 100 Butterfly	6
7	Open 200 Butterfly	8
9	Open 50 Backstroke	10
11	Open 100 Backstroke	12
13	Open 200 Backstroke	14
15	Open 50 Breaststroke	16
17	Open 100 Breaststroke	18
19	Open 200 Breaststroke	20
21	Open 50 Freestyle	22
23	Open 100 Freestyle	24
25	Open 200 Freestyle	26
27	Open 100 IM	28
29	Open 200 IM	30
	10-Min Break	
31	Open 100 Butterfly	32
33	Open 100 Backstroke	34
35	Open 100 Breaststroke	36
37	Open 100 Freestyle	38
39	Open 400 IM	40

Sunday, December 18, 2016

AM Session: Warm-ups – 9:00, Meet Starts – 10:00

41	Open 50 Freestyle	42
43	Open 500 Freestyle	44
45	Open 50 Butterfly	46
47	Open 100 Butterfly	48
49	Open 200 Butterfly	50
51	Open 50 Backstroke	52
53	Open 100 Backstroke	54
55	Open 200 Backstroke	56
57	Open 50 Breaststroke	58
59	Open 100 Breaststroke	60
61	Open 200 Breaststroke	62
63	Open 50 Freestyle	64
65	Open 100 Freestyle	66
67	Open 200 Freestyle	68
69	Open 100 IM	70
71	Open 200 IM	72
	10-Min Break	
73	Open 100 Butterfly	74
75	Open 100 Backstroke	76
77	Open 100 Breaststroke	78
79	Open 100 Freestyle	80
81	Open 400 IM	82
83	Open 1650 Freestyle	84
85	Open 50 Freestyle	86

Sunday, December 18, 2016

PM Session: Warm-ups - 4:30 PM, Meet Starts – 5:15 PM

87	Open 50 Butterfly	88
89	Open 100 Butterfly	90
91	Open 200 Butterfly	92
93	Open 100 IM	94
95	Open 200 IM	96
97	Open 50 Backstroke	98
99	Open 100 Backstroke	100
101	Open 200 Backstroke	102
103	Open 500 Freestyle	104
105	Open 50 Breaststroke	106
107	Open 100 Breaststroke	108
109	Open 200 Breaststroke	110
111	Open 50 Freestyle	112
113	Open 100 Freestyle	114
115	Open 200 Freestyle	116
117	Open 50 Butterfly	118
119	Open 100 Butterfly	120
121	Open 200 Butterfly	122
123	Open 100 IM	124
125	Open 200 IM	126
127	Open 50 Backstroke	128
129	Open 100 Backstroke	130
131	Open 200 Backstroke	132
133	Open 500 Freestyle	134
135	Open 50 Breaststroke	136
137	Open 100 Breaststroke	138
139	Open 200 Breaststroke	140
141	Open 50 Freestyle	142
143	Open 100 Freestyle	144
145	Open 200 Freestyle	146