

ECA Intrasquad Meet
Hosted by Greenville Swim Club
January 22, 2017

Approval: Held under the sanction of USA Swimming, Inc. Issued by North Carolina Swimming, Inc. **Sanctioned Meet #NC17058**

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: January 22, 2017

Times: **Sunday, January 22, 2017**
Session #1: Warm-ups – 1145 AM Meet Starts – 1245 PM
Session #2: Warm-ups – Immediately at the conclusion of session #1
Meet Starts – 15 minutes after warm-ups start

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.

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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

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 certification is on file with USA Swimming.
Timeline and 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.
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 requests.
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. However hard copies of each entry, showing the swimmer's ages as of January 22, 2017 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 Thursday, January 12, 2017. 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.
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 Thursday, January 12, 2017.

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 1215 PM. Coaches Meeting at 1205 PM

Credentials: All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently 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., 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.

Session #1: Warm-ups - 1145 AM, Meet Starts – 1245 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: Immediately after conclusion session #1, Meet Starts – 15 min later

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