



2019 ECA Rock the Blocks Quad Invitational

Hosted by East Carolina Aquatics

October 4-6, 2019

Smithfield Recreation and Aquatic Center
600 Booker Dairy Road, Smithfield, NC 27577

*Held under the Sanction of USA Swimming, Inc., issued by North Carolina
Swimming Sanction #NC*

MEET DIRECTOR	MEET ENTRY COORDINATOR
Doug Parker (252) 902-7390 ecacoachdoug@gmail.com	Scott Pake 112 Benjamin Circle Washington, NC 27889 (252) 945-8400 ecacoachscott@gmail.com
MEET REFEREE	MEET MARSHAL
Bob Landry roblandry@suddenlink.net	Jodie Davis ecacoachjodie@gmail.com

FACILITY

The Smithfield Recreation and Aquatics (SRAC) provides an eight-lane 25-yard competition pool with depth of four to nine feet. Up to ten lanes will be available during warm-ups. Two lanes will be available during the meet for warm-up and cool-down. Paragon starting blocks will be used for the start of all events. These have a maximum height of 30 inches from the pool deck. Competition lanes are a minimum of 5 feet wide.

There is a Colorado System 6 with one scoreboard. The competition course has not been certified in accordance with 104.2.2C(4). There are boy's and girl's locker rooms available for teams. There is also free WIFI available to spectators. The aquatic facility is located just off Hwy 70 East at the Smithfield Community Park.

Spectator seating is located on the deck with 182 seats along with upstairs overview seating. The aquatic facility has a 3,000 square foot splash park that will be used for spectator seating along with team areas.

Parking in the SRAC will be for members, meet officials and meet volunteers. Adjacent parking will be located at the Smithfield Community Park and Smithfield Selma High School.

FACILITY RULES

This facility forbids coolers, food or beverages from being brought into the building. No smoking is allowed on the grounds of the facility or inside the facility. No glass containers are allowed inside the facility. Only meet volunteers, USA Swimming registered athletes and USA Swimming registered coaches and officials may be on deck. Each team is responsible for cleaning up their area. Please place all trash in receptacles provided

CLASSIFICATION

AG/SR Quad meet attended by Carolina Aquatic Team (CAT), East Carolina Aquatics (ECA), Hillsborough Aquatic Club (HAC) and Raleigh Swimming Association (RSA).

MEET FORMAT

(1) All events are time finals. The 500 Free (Events 1, 2, 17 and 18) and the 1000 Free (Events 3 and 4), are positive check-in events, and will be deck seeded. The 1000 Free will be swum fastest to slowest. All other events will be swum slowest to fastest. (2) There will be one competition pool for the meet. Meet management reserves the right to adjust session start time or move and combine events and heats based on number of entries received. (3) Meet management reserves the right to limit event participation to conform to the timeline for all sessions

Session	Day	Warm-up	Meet Start	Age Group
1	Friday – TF	4:00 PM	5:30 PM	11 & Over
2	Saturday AM - TF	7:00 AM	8:30 AM	13 & Over
3	Saturday PM – TF	Not Before 12:30	One Hour later	12 & Under
4	Sunday AM - TF	7:00 AM	8:30 AM	13 & Over
5	Sunday PM – TF	Not Before 12:30	One Hour later	12 & Under

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, Sept 24	9:00 PM	Entry deadline (ecacoachdoug@gmail.com)
Friday, Oct 4	3:45 PM	Coaches/General Meeting
Friday, Oct 4	4:45 PM	500Y Free (12&U) and 1000Y Freestyle Positive Check-In Closes
Saturday, Oct 5	7:45 AM	500Y Freestyle positive check in closes
Saturday, Oct 5	11:00 AM	Relay Cards due for 200 FR-R
Sunday, Oct 6	7:45 AM	400 IM Freestyle positive check in closes
Sunday, Oct 6	11:00 AM	Relay Cards due for 200 MED-R

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. All starts from the shallow end of the pool, including relay takeoffs, will be in-water starts. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

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.

RULES

The meet will be conducted in accordance with USA Swimming Rules and Regulations and NCS Safety program, except where the rules therein are optional, and exceptions are herein 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. No photography or mobile phone use of any type will be permitted behind the starting blocks. 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.

MAAPP

The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

TECHNICAL SUIT BAN for 12&Us

Per NCS Rule 210.2, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc., and one of the teams listed in the Classification Section, and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet. There are no minimum/maximum time standards for qualification to enter an event.

SWIMMERS WITH DISABILITIES

East Carolina Aquatics welcomes all 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 East Carolina Aquatics' ability to accommodate all requests.

ENTRIES

Please submit entries using Hy-Tek Meet Manager compatible files via email. Please submit a complete summary form including team entry report and financial report.

A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet

Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine the age for the entire meet.

Only properly completed entries with payment will be accepted. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

Please note the following entry rules will be strictly enforced by the meet director:

- (1) Payment must be received by the entry deadline in order to be seeded into the heat sheet.
- (2) Please list the swimmer's ages as of October 4, 2019.
- (3) There may be on-deck event entries taken at this meet, but in open lanes only, with double fees paid at time of entry.

The conforming time for this meet is SCY. Entries should be made with SCY times, converted LCM times, or estimated SCY times. Swimmers should be accurately entered with their current best times or best estimated times.

ENTRY LIMITATIONS

All Swimmers are limited to no more than three (3) Individual Events plus one (1) Relay event per session, not to exceed seven (7) total individual events for the Meet.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

Tuesday, September 24, 2019

Entries will be accepted up to 9 PM on Tuesday, September 24, 2019. Telephone entries will not be accepted, although changes to entries may be accepted by phone or e-mail.

Please follow-up to make sure that the Meet Director has received any meet entry changes.

Late entries may be accepted at the discretion of the Meet Referee but will be charged double entry fees and may not be seeded. Entries will be accepted in the order in which completed entries are received.

A check made payable to ECA must be received by the entry deadline. If payment is not received by the entry deadline, those entries may not be seeded into the psych sheet.

ENTRY FEES

Make checks payable to: East Carolina Aquatics; All fees are non-refundable	
Individual Event	\$5.00 per Individual Event (NCS Registered Swimmers)
Relays	\$10.00 per Relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$10.00 per swimmer
Late Entry Fee	Double Listed Entry Fees

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order. Carolina Aquatic Team reserves the right to combine heats and events, reduce the number of heats or add breaks throughout the meet to provide rest for the athletes at the discretion of the Meet Referee.

- The 13 and Over 400Y IM will be swum slowest to fastest, all women followed by all men. Positive check in by the deadline is required to ensure swimmers are seeded.

- The 500Y Freestyle will be swum slowest to fastest, all women followed by all men. Positive check in by the deadline is required to ensure swimmers are seeded. Swimmers are required to provide their own Timers and Counters for this Event.

- The 11 and Over 1000Y Freestyle will be swum fastest to slowest, all women followed by all men.

Positive check in by the deadline is required to ensure swimmers are seeded. Swimmers are required to provide their own Timers and Counters for this Event.

CHECK-IN

A positive check-in, located at clerk of course, will be required for the 500Y Freestyle, the 1000Y Freestyle and the 400Y IM.

SCRATCHES

There will be no penalty for scratching pre-seeded events including relays at the block. There will be No penalty for No Showing a positive check-in event.

SCORING

No Scoring

AWARDS

No Awards

RESULTS

The results will be posted on the Carolina Aquatic Team website and Meet Mobile.

COACHES

All coaches on deck must be registered and certified with USA Swimming must check in with the Meet Director. 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. There will be a General Meeting for coaches on Friday at 3:45 PM in the Hospitality Room. Other meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. ECA welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. 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. Any official's assistance will be VOLUNTEERS greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area 45 minutes before the Meet starts. Apprentice Officials for all positions are welcome. Please contact the Meet Referee by email and provide your Position and number of sessions already worked.

East Carolina Aquatics plans to staff as much of this meet as possible but welcomes volunteer from participating teams. Please check in with the volunteer coordinator at the entrance to see if there are open lanes and to get a deck pass. Timers meetings will be held approximately 20 minutes prior to the start of each session.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warmup procedure for all swimmers and coaches attending the meet. This information will be provided in the Coaches Packet. A Current Coaches Card will be required to pick up the packet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be at least three lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Please begin warm-up procedures at the Starting End of the pool. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a USAS certified coach. Diving will not be allowed until the specific warm-up period is announced

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. East Carolina Aquatics, Smithfield Recreation and Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

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.

ORDER OF EVENTS

FRIDAY, OCTOBER 4, 2019

Warm-up: 4:00 PM; Meet Start: 5:30 PM

Women	Event	Men
1	11-12 500 FREESTYLE	2
3	11&O 1000 FREESTYLE	4

NOTE: Deck seeded events with positive check-in to be completed by 4:45 PM. Swimmers not checked in, will be scratched from the event. Based on the number of entrants, meet management reserves the right to combine events, reduce the number of heats or add breaks throughout the meet to provide rest for the athletes.

SATURDAY, OCTOBER 5, 2019

Warm-up: 7:00 AM; Meet Start: 8:30 AM

Women	Event	Men
5	13&O 200 FREESTYLE	6
7	13&O 100 BACKSTROKE	8
9	13&O 200 IM	10
11	13&O 50 FREESTYLE	12
13	13&O 200 BREASTSTROKE	14
15	13&O 100 BUTTERFLY	16
17	13&O 500 FREESTYLE	18

SATURDAY, OCTOBER 5, 2019

Warm-up: NOT BEFORE 12:30 PM; Meet Start: 1-HOUR AFTER START OF WARM-UPS

Girls/Women	Event	Boys/Men
19	8&U 25 FREESTYLE	20
21	10&U 50 FREESTYLE	22
23	11-12 50 FREESTYLE	24
25	8&U 25 BACKSTROKE	26
27	10&U 100 BACKSTROKE	28
29	11-12 100 BACKSTROKE	30
31	8&U 25 BREASTSTROKE	32
33	10&U 50 BREASTSTROKE	34
35	11-12 50 BREASTROKE	36
37	8&U 25 BUTTERFLY	38
39	10&U 50 BUTTERFLY	40
41	11-12 50 BUTTERFLY	42
43	12&U 200 FREESTYLE RELAY	44

SUNDAY, OCTOBER 6, 2019
Warm-up: 7:00 AM; Meet Start: 8:30 AM

Women	Event	Men
45	13&O 200 BACKSTROKE	46
47	13&O 100 FREESTYLE	48
49	13&O 200 BUTTERFLY	50
51	13&O 100 BREASTSTROKE	52
53	13&O 400 IM	54

NOTE: Deck seeded events with positive check-in required 7:45 AM. Swimmers who have not been checked in will be scratched from the event. Based on the number of entrants, meet management reserves the right to combine events, reduce the number of heats or add breaks throughout the meet to provide rest for the athletes.

SUNDAY, OCTOBER 6, 2019
Warm-up: NOT BEFORE 12:30 PM; Meet Start: 1-HOUR AFTER START OF WARM-UPS

Girls/Women	Event	Boys/Men
55	8&U 50 FREESTYLE	56
57	10&U 100 FREESTYLE	58
59	11-12 100 FREESTYLE	60
61	8&U 50 BACKSTROKE	62
63	10&U 50 BACKSTROKE	64
65	11-12 50 BACKSTROKE	66
67	8&U 50 BREASTSTROKE	68
69	10&U 100 BREASTSTROKE	70
71	11-12 100 BREASTSTROKE	72
73	8&U 50 BUTTERFLY	74
75	10&U 100 BUTTERFLY	76
77	11-12 100 BUTTERFLY	78
79	12&U 200 MEDLEY RELAY	80

ECA 2019 ROCK THE BLOCKS QUAD INVITATIONAL

Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to
(checks payable to EAST CAROLINA AQUATICS):

EAST CAROLINA AQUATICS

ATTN: SCOTT PAKE

112 Benjamin Circle

Washington, NC 27889

(252) 945-8400

Email to: ECACOACHDOUG@GMAIL.COM

Team Name			
Club Code			
Coach			
Coach Phone			
Coach Email			
Team Address			
Item	Total Number	Cost per	Total
Individual Entries		\$5.00 per event	
Relay Entries		\$10.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$3.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. East Carolina Aquatics, Smithfield Recreation and Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE