

ECA Southeastern Classic Championships  
 Hosted by EAST CAROLINA AQUATICS  
 November 11-13, 2022  
 Held at Minges Natatorium, 200 Ficklen Drive, Greenville 27858

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
**Sanction #NC22177**

MEET DIRECTOR	MEET ENTRY COORDINATOR
Casey Charles (252)341-1044 <a href="mailto:ecacoachcasey@gmail.com">ecacoachcasey@gmail.com</a>	Casey Charles <a href="#">103 Prince Charles Court</a> <a href="#">Winterville, NC 28590</a> <a href="#">(252)341-1044</a>
MEET REFEREE	MEET MARSHAL
Bob Landry <a href="mailto:roblandry@suddenlink.net">roblandry@suddenlink.net</a>	Doug Parker <a href="mailto:ecacoachdoug@gmail.com">ecacoachdoug@gmail.com</a>

**CONDITION OF SANCTION**

As a condition of this sanction, East Carolina Aquatics agrees to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the East Carolina Aquatics Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

**ASSUMPTION OF RISK DISCLAIMER**

East Carolina Aquatics has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

**COVID-19 RELEASE**

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

**EAST CAROLINA AQUATICS COVID-19 MEET PLAN**

**NCS FACE COVERING STATEMENT**

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

**FACILITY and HOST TEAM REQUIREMENTS** EAST CAROLINA AQUATICS has discussed specific health and safety procedures with the venue management. At this time, the facility and EAST CAROLINA AQUATICS have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

**FACILITY** The pool is an 8-lane, 25-yard course with non-turbulent lane markers, deck anchored starting blocks. A Colorado 6 Timing System will be used with touchpads and a watch and button 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). The copy of such certification is on file with USA Swimming.

**MEET FORMAT** This is a timed final-prelim/final Age Group/Senior, pre-seeded meet unless otherwise indicated.

**MEET SCHEDULE**

**Friday, November 11, 2022**

Session #1 (Timed Finals, Prelims)– Warm-ups: 5:45 PM, Meet Starts: 6:45 PM

Session #2 (Finals) – Warm-ups: Start at conclusion of Session #1, Meet Starts: 15 min later

**Saturday, November 12, 2022**

Session #3 – (Senior Prelims) – Warm-ups: 8:00 AM, Meet Starts: 9:00 AM

Session #4 – (Age Group Timed Finals) – Warm-ups: 12:50 PM, Meet Starts: 1:30 PM

Session #5 – (Senior Finals) – Warm-ups: 6:00 PM, Meet Starts: 6:45 PM

**Sunday, November 13, 2022**

Session #6 – (Senior Prelims) – Warm-ups: 7:30 AM, Meet Starts: 8:15 AM

Session #7 – (Senior Timed Final) – Warm-ups: conclusion of S#6, Meet Starts: 15-mins later

Session #8 – (Age Group Timed Finals) – Warm-ups: 12:30 PM, Meet Starts: 1:15 PM

Session #9 – (Senior Finals) – Warm-ups: 5:00 PM, Meet Starts: 5:45 PM

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Tuesday, Nov 1	11:59 PM	Entry Deadline
Friday, Nov 11	6:15 PM	Coaches/General Meeting
Friday, Nov 11	6:15 PM	400 IM/500 FR Positive check-in
Each Day	30 minutes prior to each session	Officials Meeting

**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.

**TECHNICAL SUIT BAN for 12&Us** Per USA Swimming Rule 102.8.1F, 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.

## MAAPP

All applicable adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

## SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

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. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

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 without the use of a backstroke ledge. 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. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

## ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. 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.**

## MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

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

Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer’s age on the first day of the meet will determine their age

for the entire meet. EAST CAROLINA AQUATICS entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately. **All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.**

**ENTRY LIMITATIONS** Swimmers are limited to 3 events and 1 relay per day. Additionally, the 10&U 200 IM and the Senior 1000 FR will be limited to top 16 entries.

**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** **The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary There will be no on deck entries. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.**

**ENTRY FEES**

<b>Make checks payable to: East Carolina Aquatics; All fees are non-refundable</b>	
Individual Event	\$6.00 per event
Relays	\$12.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer

**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.

**CHECK-IN** All events will be pre-seeded except 400IM and 500 Free which require a positive check-in.

**SCRATCHES** The NCS Scratch Rule is in effect for this meet.

**SCORING** No team or individual scoring will be kept

**AWARDS** Ribbons will be awarded to the top 8 finishers in each age group, 8 & Under, 9-10, 11-12, and 13-14. No ribbons for Senior/Open events. No relay awards will be given.

**RESULTS** Results will be posted on East Carolina Swimming website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

**COACHES** All coaches 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. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. 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. **East Carolina Aquatics** welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email **prior to the meet**. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and

Meeting Summary” above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.

**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 warm-up procedure for all swimmers and coaches attending the meet. The Marshall 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. In addition to the competition pool, a 6-lane, 20-yard diving well will be available for continuous warm-up/warm-down use. **There is to be no diving or horseplay in this area.**

**WAIVER/RELEASE**

As a team entered in this meet, upon entry you are verifying that all of 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, Minges Natatorium, East Carolina University, 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.

**Friday, November 11, 2022**

**Session #1 – Warm-ups: 5:45 PM, Meet Starts: 6:45 PM**

<b>Girls’ Event #</b>	<b>Event</b>	<b>Boys’ Event #</b>
<b>1</b>	<b>Senior 50 Freestyle – Prelims</b>	<b>2</b>
<b>3</b>	<b>Senior 400 IM (Timed Final – Top 40)</b>	<b>4</b>
<b>5</b>	<b>Senior 500 Freestyle (Timed Final – Top 40)</b>	<b>6</b>

**Session #2 – Warm-ups: Start at conclusion of S#1, Meet Starts: After 15 mins of warm-up**

Girls' Event #	Event	Boys' Event #
1	Senior 50 Freestyle – Finals (Top 40)	2

### Saturday, November 12, 2022

**Session #3 – (Senior Prelims) – Warm-ups: 8:00 AM, Meet Starts: 9:00 AM**

Girls' Event #	Event	Boys' Event #
7	Prelims - Senior 200 Freestyle	8
9	Prelims - Senior 100 Backstroke	10
11	Prelims - Senior 200 Breaststroke	12
13	Prelims - Senior 100 Butterfly	14

**Session #4 – (Age Group Timed Finals) – Warm-ups: 12:50 PM, Meet Starts: 1:30 PM**

Girls' Event #	Event	Boys' Event #
15	11-12 200 Freestyle	16
17	10 & under 200 Freestyle	18
19	11-12 50 Breaststroke	20
21	10 & under 50 Breaststroke	22
23	11-12 100 Butterfly	24
25	10 & under 100 Butterfly	26
27	11-12 100 Backstroke	28
29	10 & Under 100 Backstroke	30
31	11-12 50 Freestyle	32
33	10 & under 50 Freestyle	34
35	11-12 100 IM	36
37	10 & under 100 IM	38
	5-min Break (If timeline permits)	
39	11-12 200 Medley Relay	40
41	10 & under 200 Medley Relay	42

**Session #5 – (Senior Finals) – Warm-ups: 6:00 PM, Meet Starts: 6:45 PM**

7	Finals - Senior 200 Freestyle (Top 32)	8
9	Finals - Senior 100 Backstroke (Top 32)	10
11	Finals - Senior 200 Breaststroke (Top 32)	12
13	Finals - Senior 100 Butterfly (Top 32)	14
	5-min Break (If timeline permits)	
43	Senior 200 Medley Relay	44

## Sunday, November 13, 2022

**Session #6 – (Senior Prelims) – Warm-ups: 8:00 AM, Meet Starts: 8:45 AM**

45	Prelims – Senior 200 Butterfly	46
47	Prelims – Senior 100 Freestyle	48
49	Prelims – Senior 200 Backstroke	50
51	Prelims – Senior 100 Breaststroke	52
53	Prelims – Senior 200 IM	54

**Session #7 – (Senior Timed Final) – Warm-ups: At the conclusion of Session #6, Meet Starts: 15-mins later**

55	Timed Finals – Senior 1000 Freestyle (Top 16)	56
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**Session #8 – (Age Group Timed Finals) – Warm-ups: 12:30 PM, Meet Starts: 1:15 PM**

Girls' Event #	Event	Boys' Event #
57	11-12 100 Freestyle	58
59	10 & under 100 Freestyle	60
61	11-12 50 Butterfly	62
63	10 & under 50 Butterfly	64
65	11-12 100 Breaststroke	66
67	10 & under 100 Breaststroke	68
69	11-12 50 Backstroke	70
71	10 & Under 50 Backstroke	72
73	11-12 200 IM (Top 16)	74
75	10 & under 200 IM (Top 16)	76
	5-min Break (If timeline permits)	
77	11-12 200 Freestyle Relay	78
79	10 & under 200 Freestyle Relay	80

**Session #9 – (Senior Finals) – Warm-ups: 5:00 PM, Meet Starts: 5:45 PM**

45	Finals – Senior 200 Butterfly (Top 32)	46
47	Finals – Senior 100 Freestyle (Top 32)	48
49	Finals – Senior 200 Backstroke (Top 32)	50
51	Finals – Senior 100 Breaststroke (Top 32)	52
53	Finals – Senior 200 IM (Top 32)	54
	5-min Break	
81	Senior 200 Freestyle Relay	82

**ECA Southeastern Classic Championships**

**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

103 Prince Charles Court

WINTERVILLE, NC 28590

Email to: ECACOACHCASEY@GMAIL.COM

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$6.00 per event	
Relay Entries		\$12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
<b>Total Fees Due</b>			

**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, Minges Natatorium, East Carolina University, 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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE



## NORTH CAROLINA SCRATCH RULE

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
  - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
  - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

## 208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.