

ECA October Intrasquad I
Hosted by East Carolina Aquatics
October 10, 2020
Held at Sportscenter, 701 N 35th St, Morehead City, NC 28557

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC20132

**CONDITION OF
SANCTION**

As a condition of this sanction, EAST CAROLINA AQUATICS agrees to comply and to enforce all COVID 19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the EAST CAROLINA AQUATICS Meet Plan detailed 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**

The 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

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. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

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 SPORT CENTER (MOREHEAD CITY), EAST CAROLINA AQUATICS, USA SWIMMING AND 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

FACE COVERINGS All meet participants – coaches, officials, administrators, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

- LOCAL PROTOCOLS**
- Total facility capacity is 254 occupants and 200 spectators, however, ECA will be limiting the total number of combined swimmers, volunteers, and coaches to 71.
 - Capacity Limitations will be as follows per session:
 - Swimmers – 33
 - Officials – 5
 - Meet Referee – 1
 - AO – 1
 - S&T – 3
 - Starter - 1
 - Coaches – 5
 - Volunteers – 18
 - Sportscenter Staff - 4
 - Additional Volunteers/Coaches/Officials if needed – up to 6
 - Capacity numbers will be tracked by the MEET MARSHAL
 - Number of timers – 1 TIMER PER LANE – Timers will utilize a stopwatch and plunger
 - Restroom facilities in the SC lobby (main building) are for parents and coaches only. Locker room restrooms on pool deck are for swimmers only and cannot be used for changing or showering. No more than 3 swimmers in the restroom at a time.
 - ALL Timer papers, stopwatches, and pencils will be sanitized after each session by a volunteer designee.

Warm-Ups

- Swimmers are encouraged to bring their own chair to place in their individual seating area.
- Swimmers will be escorted to warm-up by the coaching staff. Proper socially distancing will be maintained and masks will be worn until swimmers are completely ready to enter the water.
- A MAXIMUM OF THREE (3) SWIMMERS PER LANE FOR ALL WARMUPS AND WARMDOWNS - SWIMMERS WILL BE SPACED AT 1 PER LANE AT EACH END AND 1 SWIMMER STARTING FROM THE MIDDLE PER LANE.
- Meet director will monitor the pool to ensure proper lane limitations are followed.
- In-water max capacity: 33 athletes
- The total capacity in the facility, including swimmers, volunteers, staff, and coaches will be limited to 71.

LOCKER ROOMS/ CHANGING

Athletes must arrive and depart in their suits. Locker rooms are for restroom use only and must not be used for changing or showering. Deck changing is prohibited. Restrooms will be monitored by the MEET MARSHAL

**ENTRY & EXIT
PROCEDURES and
ATHLETE SEATING
AREAS**

- All meet participants – coaches, officials, meet volunteers, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.
 - There will be NO SPECTATORS allowed inside the gate of the facility.
 - No vendors will be present at the meet
- All participants for each session will enter the complex through the front gate - main entrance and proceed to a predetermined seating area spaced 8 feet apart multi-directionally from one another on the pavilion side of the pool.
- Participants are encouraged to bring their own chairs for use in their assigned area.
- Once an athlete has finished their last event, they are asked to exit the facility immediately through the back gate. There will be a designated pick-up area for those athletes.

**SWIMMER
LIMITATIONS and
PROTOCOLS**

- **Total number of athletes allowed per session – 33 athletes per session**
- Swimmers will be escorted from designated seating area to the starting blocks by heat by a designated meet volunteer.
- **Swimmers should wait for meet volunteer to announce the heat before moving toward the block.**
- **Swimmers will walk 8 feet apart in a single file while being escorted to the blocks before the race.**
- **Swimmers need to be ready to race once they have reached the starting block – goggles, towel, cap, etc.**
- **Swimmers will place their masks on the towels while racing.**
- **After completion of the race, swimmers will be escorted to the warm-up/warm-down area exercising proper social distancing both on the walk and in the water.**
- **A designated coaches’ area will be available for race analysis after the conclusion of each race. Swimmers and coaches will maintain proper social distancing and properly wear a mask during these interactions.**
- **Athletes should arrive 15 minutes before the start of their specified warm-up session and leave immediately after the conclusion of their final race.**

When not in the water, athletes are expected to wear a mask at all times, including when walking to and from an event and/or warm-up lanes. They may remove masks for swimming but must don them again once they exit the water. Additionally, athletes are expected to maintain proper distancing at all times.

**SPECTATOR
LIMITATIONS and
PROTOCOLS**

There will be no “In-Person” spectator viewing. The meet will be live-streamed via FACEBOOK LIVE

Spectators/Parents are required to wear a face covering at all times while attending, observing or meeting with their athletes at the meet whether inside the facility, in any adjacent viewing/gathering areas provided by the EAST CAROLINA AQUATICS, or meeting with their swimmer in a designated facility location and are expected to comply with all mandated state/local/facility COVID-19 guidelines.

PARENTAL ACCESS *Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet them the back gate of the pool (the exit area). Should parents be unable to contact their child directly, they should see the Meet Marshal located at the entrance of the facility In the case of an emergency, please call and/or text the Casey Charles at (252)341-1044.*

HEALTH SCREENING *Ingress to the facility requires health screening questions and/or a temperature check before entering in accordance with CDC and local health department recommendation.*

Waivers must be submitted prior to entry in the facility. The Meet Marshal and a volunteer designee will collect these documents upon entry. In addition to waivers, all entrants will be subject to a temperature check by a meet marshal and designated volunteer. No one with a temperature of 100 degrees Fahrenheit or higher will be allowed in the facility. Those who do not want to be subject to a temperature check will be barred from the facility as well.

MEET DIRECTOR	MEET ENTRY COORDINATOR
Casey Charles 252-341-1044 Ecacoachcasey@gmail.com	Casey Charles 252-341-1044 Ecacoachcasey@gmail.com
MEET REFEREE	MEET MARSHAL
Bob Landry 252-531-6815 roblandry@suddenlink.net	Scott Pake 252-945-8400 Ecacoachscott@gmail.com

FACILITY

The Sportscenter has an 8-lane, 25-yard pool with a Colorado timing system. The timing system will use both pads and buttons. The pool depth ranges from 4.5-5 feet at the start end. All starts will be from the start end. The competition course has not been certified in accordance with 104.2.2C(4).

MEET FORMAT

This is a timed finals, pre-seeded meet unless otherwise indicated. It is open to all ECA swimmers and associated unattached swimmers of ECA.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:30 AM	8:15 AM	Open
2	Saturday	10:00 AM	10:45 AM	Open
3	Saturday	1:00 PM	1:45 PM	Open

DEADLINE AND MEETING SUMMARY: (keep section in chronological order)

Day, Date	Time	For:
Friday, Oct 2	11:59 PM EST	Entry deadline
TBD	TBD	Virtual Official Briefings: 12-24 hours prior to the meet
Saturday, Oct 10	8:05 AM	Coaches/General Meeting
Saturday, Oct 10	8:10 AM	Timer Briefing

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 who is 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. 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. and be members of East Carolina Aquatics 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.** Include any minimum/maximum time standards for qualification to enter the event, team affiliations, etc.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

ECA 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. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit ECA’s ability to accommodate all requests.

ENTRIES

All entries must be submitted electronically.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 3 individual events per session or 5 events for the day.

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. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

There ARE NO FEES FOR THIS MEET

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 and there will be no positive check-in.

SCRATCHES

There are no scratches for this meet

SCORING

There is no scoring for this meet

AWARDS

There are no awards for this meet.

RESULTS

Results will be posted on ECA’s 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. ECA welcomes and encourages anyone willing to volunteer. Volunteering Officials **MUST** 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 no officials meeting at the meet, and assignments will be communicated electronically prior to each session. A virtual meeting may be held prior to the meet / session at the referee's discretion, and all assigned officials are strongly encouraged to complete an individual personal review of applicable USAS rules for their assigned position prior to the meet. Officials should report to their assigned position 10 minutes before session start, and bring a mask, your personal water bottle, a writing utensil, and a headset (if applicable).

HOSPITALITY/ CONCESSIONS

There will be no hospitality or concessions for this meet. Refreshments will be available in a cooler by the computer station.

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. During the competition, there will be lanes available for continuous warm-up/down (if available). **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. ECA, SPORTSCENTER MOREHEAD CITY, 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

Saturday, October 10
Warm-up: 7:30 AM; Meet Start: 8:15 AM

Girls/Women	Event	Boys/Men
1	Open 50 Free	2
3	Open 50 Butterfly	4
5	Open 50 Backstroke	6
7	Open 50 Breaststroke	8
9	Open 100 Free	10
11	Open 100 Butterfly	12
13	Open 100 Backstroke	14
15	Open 100 Breaststroke	16
17	Open 100 IM	18
19	Open 200 IM	20

Saturday, October 10
Warm-up: 10 AM; Meet Start: 10:45 AM

Girls/Women	Event	Boys/Men
21	Open 50 Free	22
23	Open 50 Butterfly	24
25	Open 50 Backstroke	26
27	Open 50 Breaststroke	28
29	Open 100 Free	30
31	Open 100 Butterfly	32
33	Open 100 Backstroke	34
35	Open 100 Breaststroke	36
37	Open 100 IM	38
39	Open 200 IM	40

Saturday, October 10
Warm-up: 1:00 PM; Meet Start: 1:45 PM

Girls/Women	Event	Boys/Men
41	Open 50 Free	42
43	Open 50 Butterfly	44
45	Open 50 Backstroke	46
47	Open 50 Breaststroke	48
49	Open 100 Free	50
51	Open 100 Butterfly	52
53	Open 100 Backstroke	54
55	Open 100 Breaststroke	56
57	Open 100 IM	58
59	Open 200 IM	60

ECA OCTOBER INTRASQUAD I

Release Form

Complete and email or mail this form

EAST CAROLINA AQUATICS

ATTN: CASEYCHARLES

103 PRINCE CHARLES COURT

WINTERVILLE, NC 28590

Email to: ECACOACHCASEY@GMAIL.COM

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

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. ECA, SPORTSCENTER MOREHEAD CITY, 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

DATE TITLE