

**ECA December Intrasquad
Hosted by East Carolina Aquatics
December 17-18, 2022
Held at Minges Natatorium**

***Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC22205***

MEET DIRECTOR	MEET ENTRY COORDINATOR
Casey Charles (252)341-1044 ecacoachcasey@gmail.com	Casey Charles (252)341-1044 103 Prince Charles Court Winterville, NC 28590
MEET REFEREE	MEET MARSHAL
Bob Landry RALandry@vidanthealth.com	Doug Parker Ecacoachdoug@gmail.com

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

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

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.”*

SPECTATOR LIMITATIONS and PROTOCOLS *We will have spectators at this meet.*

FACILITY Minges Natatorium: East Carolina University, Greenville, NC
The facility has an 8-lane 25-yard non-turbulent competition pool and 6 lanes available for continuous warm-up/warm-down. A Colorado 6 Automatic Timing System with touch pads will be used. There will be one timer in each lane operating both watch and a plunger. 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. Deck changing is prohibited.

MEET FORMAT This is a timed final, pre-seeded meet unless otherwise indicated.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	245 PM	3:30 PM	Open
2	Sunday	9:30 AM	10:15 AM	Open

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

Day, Date	Time	For:
Friday, Dec 9	11:59 PM EST	Entry deadline
TBD	ZOOM (officials will be notified)	Official Briefings
Saturday, Dec 17	ZOOM (coaches will be notified)	Coaches/General Meeting (Intrasquad Meet)
Saturday, Dec 17	TBD	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. There is no scratch rule for this event.**

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. 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. Deck changes are at the discretion of the Meet Referee.

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 swimmer’s age on the first day of the meet will determine their age for the entire meet.

ENTRY LIMITATIONS	Swimmers may swim a maximum of 3 individual events per session and 5 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	The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary (note: no earlier than 10 days prior to the start date of the meet 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.
SCORING	No Scoring
AWARDS	No Awards
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 should contact the Meet Referee by email <u>prior to the meet.</u> 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. 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, 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.

ORDER OF EVENTS

Session 1: Saturday, December 17, 2022

Warm-up: 2:45 PM; Meet Start: 3:30 PM

Girls/Women	Event	Boys/Men
1	Open 100 Freestyle	2
3	10&U 25 Freestyle	4
5	Open 50 Freestyle	6
7	Open 400 IM	8
	5-minute break	
9	Open 100 Breaststroke	10
11	10&U 25 Breaststroke	12
13	Open 50 Breaststroke	14
	5- minute break	
15	Open 100 Butterfly	16
17	10&U 25 Butterfly	18
19	Open 50 Butterfly	20
	5-min break	
21	Open 100 Backstroke	22
23	10&U 25 Backstroke	24
25	Open 50 Backstroke	26
	5-min break	
27	Open 200 Freestyle	28
29	Open 500 Freestyle	30
31	Open 100 IM	32

Session 2: Saturday, December 17, 2022

Warm-up: Immediately after Session 1; Meet Start: 15-mins later

33	Open 50 Freestyle	34
35	Open 50 Butterfly	36
37	Open 50 Backstroke	38
39	Open 50 Breaststroke	40
	5-min break	
41	Open 200 IM	42
43	Open 200 Butterfly	44
45	Open 200 Backstroke	46
47	Open 200 Breaststroke	48

Session 3: Sunday, December 18, 2022
Warm-up: 9:30 AM; Meet Start: 10:15 AM

Girls/Women	Event	Boys/Men
49	Open 100 Freestyle	50
51	10&U 25 Freestyle	52
53	Open 50 Freestyle	54
55	Open 400 IM	56
	5-minute break	
57	Open 100 Breaststroke	58
59	10&U 25 Breaststroke	60
61	Open 50 Breaststroke	62
	5- minute break	
63	Open 100 Butterfly	64
65	10&U 25 Butterfly	66
67	Open 50 Butterfly	68
	5-min break	
69	Open 100 Backstroke	70
71	10&U 25 Backstroke	72
73	Open 50 Backstroke	74
	5-min break	
75	Open 200 Freestyle	76
77	Open 500 Freestyle	78
79	Open 100 IM	80

Session 4: Sunday, December 18, 2022
Warm-up: Immediately after Session 3; Meet Start: 15-mins later

81	Open 50 Freestyle	82
83	Open 50 Butterfly	84
85	Open 50 Backstroke	86
87	Open 50 Breaststroke	88
	5-min break	
89	Open 200 IM	90
91	Open 200 Butterfly	92
93	Open 200 Backstroke	94
95	Open 200 Breaststroke	96
97	Open 1650 Freestyle	98