

2025 EAC Friday Frenzy

November 14, 2025

Hosted by Enfinity Aquatic Club

Held at

Greensboro Aquatic Center

1921 West Gate City Blvd., Greensboro, NC 27403

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

Sanction #NC25203

MEET DIRECTOR	MEET ENTRY COORDINATOR
Korey McCulley 620-786-4971 kmcculleygso@enfinityfit.com	Korey McCulley 620-786-4971 kmcculleygso@enfinityfit.com
MEET REFEREE	MEET MARSHAL
Tara Maxey parsonhua@yahoo.com	Gunther Rodriguez grodriquez@enfinityfit.com Adrianna Barone abarone@enfinityfit.com

CODE OF CONDUCT

Individuals, including spectators, not complying with any safety requirement in place for this competition or with the USA SWIMMING code of conduct or individuals who otherwise impede the effective operation of the meet may be banned from the venue at the Meet Referee's Meet Director's and/or Facility Director's discretion.

FACILITY and HOST TEAM REQUIREMENTS

Enfinity Aquatic Club has discussed specific health and safety procedures with the venue management. Currently, the facility and Enfinity Aquatic Club 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

Greensboro Aquatic Center is a state-of-the-art indoor facility with four pools. The main competition pool is 9-10 feet deep at both ends and will be configured into one 25-yard course with eight 8-9-foot-wide lanes. All lanes feature non-turbulent lane lines and Paragon starting blocks. EAC will ensure proper course dimensions. Eight lanes will be used for this competition. The Omega electronic timing system will be used. At least three lanes will be open for continuous warm up and warm down. Seating for 1800 spectators is available. The GAC will provide parking for \$5 per day with unlimited entry and exit. Enfinity Aquatic Club will provide free parking for volunteers, coaches, and working officials in the Volunteer Lot. **No outside chairs or coolers are allowed in the facility.**

As of September 2024, Greensboro Complex and Greensboro Aquatic Center no longer accept cash for parking fees, ticket sales, and concessions. A debit or credit card will be required for payment. Contactless and mobile payment options, including Apple Pay, Google Pay, and Samsung Pay, will be accepted at most payment terminals.

MEDICAL SUPERVISION

During the meet, there will be at least one lifeguard at each pool, a lifeguard supervisor, and event coordinator in the facility who are Red Cross certified lifeguards. Each pool has an AED on the pool deck.

MEET FORMAT

This is a timed final Age Group/Senior, pre-seeded meet unless otherwise indicated. Meet Management also reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	4:00 PM	5:30 PM	8&U and OPEN

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Tuesday, 11/04	10:00pm	Entry deadline
Tuesday, 11/11	12:00pm	Coaches/General Meeting (Via Zoom)
Friday, 11/14	4:45pm	Official Briefings
Friday 11/14	5:00pm	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, and the NCS Safety Program.

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 past the hips 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. Swimmers must be registered prior to entry deadline. There will be no on deck registration available at this meet. Any person on the USA Swimming banned list is prohibited from participating in the meet in any way.

ADULT ATHLETES/APT REQUIRED FOR ALL ATHLETES 18 & OLDER

Athletes who will be 18 or older on or before the last day of the meet (Adult Athletes) must be APT certified prior to the entry deadline and throughout the meet. Adult Athletes who are not compliant will not be seeded into their events until they can provide proof of certification. If proof is provided to the Meet Referee after the meet has been seeded and before warm-ups begin on the first day of the meet, the swimmer may be added to the event subject to lane availability in the slowest heat(s) and Meet Director and Meet Referee approval. If proof is not provided by the start of warm ups on the first day of the meet, the athlete will not be permitted to compete. Entry fees for non-compliant athletes are not refundable.

SWIMMERS WITH DISABILITIES

Enfinity Aquatic Club 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 and the Meet Referee 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 Enfinity Aquatic Club's ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

ENTRIES

Entries should be submitted in HyTek format via email. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator no later than the entry deadline for entries to be considered complete. Enfinity Aquatic Club entries will be entered first and then complete entries from other teams in the order received. Enfinity Aquatic Club reserves the right to limit entries in order to comply with the applicable four hour rule. Rejected entries will be returned immediately. Unless entries are rejected, entry fees are non-refundable.

Breaks may be added at the discretion of the Meet Referee.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events and 2 relay events for the meet. Entries will close with the team that puts the total number of entries over the timeline.

- 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 Tuesday, November 04, 2025 at 10:00PM.** Entries will be accepted only at the discretion of the Meet Director and may be declined once capacity is reached. Enfinity Aquatic Club reserves the right to limit or suspend the addition of swimmers or heats to accommodate entries. **Late entries may be accepted at the discretion of the Meet Director and will be charged double fees. There will be no on deck entries.**

ENTRY FEES

Make checks payable to: Enfinity Aquatic Club; All fees are non-refundable	
Individual Event	\$8.00 per event
Relay Event	\$16.00 per event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer
Late Entry Fee	double standard event fee

- SEEDING** The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest. Non-conforming times will be seeded last (SCY-LCM-SCM). No conversions.
- CHECK-IN** All events will be pre-seeded and there will be no positive check-in.
- SCRATCHES** There will be no penalty for scratching events at the block.
- SCORING** This meet will not be scored.
- AWARDS** There will be no awards at this meet.
- RESULTS** Results will be posted on Enfinity Aquatic Club’s website within 24 hours of the meets conclusion. Meet Mobile will be used for this meet as facility internet connectivity allows.
- 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. Enfinity Aquatic Club 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 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 greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary.

HOSPITALITY

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stands. No outside food or drink will be permitted to spectators in the GAC.

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 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 lanes available for continuous warm-up/down. 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. Infinity Aquatic Club, 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.

SPECTATOR BAG POLICY

For safety and efficiency, the Greensboro Aquatic Center recommends entering without a bag. If necessary, guests are permitted to bring one small bag that meets the following guidelines:

- Clear vinyl or Plastic Bag (no larger than 12"x6"x12")
- Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12")
- Small Clutch Bag (no larger than 4.5"x6.5")
- Medical Bags* (no larger than 12"x6"x12")
- Diaper Bags* (no larger than 12"x6"x12")
- One-Gallon Clear Plastic Storage Bag

*Medical bags, including diaper bags when accompanied by a child, will be inspected, and tagged before entry.

Please note this is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis. Please note that athletes are allowed to bring in their bags and do not have to abide by the above policy.

EVENT STREAMING

The Greensboro Aquatic Center will stream this meet on their official YouTube channel. You can access the stream by visiting the link: <https://www.youtube.com/@GreensboroAquaticCenter>

ORDER OF EVENTS

Friday, November 14, 2025
Warm-up: 4:00pm; Meet Start: 5:30pm

Timed Finals		
Girls	Events	Boys
1	Open 400 Free Relay	2
3	* * Open 500 Freestyle * *	4
5	8 & Under 25 Backstroke	6
7	Open 50 Breaststroke	8
9	Open 100 Backstroke	10
11	Open 200 Butterfly	12
13	8 & Under 25 Breaststroke	14
15	Open 50 Freestyle	16
17	Open 100 Breaststroke	18
19	Open 200 Backstroke	20
21	8 & Under 25 Freestyle	22
23	Open 50 Butterfly	24
25	Open 100 Freestyle	26
27	Open 200 Breaststroke	28
29	8 & Under 25 Butterfly	30
31	Open 50 Backstroke	32
33	Open 100 Butterfly	34
35	Open 200 Freestyle	36
37	Open 100 IM	38
39	Open 200 IM	40
41	* * Open 400 IM * *	42
43	Open 400 Medley Relay	44

*** * 500 Free and 400 IM may be limited to the fastest 3 heats of women and men * ***

*** 500 Free Swimmers will need to provide their own counters ***

EAC Friday Frenzy Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable to Enfinity Aquatic Club):

Enfinity Aquatic Club (ATTN: Tim Hillen)

908 Arbor Road

Winston Salem, NC 27104

Email to: thillen@enfinityfit.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.00 Per Event Double For Late Entry	
Relays		\$16 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 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. Enfinity Aquatic Club, Greensboro 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