



2025 ECA "Tis the Season" Intrasquad

Hosted by EAST CAROLINA AQUATICS

Sponsored by: The Leggett Family

December 20, 2025

Held at Minges Natatorium, 200 Ficklen Drive, Greenville 27858

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

Sanction #NC23215

MEET DIRECTOR	MEET ENTRY COORDINATOR
Casey Charles (252)565-6465 Casey.charles@swimeca.org	Casey Charles (252)565-6465
MEET REFEREE	MEET MARSHAL
Bob Landry roblandry@suddenlink.net	Female: Tamara Tipton Male: Doug Parker

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 ECA 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 – EIGHT touchpads and EIGHT buttons - will be used with watches in each of 8-lanes for competition. A digital scoreboard will also be in use. ECA will ensure the required course dimensions.

ECA will work with the facility to ensure the required course dimensions are valid. Lifeguards will provide First Aid. Available equipment includes an AED, backboard, bag-valve Mask, and one-way valve mask.

Deck changes are prohibited.

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

Session	Day	Warm-up	Meet Start	Age Group
1	1	9:00 AM	9:45 AM	AG/SEN
2	1	15-mins after S1	15-mins later	AG/SEN

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
WED, DEC 10	11:59 PM	Entry deadline
SAT, DEC 20	9:00 AM	Coaches/General Meeting
TBD	TBD	Official Briefings

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 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 MAAPP 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 ECA. 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'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 must be submitted in Hy-Tek format and will 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 may swim a maximum of 5 individual events per day – FOUR events in Session 1 and ONE event in Session 2.

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

Make checks payable to: EAST CAROLINA AQUATICS; All fees are non-refundable	
Individual Event	No Fee for this meet
Relays	No Fee for this meet
NCS Travel Fund	No Fee for this meet
Facility Surcharge	No Fee for this meet
Late Entry Fee	No Fee 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.

SCRATCHES

There are no scratches

SCORING

No Scoring

AWARDS

No Awards

RESULTS

Results will be posted on EAST CAROLINA AQUATICS' 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 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 (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. 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.

ORDER OF EVENTS

Session 1: Saturday, December 20, 2025 – Timed Finals

Warm-up: 9:00 AM; Meet Start: 9:45 AM

Girls/Women	Event	Boys/Men
1	Open 200 Mixed	2
3	Open 50 Freestyle	4
5	Open 500 Freestyle	6
7	10&U 25 Freestyle	8
9	Open 100 Breaststroke	10
11	Open 50 Breaststroke	12
13	10&U 25 Breaststroke	14
15	Open 100 Backstroke	16
17	Open 50 Backstroke	18
19	10&U 25 Backstroke	20
21	Open 100 Butterfly	22
23	Open 50 Butterfly	24
25	10&U 25 Butterfly	26
	5-min break	
27	Open 100 Freestyle	28
29	Open 100 IM	30
	5-min break	
31	Open 100 Freestyle	32
33	Open 400 IM	34
35	Open 50 Freestyle	36

Session 2: Saturday, December 20, 2025

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

37	Open Mixed 200 Butterfly
38	Open Mixed 200 Backstroke
39	Open Mixed 200 Breaststroke
40	Open Mixed 200 Freestyle
41	Open Mixed 200 IM
42	Open Mixed 100 Butterfly
43	Open Mixed 100 Backstroke
44	Open Mixed 100 Breaststroke
45	Open Mixed 100 Freestyle
46	Open Mixed 100 IM
47	Open Mixed 50 Butterfly
48	Open Mixed 50 Backstroke
49	Open Mixed 50 Breaststroke
50	Open Mixed 50 Freestyle