

**ECA FEBRUARY Intrasquad**  
**Hosted by East Carolina Aquatics**  
**Sunday, February 8, 2026**  
**Held at Minges Natatorium**

*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.  
Sanction #NC26048*

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

**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. The pool is 4 feet deep at each end, descending to 6 feet deep in the middle of the pool.

Deck changes are prohibited.

Lifeguards will provide first aid and other minor medical support. An AED is also on site.

**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	10:00 AM	11:00 AM	AG/SEN

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
THURS, Jan 29	11:59 PM	Entry deadline
SUN, FEB 8	TBD	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 suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric and which extends past the hips.

**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 4 individual events

**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**

<b>Make checks payable to: EAST CAROLINA AQUATICS; All fees are non-refundable</b>	
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. There will be no penalties for failure to compete in any event.

**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.

Session 1: Sunday, February 8, 2026 - Warm-up: 10:00 AM; Meet Start: 11:00 AM

Girls/Women	Event	Boys/Men
1	Open 50 Butterfly	2
3	Open 100 Backstroke	4
5	Open 200 Breaststroke	6
7	Open 100 IM	8
9	12&U 25 Backstroke	10
	5-10 min break – Discretion of the meet ref	
11	Open 50 Backstroke	12
13	Open 100 Breaststroke	14
15	Open 200 Freestyle	16
17	Open 200 IM	18
19	12&U 25 breaststroke	20
	5-10 min break – Discretion of the meet ref	
21	Open 50 Breaststroke	22
23	Open 100 Freestyle	24
25	Open 200 Butterfly	26
27	Open 400 IM	28
29	12&U 25 Freestyle	30
	5-10 min break – Discretion of the meet ref	
31	Open 50 Freestyle	32
33	Open 100 Butterfly	34
35	Open 200 Backstroke	36
37	12&U 25 Butterfly	38
39	Open 500 Freestyle	40
	15-minute Break	
41	12&U 25 Backstroke	42
43	Open 50 Freestyle	44
45	Open 50 Butterfly	46
47	Open 50 Backstroke	48
49	Open 50 Breaststroke	50
	5-min break - Discretion of the meet ref	
51	12&U 25 Breaststroke	52
53	Open 100 Butterfly	54
55	Open 100 Backstroke	56
57	Open 100 Breaststroke	58
59	Open 100 Freestyle	60
61	Open 100 IM	62
	5-Min break - Discretion of the meet ref	
63	12&U 25 Freestyle	64
65	Open 50 Butterfly	66
67	Open 50 Backstroke	68
69	Open 50 Breaststroke	70
71	Open 50 Freestyle	72
	5-min break - Discretion of the meet ref	
73	12&U 25 Butterfly	74
75	Open 200 Butterfly	76
77	Open 200 Backstroke	78
79	Open 200 Breaststroke	80
81	Open 200 Freestyle	82
83	Open 200 IM	84