

2026 ECSL Championships
 Hosted by East Carolina Aquatics
 March 27-29, 2026
 Held at ECU by East Carolina Aquatics

*Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
 Sanction #NC26055*

MEET DIRECTOR	MEET ENTRY COORDINATOR
Casey Charles 252-565-6465 ecacoachcasey@gmail.com	Casey Charles 252-565-6465 ecacoachcasey@gmail.com
MEET REFEREE	MEET MARSHAL
Bob Landry boblandryswimreferee@gmail.com	M-Doug Parker F-Lori Eldridge

FACILITY

Minges Natatorium - Greenville, NC
 The competition pool is an 8-lane 25-yard pool with non-turbulent lane lines (7 ft. width) water depth at both ends is 4.5-6 feet. The meet host will ensure proper course dimensions. Colorado electric timing, scoreboard, and fixed starting blocks. There is an additional 5-lane 20-yard pool for continuous warm up and warm down. 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.

MEET FORMAT

This is an Age Group/Senior Meet. All 12 & under events (with the exception of the 50 FR), all 500 free events, and all relays are timed finals. All other events will be conducted in the following manner:

- 50 FR
 - 10&Under – Top 8 - A Finals
 - 11-12 – Top 8 - A Finals
 - 13-14 – Top 16 – A, B Finals
 - 15&Up – Top 24 – A, B, C Finals
- All 13 & Over events 100 yards and shorter, plus the 200 free, will have:
 - 13-14 – Top 16 – A, B Finals
 - 15&Up – Top 24 – A, B, C Finals
- 200 FL, 200 BK, 200 BR, and 400 IM are OPEN events and will be timed finals. There will be an AM/PM option for these events.

Order of Sat/Sun Finals Heats – 13-14 – B, A Finals and then 15 & O - C, B, A Finals

SCHEDULE

Warm Up and Start Times may be adjusted based on timeline constraints

Session	Day	Warm-up	Meet Start	Age Group
1	Friday	3:30 PM	4:30 PM	All
2	Friday	None	10-min after S1 concludes	All
3	Saturday	8:30 AM	9:30 AM	13 & Over
4	Saturday	No earlier than 12:30 PM	No earlier than 1:00 PM	12 & Under
5	Saturday	5:00 PM	6:00 PM	13 & Over
6	Sunday	8:30 AM	9:30 AM	13 & Over
7	Sunday	No earlier than 12:30 PM	No earlier than 1:00 PM	12 & Under
7	Sunday	5:00 PM	6:00 PM	13 & Over

DEADLINE AND MEETING SUMMARY:

Tuesday, March 17	11:59 PM	Entry deadline
Wednesday, March 25	7:45 PM	Coaches/General Meeting via ZOOM
Friday, March 27	4:00 PM	ALL 500 FR + ALL 200 IM positive check-in deadline
Friday, March 27	7:30 PM	Open 200FL, Open 400 IM – AM/PM option check-in deadline
Saturday, March 28	7:30 PM	Open 200 BK, Open 200 BR – AM/PM option check-in deadline
Sunday, March 29	9:00 AM	1000 FR positive check-in deadline

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. The NCS Scratch Rule will be in effect. Scratches from finals must be given to the clerk or course. Please make sure that scratches are taken care of for Sunday's finals session. We want to run full heats.

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 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 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. This is an invitation only meet.

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. Failure to provide advance notice may limit WOW’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 submitted in Hy-tek format require no hard copy entry forms. Email is preferred for electronic entries. Payment in full must be received by the Meet Entry Coordinator by the start of the meet. A swimmer’s age on the first day of the meet will determine their age for the entire meet. Waves of Wilmington 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 3 individual events plus 1 relay per day. Swimmers may not exceed 8 individual events and 3 relay events for the meet. Teams may enter up to two relay teams per relay event. **Exception** – 8&U swimmers may enter all 4 25s on Saturday. If an 8&U swimmer enters anything other than FOUR 25s of stroke, they will fall under normal entry rules.

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 11:59 PM on Tuesday, March 12. 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: Waves of Wilmington; All fees are non-refundable.	
Individual Event	\$5.00 per timed final event, \$7.50 per prelim/final event
Relays	\$14.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$20.00 per swimmer
Late Entry Fee	Double fees for individual events and relays, if accepted.

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest in all timed final events. Prelim/final events will be circle seeded. All non-conforming times will be seeded last in rank order. The 500 freestyles and 400 IM may be limited to the top 32 swimmers in each event based on timeline constraints.

CHECK-IN A positive check-in, located at the admin table, will be required for the following events:

- 500 free, 400 IM, 200 FL, 200BK, 200 BR, 200 IM, 1000 FR

Check-ins – SEE the DEADLINE and SUMMARY SECTION

SCRATCHES There will be no penalty for scratching pre-seeded events at the block. The NCS Scratch Rule will be in effect. Scratches from finals must be given to the clerk of course. Please make sure that scratches are taken care of for Sunday’s finals session. We want to run full heats.

SCORING

- Individual events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2; only 2 relays per gender may score for each team

AWARDS

15&O Individual events: 1-3: medals
 14&U Individual events: 1-3: medals, 4-8: ribbons
 Relay events: No awards
 High Point: Both genders for each age group
 Team Awards: Combined 1-3: Trophy

RESULTS	Results will be emailed to each team at the conclusion of the meet.
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	<p>An officials' meeting will be held in hospitality 30 minutes prior to the start of each session.</p> <p>East Carolina Aquatics welcomes and encourages any official willing to volunteer to confirm sessions and positions by contacting the Meet Referee by email or phone prior to the meet.</p> <p>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 Deck Pass 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.</p>
HOSPITALITY/ CONCESSIONS	There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.
WARM-UP	<p>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).</p> <p>There is to be no diving or horseplay in this area.</p>
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, 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**Friday, March 27 (Prelims) - Warm-up: 3:30 PM; Meet Start: 4:30 PM**

Girls/Women	Event	Boys/Men
1	10 & Under 50 Freestyle Prelims	2
3	11-12 50 Freestyle Prelims	4
5	13 -14 50 Freestyle Prelims	6
7	15& Up 50 Freestyle Prelims	8
9	12&U 200 IM	10
11	13-14 200 IM	12
13	15&O 200 IM	14
15	12&U 500 FR	16
17	13&O 500 FR	18

Friday, March 27 (Finals) - Meet Start: 10 minutes after the conclusion of Session 1

Girls/Women	Event	Boys/Men
1	10 & Under 50 Freestyle Finals	2
3	11-12 50 Freestyle Finals	4
5	13-14 50 Freestyle Finals	6
7	15&O 50 Freestyle Finals	8

Saturday, March 28 (Prelims) - Warm-up: 8:30 AM; Meet Start: 9:30 AM

Girls/Women	Event	Boys/Men
19	Open 200 FL – AM Heats (TF)	20
21	13-14 100 BR (Prelims)	22
23	15&O 100 BR (Prelims)	24
25	13-14 200 FR (Prelims)	26
27	15&O 200 FR (Prelims)	28
29	13-14 100 BK (Prelims)	30
31	15&O 100 BK (Prelims)	32
33	Open 400 IM – AM Heats (TF)	34

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

Saturday (12&U TF), March 29 - Warm-up: Not Earlier than 12:30 PM; Meet Start: 1 HR later

Girls/Women	Event	Boys/Men
39	8&U 25 FL	40
41	11-12 50 FL	42
43	10&U 50 FL	44
45	8&U 25 BK	46
47	11-12 100 BK	48
49	10&U 100 BK	50
51	8&U 25 BR	52
53	11-12 50 BR	54
55	10&U 50 BR	56
57	8&U 25 FR	58
59	11-12 100 FR	60
61	10&U 100 FR	62
63	5-10 min Break	64
65	11-12 200 FR-Relay	66
67	10&U 200 FR-Relay	68

Saturday, March 29 (Finals) - Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
19	Open 200 FL – PM Heats (TF)	20
21	13-14 100 BR (Finals)	22
23	15&O 100 BR (Finals)	24
25	13-14 200 FR (Finals)	26
27	15&O 200 FR (Finals)	28
29	13-14 100 BK (Finals)	30
31	15&O 100 BK (Finals)	32
33	Open 400 IM – PM Heats (TF)	34
35	13-14 200 FR-Relay	36
37	15-18 200 FR-Relay	38

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

Sunday, March 30 (Prelims) - Warm-up: 8:30 AM; Meet Start: 9:30 AM

Girls/Women	Event	Boys/Men
69	Open 200 BK – AM Heats (TF)	70
71	13-14 100 FR (Prelims)	72
73	15&O 100 FR (Prelims)	74
75	Open 200 BR – AM Heats (TF)	76
77	13-14 100 FL (Prelims)	78
79	15&O 100 FL (Prelims)	80
81	Open 1000 FR (TF)	82

Sunday, March 30 (12&U TF) Warm-up: Not Earlier than 12:30 PM; Meet Start: 1 HR later

Girls/Women	Event	Boys/Men
85	10&U 100 IM	86
87	11-12 100 IM	88
89	10&U 100 FL	90
91	11-12 100 FL	92
93	10&U 50 BK	94
95	11-12 50 BK	96
97	10&U 100 BR	98
99	11-12 100 BR	100
101	10&U 200 FR	102
103	11-12 200 FR	104
105	10&U 200 Medley Relay	106
107	11-12 200 Medley Relay	108

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

Sunday, March 29 (Finals) -Warm-up: 5:00 PM; Meet Start: 6:00 PM

Girls/Women	Event	Boys/Men
69	Open 200 BK – PM Heats (TF)	70
71	13-14 100 FR (Finals)	72
73	15&O 100 FR (Finals)	74
75	Open 200 BR – PM Heats (TF)	76
77	13-14 100 FL (Finals)	78
79	15&O 100 FL (Finals)	80
81	13-14 200 Medley Relay	82
83	15-18 200 Medley Relay	84

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

**2026 ECSL Championships
Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to EAST CAROLINA AQUATICS):
East Carolina Aquatics
ATTN: Casey Charles
Email to: ecaccoachcasey@gmail.com

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Timed Final Entries		\$5.00 per event	
Individual Prelim/Final Entries		\$7.50 per event	
Relay Entries		\$14.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$20.00 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. TEAM HOST, FACILITY, 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 _____

NORTH CAROLINA SCRATCH RULE

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
 - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C. The swimmer was not named in any finals heat during the initial announcement of results
 - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.