

ECA Meet Agenda

Meet: 2023 East Coast Swim League Championships

Dates: March 31-April 1st, 2023

Location: Minges Natatorium, Greenville, NC



Friday, March 31st, Evening Prelims/Timed Finals

SESSION 1

Swimmers: Competing in **Events 1-16**

Schedule: Arrive: 4:45 PM, Warm-ups: 5:00 PM, Meet Starts: 6:00 PM

Events: 50 Free, 500 Free, 200 Free-Relay

Friday, March 31st, Evening Finals

SESSION 2

Swimmers: 50 Freestyle - 13&Over: Top 36 11-12: Top 16 10&Under: Top 8

Schedule: Warm-ups: Immediately after prelims finishes, Approximate start: 7:15 PM

Events: 50 Free

Saturday, April 1st, Morning Prelims

SESSION 3

Swimmers: 11 & Over competing in **Events 17-42**

Schedule: Arrive: 8:15 AM, Warm-ups: 8:30 AM, Meet Starts 9:30 AM

13 & Over Events: 200 Free, 100 Back, 50 Fly, 100 Breast, 100 IM, 50 Free

11-12 Events: 200 Free, 100 Back, 200 Breast, 100 Fly, 400 IM

Saturday, April 1st, Afternoon

SESSION 4

Swimmers: 10 & Under Swimmers in **Events 43-54**

Schedule: Arrive: 11:20 AM, Warm-ups: 11:30-12:00 PM, Meet Starts 12:05 PM

Events: 200 FR-Relay, 100 Backstroke, 50 Breaststroke, 100 Freestyle, 50 Fly, 200 IM

Saturday, April 1st, Evening Finals

SESSION 5

Swimmers: Qualified 11 & Up Swimmers & 200 Medley Relays

Schedule: Arrive: 5:15 PM, Warm-ups: 5:30 , Meet Starts: 6:30 PM

Sunday, April 2nd, Morning Prelims

SESSION 6

Swimmers: 11 & Over Swimmers in **Events 55-74**

Schedule: Arrive: 8:15 AM, Warm-ups: 8:30 AM, Meet Starts 9:30 AM,

13 & Over Events: 200 Free, 200 Breast, 100 Fly, 100 Back, 400 IM

11-12 Events: 100 Free, 50 Breast, 50 Fly, 100 Back, 200 IM

Sunday, April 2nd, Afternoon

SESSION 7

Swimmers: 10 & Under Swimmers in **Events 81-92**

Schedule: Arrive: 11:20 AM, Warm-ups: 11:30 PM, Meet Starts 12:05 PM

Events: 200 Medley-Relay, 50 Backstroke, 100 Breaststroke, 200 Freestyle, 100 Fly, 100 IM

Sunday, April 2nd, Evening Finals

SESSION 8

Swimmers: Qualified 11 & Up Swimmers and 400 Freestyle Relays

Schedule: Arrive: 4:45 PM, Warm-ups: 5:00 PM, Meet Starts: 6:00 PM