



2025 ECA Southeastern Classic
Hosted by EAST CAROLINA AQUATICS
November 21-23, 2025
Held at Minges Natatorium
200 Ficklin Road, Greenville, NC 27858
GREENVILLE, NC

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC25176

MEET DIRECTOR	MEET ENTRY COORDINATOR
CASEY CHARLES (252) 341-1044 CASEY.CHARLES@SWIMECA.ORG	CASEY CHARLES (252) 565-6465 CASEY.CHARLES@SWIMECA.ORG
MEET REFEREE	MEET MARSHAL
Bob Landry boblandryswimreferee@gmail.com	TAMARA TIPTON RANDY JARMAN

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 with non-turbulent lane markers, deck anchored starting blocks. A Colorado 6 Timing System will be used with watches in each of 8-lanes for competition. A digital scoreboard will also be in use. The water depth is 4.5 feet at the start and turn ends of the pool.

Lifeguards will provide First Aid. Available equipment includes a backboard, bag-valve Mask, and one-way valve mask.

ECA will ensure proper course dimensions.

Session	Day	Warm-up	Meet Start	Age Group
S1	Friday	4:30 PM	5:30 PM	AG/Open
S2	Friday	Conclusion of S1	15-min later	AG/Open
S3	Saturday	8:00 AM	8:45 AM	11&Up Prelims
S4	Saturday	2:45 PM	3:15 PM	10&U
S5	Saturday	5:30 PM	6:30 PM	Finals
S6	Sunday	7:45 AM	8:30 AM	11&Up Prelims
S7	Sunday	11:15 AM	11:45 AM	10&U
S8	Sunday	5:15 PM	6:00 PM	11&Up Finals

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
TUESDAY, NOV 11	NOON	Entry deadline
TBD	TBD	Official Briefings VIA ZOOM
WEDNESDAY, NOV 19	8:00 PM	Coaches/General Meeting VIA ZOOM
Each Session of Meet	15 MINS BEFORE START	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. *THE NCS Scratch Rule is in effect for all positive check-in events and A/B Finals.*

TECHNICAL SUIT BAN for 12&Us

Deck entries are at the discretion of the meet referee and subject to double entry fees. 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 an 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 EAST CAROLINA AQUATICS and/or INVITED TEAM/S. 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’ 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. **ENTRIES MUST BE PAID IN FULL VIA CHECK/CASH BEFORE THE MEET STARTS.** 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 are limited to **THREE EVENTS** per Session and **EIGHT EVENTS** for the entirety of the meet.

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 and are subject to double entry fees at the discretion of the meet director. Deck entries may be accepted if the meet director can receive proof from NCS that the swimmer is registered. Deck entries are subject to TRIPLE entry fees.

ENTRY FEES

Make checks payable to: EAST CAROLINA AQUATICS; All fees are non-refundable	
Individual Event	\$7.00 per event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00 per swimmer, including relay only swimmers
Digital Heat Sheet	\$5.00 per swimmer, includes a digital heat sheet

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. **NTs will not be accepted for any event.**

CHECK-IN

Check in will be conducted for the following events: 500 FR, 400 IM – Check-In for both events will close 30-mins before the start of the session those events are swum.

SCRATCHES

The NCS Scratch Rule is in effect for this meet.

SCORING

No Scoring for this meet

AWARDS	There will be medals and ribbons for 12&U events – places 1-8
RESULTS	ECA will post results to Meet Mobile. Results will also be posted on EAST CAROLINA AQUATIC's website within 24 hours of the meet's 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, THE SPORTS 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. 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.

Friday Night Prelims – Session 1

November 21, 2025

Warm-ups – 4:30 PM, Meet Starts – 5:30 PM

1	11-12 50 Freestyle – Prelims	2
3	Senior 50 Freestyle – Prelims	4
5	11-12 200 IM – Timed Finals (Qualify Time 3:10.99)	6
7	Senior 200 IM – Timed Finals (Qualify Time 2:45.99)	8
9	11-12 500 Freestyle – Timed Finals (Qualify Time 6:30.99)	10
11	Senior 500 Freestyle – Timed Finals (Qualify Time 5:59.99)	12

Friday Night Finals – Session 2

November 21, 2025

Warm-ups – At the conclusion of Session 1, Meet Starts – 15 mins after the conclusion of Session 1

1	11-12 50 Freestyle – Finals (Top 8)	2
3	Senior 50 Freestyle – Finals (Top 32)	4

Saturday AM 11&O Prelims – Session 3

November 22, 2025

Warm-ups – 8:00 AM, Meet Starts – 8:45 AM

13	11-12 100 IM	14
15	Senior 200 Freestyle	16
17	11-12 200 Freestyle	18
19	Senior 100 Backstroke	20
21	11-12 100 Backstroke	22
23	Senior 200 Breaststroke	24
25	11-12 50 Breaststroke	26
27	Senior 100 Butterfly	28
29	11-12 100 Butterfly	30

Saturday PM 10&U Timed Finals – Session 4

November 22, 2025

Warm-ups – 2:45 PM, Meet Starts – 3:30 PM

33	9-10 200 Freestyle	34
35	8&U 200 Freestyle	36
37	9-10 50 Butterfly	38
39	8&U 50 Butterfly	40
41	9-10 50 Breaststroke	42
43	8&U 50 Breaststroke	44
45	9-10 100 Backstroke	46
47	8&U 100 Backstroke	48
49	9-10 100 Freestyle	50
51	8&U 100 Freestyle	52
53	9-10 100 IM	54
55	8&U 100 IM	56

Saturday Night 11&O Finals – Session 5

November 22, 2025

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

13	11-12 100 IM (Top 8)	14
15	Senior 200 Freestyle (Top 24)	16
17	11-12 200 Freestyle (Top 8)	18
19	Senior 100 Backstroke (Top 24)	20
21	11-12 100 Backstroke (Top 8)	22
23	Senior 200 Breaststroke (Top 16)	24
25	11-12 50 Breaststroke (Top 8)	26
27	Senior 100 Butterfly (Top 24)	28
29	11-12 100 Butterfly (Top 8)	30
31	Open 400 IM (Top 8 Entrants)	32

Sunday AM 11&O Prelims – Session 6

November 23, 2025

Warm-ups – 7:45 AM, Meet Starts – 8:30 AM

57	11-12 50 Butterfly	58
59	Senior 200 Butterfly	60
61	11-12 100 Freestyle	62
63	Senior 100 Freestyle	64
65	11-12 50 Backstroke	66
67	Senior 200 Backstroke	68
69	11-12 100 Breaststroke	70
71	Senior 100 Breaststroke	72

Sunday 10&U Timed Finals – Session 7

November 23, 2025

Warm-ups – 11:15 AM, Meet Starts – 11:45 AM

73	10&U 100 Butterfly	74
75	10&U 50 Backstroke	76
77	10&U 100 Breaststroke	78
79	10&U 50 Freestyle	80

Sunday Finals 11&O Finals – Session 8

November 23, 2025

Warm-ups – 7:45 AM, Meet Starts – 8:30 AM

57	11-12 50 Butterfly (Top 8)	58
59	Senior 200 Butterfly (Top 16)	60
61	11-12 100 Freestyle (Top 8)	62
63	Senior 100 Freestyle (Top 24)	64
65	11-12 50 Backstroke (Top 8)	66
67	Senior 200 Backstroke (Top 16)	68
69	11-12 100 Breaststroke (Top 8)	70
71	Senior 100 Breaststroke (Top 24)	72