



ECAT Last Chance January Invitational

January 24-25, 2026

APPROVAL NO. VS-26-44A



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., APPROVAL NO: VS-26-044A• USA Swimming, Inc., Virginia Swimming, Inc., East Coast Aquatics Team and East Coast Aquatic Center shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
LOCATION:	East Coast Aquatic Center 5905 Portsmouth Blvd Portsmouth, VA 23701 757-450-2152
FACILITY:	<ul style="list-style-type: none">• Indoor, short course, 25 yard, 4 – 9 feet deep, 6 lanes, with non-turbulent lane lines, and locker and shower facilities available. Colorado Timing system.• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.• Lifeguard and aquatic staff will be on-hand along with an AED device and other required equipment.• In order to provide parents/guardians who are outside of the facility with the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.
MEET DIRECTOR:	Leigh Henniker lhenniker@gmail.com (757) 553-0410
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all members of ECAT and NSD swim teams.• No on deck USA Swimming athlete registration will be permitted.• All 18 & over athletes must have completed the appropriate Athlete Protection Training (APT) prior to the first day of competition. Athletes whose 18th birthday occurs during competition must complete the APT prior to that date• 2024-2028 NAG time standards are in effect.• Age on January 24, 2026, will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">• Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.• The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the Disability Accommodation Form.
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none">• The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.

	<ul style="list-style-type: none"> • This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit range of motion. • The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> • All athletes will swim in a timed finals session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Wednesday, January 14, 2026.</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Commlink-2 software. • Teams submit entries via email. • A printout of entries with the name of the person to contact in case of questions must accompany the entries. • “No Time” (NT) entries will be accepted. • Coach Times (CT) will not be accepted • Swimmers may enter a maximum of 8 <i>individual event(s)</i>, and no more than 4 individual events per day. • Entries will be processed in the order received and <u>accepted</u> to the greatest extent possible without exceeding the 4-hour/session timeline limit. • Email entries to: Art Anthony, coachart.ecat@gmail.com • Deck entries will be accepted for athletes already entered in the meet to the extent that open lanes are available. No extra heats will be added.
FEES:	<p>Individual events: \$6.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Checks should be made payable to: ECAT.</p> <ul style="list-style-type: none"> • Mail payment to: ECAT, PO Box 3193, Portsmouth, VA 23701 • Payment must be received by January 24, 2026. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	<ul style="list-style-type: none"> • Swimmers should report directly to the blocks for their events. • All events will be pre-seeded including the distance events.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups not before 7:00 am; competition starts at 8:00 am. • Lane assignment and warm-up times for individual clubs will be posted on the ECAT website NLT Monday, January 19-2026 and will also be emailed to the contact person of the participating clubs.
AWARDS:	<p>Individual events: Ribbons will be awarded for first through eighth place.</p> <ul style="list-style-type: none"> • Separate awards will be given for 8 & Under, 9-10, 11-12, 13-14 and 15 & Over age groups.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. • All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. • Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from

	<p>within the water. 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.</p> <ul style="list-style-type: none"> Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present without written USA Swimming approval. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. In accordance with Virginia Swimming Best Practices, all athletes should shower before entering the pool. An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. In accordance with Virginia Swimming Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.
PENALTIES:	<ul style="list-style-type: none"> A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> Entries using fraudulent or non-verifiable times. Athlete competed in the incorrect age group. Athlete is not registered with USA Swimming prior to the first day of the meet. If the swimmer is representing a club in competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer. Any event in which an athlete participated illegally will be rescored and re-awarded.
OFFICIALS:	<p>MEET REFEREE: <u>Jack Granger</u> Email: jagranger@cox.net Phone:</p> <ul style="list-style-type: none"> Officials will be needed for all positions and all sessions for this meet. Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to (host team officials chair Tiffany Reese, treese1022@gmail.com or 757-343-6523 no later than Tuesday, January 20, 2026. Officials meetings will be held one hour prior to the start of each session.
SAFETY:	<p>Virginia Swimming Meet Safety Procedures will be in effect.</p> <p>MEET SAFETY OFFICER: <u>Tiffany Reese</u> EMAIL: treese1022@gmail.com PHONE: (757) 343-6523</p>

TIMERS:	<ul style="list-style-type: none"> Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. The number of timers required per club and their lane assignments will be posted on the ECAT website no later than January 19, 2026, and will also be emailed to the contact person of each of the individual clubs. Athletes are responsible for providing their own timer and counter for distance events.
GENERAL:	<ul style="list-style-type: none"> Meet Programs: Heat sheets and/or psych sheets will be available on Meet Mobile. Snack food: A concession stand will be available during the meet. Hospitality: ECAT will provide a Hospitality Room for coaches, officials and officials in training. Breakfast and lunch will be served. Snacks will be provided during the day.
FACILITY RULES:	<ul style="list-style-type: none"> Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator that violates Aquatic Center rules, posted at the pool and in the meet program will be disqualified from the meet and escorted from the facility. ECAC policies prohibit food of any kind in the pool area. Consumption of food is allowed in the lobby area. Permissible beverages, sports drinks and water, must be in closed plastic containers. Deck Access: There is spectator seating on the pool deck. Only Swimmers, meet volunteers, and Staff are allowed to walk the sides and behind the block. The Sides of the pool and start end will be strictly enforced. Parking: Parking will be available in the parking lot of the Boys and Girls Club and additional parking at the Crossroads church next door. Swimmer bags and equipment are only allowed on the deck and are not permitted to be left in the athletic locker-rooms. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. No glass, food, or chewing gum will be permitted on the pool deck. No shaving anywhere in the venue.
DIRECTIONS:	<ul style="list-style-type: none"> From Southside: Take 264 to Portsmouth and take exit Portsmouth Blvd. Continue on Portsmouth Blvd for 2.5 miles. Boys and Girls Club (East Coast Aquatic Center) will be on the left hand side. From Peninsula: I-664 S until you reach Portsmouth Blvd Exit 12B. Continue for 3 miles on Portsmouth Blvd. Boys and Girls Club (East Coast Aquatic Center) will be on the right hand side.
HOTELS:	Hampton Inn and Suites 4449 Peek Trl, Chesapeake, VA 23321

ECAT Last Chance January Invitational ORDER OF EVENTS

Day 1, 1/24/2026	Day 2, 1/25/2026
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Morning Session			Morning Session		
Warm-up: Not before 7:00 am; Start: Not before 8:00 am			Warm-up: Not before 7:00 am; Start: Not before 8:00 am		
Girls	Events	Boys	Girls	Events	Boys
1	9&O 200 Free	2	21	9&O 200 IM	22
3	Open 50 Free	4	23	Open 50 Breast	24
5	Open 100 Breast	6	25	Open 100 Free	26
7	10&U 25 Breast	8	27	10&U 25 Free	28
9	Open 100 IM	10	29	11&O 200 Back	30
11	10&U 25 Back	12	31	Open 50 Back	32
13	11&O 200 Fly	14	33	Open 100 Fly	34
15	Open 50 Fly	16	35	10&U 25 Fly	36
17	Open 100 Back	18	37	11&O 200 Breast	38
	20 Min Break			20 Min Break	
19	11&O 400 IM	20	39	9&O 500 Free	40
			41	11&O 1000 Free	42