**2026 ECAC Winter Swimming & Diving Championships**

**Nassau County Aquatics Center, Eisenhower Park, East Meadow, NY**

**Friday, Saturday & Sunday, Dec. 4 - 6, 2026**

*Hosted by: Baruch College*

*Head Coach: Charles Lampasso*

**Policies & Procedures / Manual**

**Championship Format:**

The ECAC Swimming and Diving Winter Championship will be open to all ECAC member institutions from Division I, II and III.

**Championship Timeline:**

Declaration Deadline: Friday, Nov. 27, 2026 by 11:59 pm
FINAL Entry Deadline: Monday, Nov. 30, 2026 by 12:00 pm
Championship: Friday – Sunday, 4 – 6, 2026

**Meet Personnel:**

**Meet Coordinator:** Dylan Clark
ECAC Assistant Commissioner
Phone: 203-745-2786
Email: dclark@ecac.org

**Entry Coordinator:** Ellen Mace
604 Paxson Avenue, Mercerville, NJ 08619
Phone: 609-558-0988
Email: **besmarttinc@gmail.com**

**Diving Coordinator:** Mush Masters
Diving Coordinator
rmasters@optonline.net
Cell 516-318-1897 Home 516-431-0991

## DECLARATION INFORMATION

**Declaration forms must be submitted at: https://ecacsports.com/sb_output.aspx?form=126 by Friday, Nov. 27 by 11:59 pm.**

**Final Entries are due by Monday, Nov. 30 by 12:00pm.** All final entries should be sent on Hy-Tek software and event file is available at **www.besmarttinc.com**

**Late Declarations**
Schools that declare after the declaration deadline will be accepted after a penalty fee of $100 is paid by the declaring institution.

## FINAL ENTRY PROCEDURES

All entries should be sent on Hy-Tek software; the event file is available at besmarttinc.com

If an institution does not have Hy-Tek software, you can access a Hy-Tek link for entry submissions at either:
**www.hy-tektd.com** or besmarttinc@gmail.com

For further assistance, contact Ellen Mace by email at **besmarttinc@gmail.com** or phone (609) 558-0988.

### Swimming Entries:

- Please use the 1000-Yard Freestyle time for the 1650-Yard Freestyle event.
- Specific to the 1650, 500, and 400 IM: In order to be entered in these events, you must have met the qualification time. No optional entries. Exhibition 1650 swimmers will be allowed to swim the final heat.

| 2026 QUALIFYING SWIMMING STANDARDS | | |
|---|---|---|
| **Women's** | **Event** | **Men's** |
| 5:44.99 | 500 Free | 5:18.58 |
| 12:29.99 | 1650 Free | 11:34.09 |
| 5:31.89 | 400 IM | 4:50.49 |

### Relay Entries:

- *All relay entry times must be entered on the entry form.*
- *All scoring athletes are eligible to compete in A and B relays. All athletes (both scoring and exhibition) are eligible to compete in C and D deck entry relays.*
- Each team may enter a maximum of *2 relays. Both Relays can score. Any C or D relays will be treated as deck entries.

### Diving Entries:

Diving entries must be checked in the event box on the declaration form online
Please follow the instructions on Pages 5 of the manual for final entry procedures.

***WITHDRAWAL POLICY***

Institutions which declare their intent to participate in the ECAC Swimming and Diving Championship may withdraw their intent to participate in the ECAC event without financial penalty until the deadline date, Wednesday, Dec. 2, 2026. If a team chooses to withdraw after this deadline, following championship withdrawal policy, a penalty fee of $300 will be levied on the withdrawing institution by the ECAC Championships Committee. Out of courtesy, if a team chooses to withdraw, please submit notification of withdrawal through email to Dylan Clark at (**dclark@ecac.org**).

***NO-SHOW POLICY***

If an institution enters the meet by submitting a declaration form and/or entry form and subsequently fails to compete in the championship, the institution shall then be assessed the entry fee at the rate indicated in this championship manual.

**ENTRY FEE INFORMATION**

Please make checks payable to the *ECAC*. Schools will be invoiced the proper amounts post-championship. The invoices will be sent to each institution's athletic department.

Entry Fee Breakdown:

| | |
|---|---|
| Team Fee (base fee) | $150.00 |
| Athlete Fee | $30/athlete |
| Relay Entry Fee | $8.00 per relay entered |

*Note: Men's and women's teams are calculated separately.*

**EXAMPLE: Baruch enters both Men & Women's teams.**
**Entered:** 10 men and 4 men's relays, 12 women and 6 women's relay.

| | |
|---|---|
| Men's Team Entry Fee: | $150.00 |
| Men's 10 Athletes ($30 each) | $300.00 |
| Men's 4 Relay Teams ($8 each) | $32.00 |
| Women's Team Entry Fee: | $150.00 |
| Women's 12 Athletes ($30 each) | $360.00 |
| Women's 6 Relay Team ($8 each) | $48.00 |
| **TOTAL DUE for Baruch Men:** | **$482.00** |
| **TOTAL DUE for Baruch Women:** | **$558.00** |

**QUALIFYING/ENTRY PROCEDURES**

**Each team will be allowed 18 scoring swimmers. Divers count 1/3 in this number.** The meet will score the top 24 scoring athletes in each event.

*An athlete who swims will count as one competitor; an entrant that dives be counted as 1/3 a competitor in the total team limit.*

Seeding for all swimming events will be based on the athlete's best performance as entered. **All performances entered must be from September 15, 2026 until the date entries are due**. **Each swimmer may swim a total of eight events, of which no more than four may be individual events.** There will be a two-team maximum for relays. C and D relays will be allowed so long as there is open space in existing heats. New heats will not be made for C and D relays. If there are additional relays looking to enter then there is space it will be the

responsibility of the interested coaches to agree on who swims, otherwise none will be added. NOTE: Both relays can score points. Squad Size: Men's and Women's teams are calculated separately. There will be an unlimited number of entries permitted.

## ORDER OF EVENTS

Note: The following is a proposed schedule subject to change.

### *Friday December 4*

**Preliminaries Warm up 7:30am Start 9:00am**

| Women | Event | Men |
|---|---|---|
| # 3 | 500 yard Freestyle | # 4 |
| # 5 | 200 yard Individual Medley | # 6 |
| # 7 | 50 yard Freestyle | # 8 |
| # 9 | Women's 1 Meter (6 Dives) | |
| | Men's 3 Meter (6 Dives) | # 26 |

**Finals Warm up 4:30pm Start 6:00pm**

| Women | Event | Men |
|---|---|---|
| # 1 | 200 yard Freestyle Relay | # 2 |
| # 3 | 500 yard Freestyle | # 4 |
| # 5 | 200 yard Individual Medley | # 6 |
| # 7 | 50 yard Freestyle | # 8 |
| | Break 10 Minutes | |
| # 11 | 400 yard Medley Relay | # 12 |
| # 9 | Women's 1 Meter (6 Dives) | |
| | Men's 3 Meter (6 Dives) | # 26 |

### *Saturday December 5*

**Preliminaries Warm up 7:30am Start 9:00am**

| Women | Event | Men |
|---|---|---|
| # 15 | 400 yard Individual Medley | # 16 |
| # 17 | 100 yard Butterfly | # 18 |
| # 19 | 200 yard Freestyle | # 20 |
| # 21 | 100 yard Breaststroke | # 22 |
| # 23 | 100 yard Backstroke | # 24 |
| | Men's 1 Meter (6 Dives) | # 10 |
| # 25 | Women's 3 Meter (6 Dives) | |

**Finals Warm up 4:30pm Start 6:00pm**

| Women | Event | Men |
|---|---|---|
| # 13 | 200 yard Medley Relay | # 14 |
| # 15 | 400 yard Individual Medley | # 16 |
| # 17 | 100 yard Butterfly | # 18 |
| # 19 | 200 yard Freestyle | # 20 |
| # 21 | 100 yard Breaststroke | # 22 |
| # 23 | 100 yard Backstroke | # 24 |
| | Break 10 Minutes | |
| | Men's 1 Meter (6 Dives) | # 10 |
| # 25 | Women's 3 Meter (6 Dives) | |
| # 27 | 800 yard Freestyle Relay | # 28 |

# *SUNDAY DECEMBER 6*

PRELIMINARIES WARM UP 7:30AM START 9:00AM

| WOMEN | EVENT | MEN |
|---|---|---|
| # 31 | 200 YARD BACKSTROKE | # 32 |
| # 33 | 100 YARD FREESTYLE | # 34 |
| # 35 | 200 YARD BREASTSTROKE | # 36 |
| # 37 | 200 YARD BUTTERFLY | # 38 |
| # 29 | 1,650 YARD FREESTYLE | # 30 |

The entire 1650 program including the top heat will be run to conclude the morning session directly after the 200 Butterfly prelims. There will be no intercession swims. The 1650 will be run slow to fast alternating women and men. This change will allow for the final session to end earlier, helping to facilitate travel home during exam season.

FINALS WARM UP 3:00PM START 4:00PM

| WOMEN | EVENT | MEN |
|---|---|---|
| # 31 | 200 YARD BACKSTROKE | # 32 |
| # 33 | 100 YARD FREESTYLE | # 34 |
| # 35 | 200 YARD BREASTSTROKE | # 36 |
| # 37 | 200 YARD BUTTERFLY | # 38 |
| | BREAK 10 MINUTES | |
| # 39 | 400 YARD FREESTYLE RELAY | # 40 |

## 2026 DIVING FORMAT

All diving entries will be done via Divemeets.com. The Deadline to enter on Divemeets is Monday, Nov. 30 at 9:00 p.m.

**Note:** The following is a proposed schedule subject to change. Finals will be held 30 minutes following the conclusion of prelims.

**Friday, Dec. 4**

**Day One Trials** – Start 9:00am

*(Warm-ups from 7:30am – 8:50am)*

Event # 9 Women's 1 Meter Prelims (6 Dives)

Event #26 Men's 3 Meter Prelims (6 Dives)

**Day One Finals – To follow**

Event # 9 Women's 1 Meter Finals (6 Dives)

Event #26 Men's 3 Meter Finals (6 Dives)

**Saturday, Dec. 5**

**Day Two Trials** – Start 9:00am

*(Warm-ups from 7:30am – 8:50am)*

Event # 25 Women's 3 Meter Prelims (6 Dives)

Event #10 Men's 1 Meter Prelims (6 Dives)

**Day Two Finals – To Follow**

Event # 25 Women's 3 Meter Finals (6 Dives)

Event # 10 Men's 1 Meter Finals (6 Dives)

1. Diving prelims will be a 6-dive contest – 6 optional dives.
2. The top 8 divers from prelims (based on the first 6 dives) will advance to finals, performing 6 optional dives. Scores from prelims will not carry over.
3. Diving warm-ups and event competition will be ran in conjunction with swimming warm-ups and competition during both prelims and finals.

4. For those diving coaches who will be attending please provide your contact number to Mush Masters.
5. We will ask three to five coaches to volunteer as judges for diving and try to rotate as many judges as we can. If you are interested in volunteering to be a judge, please contact Mush Masters. It will be first come, first serve for selection of judges.

## PRACTICE AND WARMUP SCHEDULE

**PRACTICE SCHEDULE**

| | |
|---|---|
| DAY ONE | 7:30 AM & 4:30 PM |
| DAY TWO | 7:30 AM & 4:30 PM |
| DAY THREE | 7:30 AM & 3:00 PM |

The practice and warm-up schedule will be made by the ECAC meet coordinator and determined based on the host site's availability. During competition, practice space will be made available to the student-athletes. There will also be a designated area for swimmers to warm down.

| **LANE** | |
|---|---|
| | |
| **1** | Pace |
| **2** | Sprint |
| **3** | General |
| **4** | General |
| **5** | General |
| **6** | General |
| **7** | General |
| **8** | General |
| **9** | Sprint |
| **10** | Pace |

## SCRATCH PROCEDURES AND DEADLINES

***Scratches for Friday's session are to be emailed to Ellen Mace at besmarttinc@gmail.com by 6:00pm Thursday night. Scratch Cards for Saturday & Sunday's sessions should be deposited directly to the entry and timing coordinator at the meet table. All entries not scratched will become official entries.***

**SCRATCH DEADLINES:**

| | |
|---|---|
| **FOR FRIDAY SESSION #1:** | **6:00PM ON THURSDAY** |
| **FOR FRIDAY SESSION #2:** | **15 MIN AFTER THE END OF SESSION 1** |
| **FOR SATURDAY'S SESSION #3** | **6:00 PM ON FRIDAY** |
| **FOR SATURDAY'S SESSION #4** | **15 MIN AFTER THE END OF SESSION 3** |
| **FOR SUNDAY SESSION #5** | **6:00 PM ON SATURDAY** |

**FOR SUNDAY SESSION #6 15 MIN AFTER THE END OF SESSION 5**

## ***SCRATCH POLICY***

*If a swimmer or diver fails to scratch from an event, the student-athlete will be unable to swim/dive in the rest of the championship competition, unless under extenuating circumstances determined by the ECAC meet committee.*

## POLICIES & PROCEDURES

The ECAC will follow all guidelines and rules set forth by the NCAA in regard to the Swimming and Diving championship, unless otherwise noted. Under the ECAC bylaws, the information in this manual cannot be changed by anyone EXCEPT the ECAC administration or the championship committee.

## CHAMPIONSHIP GUIDELINES FOR COMPETING TEAMS

* Only those teams that are classified as Varsity are eligible to compete in the ECAC Swimming and Diving Championship.

The ECAC Swimming and Diving Championship shall be run in accordance with the NCAA Men's and Women's Swimming and Diving Rules.

A. Swimmers are to be assigned to lanes by the process of seeding. Seeded positions shall be based upon the entry times submitted on the official meet entry form.

B. Swimmers and relay teams shall be assigned to lanes from fastest to slowest in order of their submitted times. The lanes shall be filled in the following order 4,5,3,6,2,7,1,8. Swimmers or relay times with identical times shall be assigned to lanes by lot. There shall be no trading of times.

C. In preliminary heats or in finals for which there are no preliminaries, the times to be considered are those submitted on the official entry forms. In other finals the time are those made in preliminary heats.

D. **Swimmers** shall be placed in heats according to submitted times for **Individual Events** in the following manner:
   a) Three Heats or Fewer. The fastest person shall be placed in the third heat, the second fastest in the second heat, the third fastest in the first heat. The fourth fastest person shall be placed in the third heat, the fifth fastest in the second heat, the sixth fastest in the first heat, the seventh fastest in the third heat, etc. With 16 or fewer swimmers in an eight-lane racing course, there will be two seeded heats. With eight or fewer swimmers, there will be one seeded heat.
   b) Four Heats or More. The last three heats of an event shall be seeded in accordance with Rule 5-7-3-a. The heat before the last three heats shall consist of the next fastest swimmers; the heat before the last four heats shall consist of the next fastest swimmers, etc. Lanes shall be assigned in accordance with the pattern outlined in Rule 5-6-5.
   c) Exception. There shall be a minimum of three swimmers seeded into any heat.
   d) If a student-athlete is injured or sick, there is no reseeding during preliminaries. The lane remains empty.

**E. Time Final Relay Teams**

a) A timed final event is one in which only heats are contested and final places are determined by the times achieved in those heats. All competitors in all heats are eligible for all places.
b) In all time final events the final heat will be composed of the entries with the fastest seeded times. Entries with the next fastest group of times compose the next to the last heat, etc. Lane assignments shall be made as in all other final events. A full complement of entries shall be placed in all heats starting with the fastest heat. Whenever this results in fewer than three entries in the slowest heat, the slowest seeded entries in the second heat shall be moved into the slowest heat so no heat has fewer than three entries.

## PENALTY FOR VIOLATION OF CHAMPIONSHIP RULES

A competitor shall be required to participate in all individual events in which he/she has been entered but not scratched, until the allowable limit for individual events has been reached. A competitor who participates in more than the allowable number of events in the championship will be disqualified from any excess events and shall be prohibited from participating in the remainder of the meet.

## MEET INFORMATION

**PSYCH SHEETS:**
Preliminary psych sheets will be posted on ecacsports.com and www.besmarttinc.com websites the Monday prior to the championship, pending timely and accurate entries.

**LAP COUNTERS:**
Long Island Aquatic Center does not provide lap counters, **please bring 1-2 lap counters per team to provide for the meet.** Your team will be responsible for counting your own athletes' laps.

**COACHES MEETING:**
A coaches meeting will be held via zoom Thursday, December 3 at noon. Coaches not able to attend must notify the ECAC.

**LOCKER ROOM FACILITIES:**
Locker rooms are available, however there will be NO locks or towels provided for the competitors. Additionally, there are no overnight lockers available at the event site.

**TIMERS**
Teams will be assigned lanes. You must provide two timers per lane assignment. For the 1650 yard freestyle preliminary heats, you must provide two timers for your swimmer.

**TIME TRIALS**
Time Trials will be allowed on Friday and Saturday. There will be no time trials allowed on Sunday to accommodate the 1650.

**AWARDS:**
Team awards will be presented to the top three men's and women's teams. Individual medals will be given to the top three swimmers and divers in each event. Additionally, trophies will be awarded to the Men's/Women's Swimmer of the Meet and Men's/Women's Diver of the Meet and Men's/Women's Coach of the Meet. Awards will be determined by the coaches in attendance

at the meet. A ballot will be given to the coaches at the coaches meeting. If a coach is to misplace the ballot they are to notify an ECAC staff representative to receive a new one. Ballots will be due by the end of the final break on Sunday.

**SCORING:**
Scoring for the championship will be the top 24 places. The following score system shall be used for individual events. Relays are doubled.
32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

**PARTICIPATING COACHES HEAT SHEETS:**
Heat sheets will be available for pick up prior to each session at the timing table.

**RESULTS:**
Results will also be live on meet mobile for coaches, student-athletes and spectators.

**TICKET INFORMATION:**
Tickets will open at least one hour prior to each session and be located at the main entrance of the spectator area of the facility.

| | |
|---|---|
| Adults Tickets (per session) | $25.00 |
| Students/Children (7-12) | $15.00 |
| | |
| Adult All Session Pass | $65.00 |
| Children/Students/Seniors | $35.00 |

**PARKING:**
Free.

## ETHICAL BEHAVIOR BY COACHES

The ECAC encourages and promotes good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, racial or ethnic comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition.

As a member of the coaching profession, coaches have an obligation and a responsibility to the sport, to the student-athletes, and to all those with whom they come into contact. The ECAC expects coaches to be role models and to conduct themselves with integrity and high ethical standards at all ECAC events. In order to fulfill these responsibilities, a coach should follow the guidelines listed below.

1) Swimming and diving competition will be conducted according to the rules and procedures of both the NCAA and ECAC. Violations of ethical conduct are subject to immediate action, including NCAA Bylaws 11.1.1 and 11.1.2 for coaches; Bylaw 14.01.3.3 for student athletes; and Bylaw 10.1 for institutions.

2) Place the safety and welfare of others ahead of winning and prestige.

3) Treat all coaches, student athletes, and meet personnel, with honesty, fairness, and respect.