

MEET SCHEDULES

Diving will be Conducted at Huntersville Family Fitness
11725 Verhoeff Drive, Huntersville NC 28078

Swimming will be Held at Mecklenburg County Aquatics Center
800 E Martin Luther King Jr Blvd, Charlotte NC 28202

3A DIVING Friday, February 3rd	4A DIVING Friday, February 3rd	1A/2A DIVING Friday, February 3rd
Huntersville (HFFA) Facility Opens @ 7:00 AM Warm-Ups @ 7:30 AM Competition Begins @ 8:00 AM	Huntersville (HFFA) Facility Opens @ 12:00 PM Warm-Ups @ 12:30 PM Competition Begins @ 1:00 PM	Huntersville (HFFA) Facility Opens @ 9:30 AM Warm-Ups @ 10:00 AM Competition Begins @ 10:30 AM
<p>Western Regions Coaches and Captains Meeting on Tuesday, January 31 @ 6:00 PM via Zoom</p> <p>Officials Sign Up on Google Doc. Link is below. https://docs.google.com/forms/d/e/1FAIpQLSdijIIIAFXeEgYuoBugKj7if7tH5AjB1iUaVz5PAAbPfYv2oWSQ/viewform?usp=sf_link Officials Briefing will be 45 minutes prior to the start of competition</p>		
3A SWIMMING Friday, February 3rd	4A SWIMMING Saturday, February 4th	1A/2A SWIMMING Saturday, February 4th
<p>Mecklenburg County Aquatic Center Facility Opens @ 3:00 PM (For teams and officials) Warm-Ups @ 3:15-4:00 PM Competition @ 4:00 PM (approx.)</p> <p>Meet Referee: Bill Vey (wveyjr@gmail.com)</p> <p>Director: Ryan Pegarsch Pine Lake Prep plpswim@pinelakeprep.org</p>	<p>Mecklenburg County Aquatic Center Facility Opens @ 7:30 AM (For teams and officials) Warm-Ups @ 7:45-8:30 AM Competition @ 8:30 AM (approx.)</p> <p>Meet Referee: Colleen Gillan (csgillan9@gmail.com)</p> <p>Director: Melissa King-Pierce Marvin Ridge HS Melissa.king@ucps.k12.nc.us</p>	<p>Mecklenburg County Aquatic Center Facility Opens @ 5:00 PM (For teams and officials) Warm-Ups @ 5:15-6:00 PM Competition @ 6:00 PM (approx.)</p> <p>Meet Referee: Jim Riggs (jriggs1@bellsouth.net)</p> <p>Director: Dillon Ross Lincoln Charter dillon.ross@lincolncharter.org</p>

Refer to NCHSAA website for official schedule details and additional information.

Event Schedule

- Event breaks after the 50 free and 200 Free Relays (20 minutes each)
- Awards presentations (Top 3 awarded at podium) during the breaks after the 50 Free, 200 Free Relay and at the end of the meet.

Inclement Weather / Schedule Changes

Refer to NCHSAA website for additional information.

Meet Guidelines

- This meet is timed finals only.
- An individual swimmer may enter a maximum of four events, no more than two individual events (including Diving).
- All rules and guidelines of NHSF and NCHSAA will be applied. Refer to the NCHSAA site for additional information. Disqualification ruling inquiries are to be directed to the Referee by the coach.
- Standard whistle starts and no recall protocol will be used.
- **At no time may swimmer enter the competition pool without permission of the deck referee.**
- Dive-overs will NOT be used. Swimmers will exit the water at the short whistles for the next heat.
- Wedges on the blocks will be allowed and it is the swimmers to adjust to their specifications
- **Backstroke swimmers must “step in” for backstroke and the medley relay events.** Jumping or diving in may be considered a false start.
- Swimming in the wrong heat and or lane is a disqualification from the event.
- Officials will be observing dual confirmation of false starts and relay take-offs.
- Lap counters for the 500 Free only. Only One swimmer will be allowed to count laps per lane. **Bring your own!**
- Sessions will be USA Swimming observed swims for acceptance into SWIMS after the State Championship.

Uniform/Attire/Tape/Markings

- All swimmers must be properly attired per NCHSAA/NFHS regulations.
- Only one suit may be worn in competition; drag suits are not allowed in competition and undergarments are not permitted unless NCHSAA has provided written permission. Swimsuits and manufacturing logos must adhere to the NFHS Rules. Tie-backs suits are not allowed.
- Swimmers may not wear or use any device to aid in body compression other than a legal swimsuit.
- **No Deck Changing** will be allowed. Athletes must use the locker rooms. The penalty for deck changing before, during or after a meet is disqualification of a competitor from further competition in the meet, to include all events in which the competitor previously qualified (unsporting conduct).
- **No shaving on site. Disqualification from the meet may occur.**
- Participating teams may be hand stamped for site access upon arrival at the meet. No additional body paint allowed.
- **Swimmers may mark their event/heat/lane on the backside of one hand below the wrist.** Errors in marking will not excuse a failure to swim. No other markings allowed.
- No compression tape may be worn by an athlete unless a written note from a doctor/health professional indicating it is for an injury. The documentation is to be delivered to the Meet Referee prior to the beginning of the meet. Any tape on the athlete should be presented to the Meet Referee prior to the meet for approval.

Scratches and Declared False Starts (DFS)

- **Scratches are when a swimmer will not be swimming in the meet.**
- Swimmers are allowed to Declare a False Start (DFS) from an event without penalty, if the DFS is delivered to the Meet Referee PRIOR to the event being called (long whistle). The event counts as a swim for the athlete. **If the swimmer is a NO SHOW/SWIM without a DFS, they are disqualified/barred from the remainder of the meet including relays.**

Relay Guidelines

- Relay cards will be in your packet on arrival.
- Turn in your cards with correct relay names at the coaches' meeting; name changes or changes in order may be made to the Administrative Referee (Up in the Crow's Nest) or Meet Referee (forms are available at the admin table) before completion of the relay heat.
- Any swimmer on your team may swim on a relay provided he/she does not exceed the entry limit.
- Boy's relays will not be permitted to go behind the blocks until the last heat of girl's relays are in the water.

Scoring and Advancement to States

- Website says **Top 16** as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1) Swimmers not achieving the regional automatic or consideration qualifying standard will not score in that event.
- Relays are double points.
- The swimmers qualifying for state will be announced and the top 3 finishers will receive awards on the podium. Please assemble prior to the announcements. It is recommended that swimmers wear a shirt or warm-ups for the award presentation.
- The following swimmers will qualify for the State Championship are:
 - The Top 6 (six) swimmers from each region (East, Central and West) will advance to States automatically.
 - The next 6 (six) fastest times (not already qualified for advancement) from ANY region achieved during the regional competitions without disqualification will advance.
 - ***Individuals and relay teams who qualify for State Championship and do not intend to participate must notify the Regional Meet Director by 3:00pm on the Monday before State Competition. Remaining alternates will not advance to the State Meet after that time.*** (Note: Athletes may scratch from a single event without scratching from the meet.)
 - Substitutes for relays participants are allowed but no substitutions in individual events are allowed.

General Guidelines

- Please report any injuries immediately to meet management or any official.
- A clear space of 5 ft along the perimeter of the competition pool must be maintained at all times. Swimmers will remain with their team until they report to the blocks.
- Swimmers, Officials, Meet Management only behind the start end and turn bulkhead. No coaches on either pool end.
- Certified NCHSAA Officials are invited to support the meet.
- Silence is required during starts. No flash photography at the start. ***Cell phones, video recording, or photography are not permitted behind the blocks at any time.***
- During warm downs no diving, feet first entry only.
- Results will be posted on the pool deck and/or Meet Mobile
- Please keep your team area clean. Place litter in the trash cans provided. Remember to respect the facilities provided.
- NISCA High School All American Times are the responsibility of the coach and is done online at: <http://niscaonline.org/AwardPrograms/AllAmericaSwimming/tabid/63/Default.aspx>