

North Carolina High School Athletic Association
3A State Swimming and Diving Championships

Saturday, February 8, 2020
Triangle Aquatic Center

Meet Timeline

Prelims

7:15 a.m.	Facility opens
7:45-8:15a.m.	Pool opens for General Warm-Ups
7:45 a.m.	Officials' Meeting – Downstairs Classroom
8:15-8:30 a.m.	Specific warm-ups (Sprint, pace, etc.)
8:30 a.m.	Timer's Briefing– Downstairs Classroom
8:30 a.m.	Clear pool for Coaches' Meeting
8:30-9:00 a.m.	Coaches' and Team Captains' Meeting - Upstairs
9:00 a.m.	Competition begins after the meeting

15-minute break after men's 50 Free
10-minute break after men's 200 Free Relay

Finals

3:30 p.m.	Facility opens
3:45 p.m.	Pool opens for General Warm-ups
3:45 p.m.	Officials Briefing– Downstairs Classroom
4:15 p.m.	Timer's Briefing– Downstairs Classroom
4:15-4:30 p.m.	Specific Warm-ups (Sprint, pace, etc.)
4:30 p.m.	Clear Pool
4:40 p.m.	National Anthem
4:45 p.m.	Finals begin

Awards Awards will be presented to the top four individuals and relay teams after the men's 50 free, the men's 200 free relay and at the conclusion of the meet.
Team and MVP Awards will be presented at the conclusion of the meet.

Meet Committee

Meet Director-Mandy McMillan, Admin Ref-Wayne Shulby, Athlete TBD

Deck Passes

Two deck passes will be issued for each school and will be in your packets at check in.

Relays

The boys' relay swimmers will not be allowed behind the blocks in any relay event until the last girls' heat in the event has started.

Once the swimmers are on the blocks, please be respectful and quiet for the start of the race.

Relay Cards

Prelims

Relay cards for prelims will be in your envelope. Please fill them out with the correct order and designate the lead-off swimmer. Return the cards to Wayne Shulby, Admin Referee, prior to or at the Coaches' Meeting. If there is any change in the relay team or lead-off swimmer after the event has begun, please see the Admin Referee at the Scoring table before the end of the heat in which the team is swimming.

Swim-Offs

We will swim off ties for 8th, 9th, 16th and 17th place from prelims. Deck Referees will arrange swim-offs with coaches so please listen for announcements. Coaches/Athletes should check the posted results prior to leaving prelims to ensure they will not be potentially involved in a swim-off. If you leave the facility, we will consider you to have declined the swim-off.

Prelims and Finals are considered one meet.

Finals

For finals, pick up your relay cards and your heat sheet from the admin referee when you check in for warm-ups. Make any changes to your relays or confirm by your signature if the names and order are the same and return these to Dick Wilson before the meet begins. Changes may be made with the Admin Referee or assistant before the end of the heat in which the team is swimming.

Substitutions may be made for relay swimmers using any eligible swimmer on the team. Swimmers may swim a maximum of two individual events and two relays or one individual event and three relays in the meet.

A swimmer who is entered in two individual events and swims two relays in prelims may swim on the same relays in finals but may not be switched to the third relay.

Declared False Starts and No Shows

Prelims

DFS must be provided to the meet referee or deck referee before the event begins. A DFS will be recorded in the final results as a disqualification and counts as an event for the swimmer. Failure to show for an event (NO SHOW) disqualifies the competitor from further competition except for previous qualification in an individual final event. A swimmer who is disqualified from further competition for failure to show cannot participate in any relay after the no show. If a team is unable to field four swimmers who may compete, the team is disqualified.

Finals

DFS's for finals must be declared to the Admin Referee within 30 min following the completion of prelims. If a DFS for finals is not declared in that period, the competitor will have to swim the event in finals or be disqualified from the remainder of the meet.

Starting Protocol

Whistle commands will be used by the deck referee. We will **NOT** be doing dive-overs in prelims or finals. The short whistle alerts the swimmers in the pool to exit the pool, and those swimming in the next heat should prepare to swim. A long whistle calls the swimmer to step up on the blocks. For backstroke events, swimmers must "step in" upon the long whistle command in the medley relay and backstroke events. At this time a swimmer's goggles and cap should be in position and the swimmer should be ready to swim. Delay in stepping up/in will result in a delay of the meet disqualification for the swimmer/relay team. Jumping into the water for backstroke events will result in a disqualification. For backstroke only, a second, long whistle calls the swimmers to place

their feet on the wall and their hands on the starting grips or wall. False starts will be dually confirmed by the starter and deck referee, and the swimmer/coach will be notified of a false start at the conclusion of the heat.

Disqualifications

DQ slips will be filled out and signed by the referee. We will page the coach of a team and notify you of a DQ as quickly as possible. Protests of judgment decisions by officials are determined by the Referee and do not go to the meet committee.

Starts and Relay Take-Offs

Dual written confirmation of false starts and relay take-offs is required.

500 Freestyle

500 free is a timed final event. The first heat of men and women will swim in prelims. The fastest 16 men and women swimmers will swim in finals and the event is scored as a timed final.

400 Free Relay

The 400 free relay is a prelim-final event.

Alternates in Finals

No alternates will be brought forward in finals unless there is a vacancy due to "prior notice", i.e. illness, ejection or an unforeseen circumstance. No shows are not included. If vacated by a no show, the lane shall remain empty.

Scoring

Scoring is 16 places. Swimmers must have achieved the minimum qualifying time in prelims or finals to score.

GENERAL INFORMATION

- **Sportsmanship** is the cornerstone of high school athletics. Please exhibit good sportsmanship to your teammates, opponents, coaches and officials at all times.
- **Competitors must be appropriately attired per NFHS Rule 3-3-2.**
- **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). (Rule 3.6.1)
- **No Shaving** will be permitted on site.
- **No boom boxes or external speakers are permitted. No artificial noise makers of any sort allowed on deck or in stands.**
- No body art except for the event, heat and lane number is permitted on swimmers (hands). Tattoos are permissible as long as they are not offensive in the opinion of the Meet Referee.
- At no time may a swimmer enter the competition pool without the permission of the deck referee.
- No compression tape may be worn by an athlete unless a written note from a doctor/health professional indicating it is for an injury is delivered to the meet referee prior to the beginning of the meet. Any tape on athletes should be presented to the Meet Referee prior to the meet for approval.
- Please ask your team parents and swimmers to refrain from flash photography at the start.
- Results will be posted on the pool deck and in the spectator area.

- No chairs or sitting on the deck unless against the wall or behind the columns.
- Please keep your team area clean and ensure that the athletes respect the facilities provided to us at Triangle Aquatic Center.
- During the competition, only swimmers **participating** in the current event or the next event will be allowed behind the starting block area. Coaches and teams may cheer on their teammates from the **sides** of the pool. **NO coaching** from behind the starting blocks.

National Time Verification

Electronic results of the meet will be loaded into the USA Swimming database from the regional and state championships for USA Swimming member athletes after the state championships are over. Relay lead-off splits in the freestyle relays will be loaded as well. Contact Suzanne Heath (sheath506@gmail.com) if you have questions on time verification for USA Swimming.

High School All American

Please go to the NISCA web site to electronically submit applications for high school all American recognition. www.niscaonline.org is the URL.

***** Teams shall not celebrate by throwing coach in pool, team jumping in pool or throwing Gatorade on coach. *****

**No photographers behind the blocks
NO FLASH PHOTOGRAPHY!
QUIET FOR THE START!**