

Saturday, February 3, 2024
Greensboro Aquatic Center

Meet Timeline

2:30 p.m.	Facility opens
3:05 - 4 p.m.	Pool opens for General Warm-Ups
3:00 p.m.	Official's meeting (Hospitality)
3:30 p.m.	Timer's meeting (Classroom #2)
4:00 p.m.	Clear the pool for coaches meeting
4:05 p.m.	Coaches' Meeting (Hospitality)
TBD	Competition begins following Coaches' meeting
Awards	Awards will be presented to the top three individuals and relay teams after the Men's 50 Free, Men's 200 Free Relay, and at the conclusion of the meet.

Note: Swimmers using pool prior to 3:05 p.m. for any reason are subject to disqualification from meet.

Meet Committee

Meet Director – Jodi Troxler, Rockingham County HS,
Admin Referee - Nan Stevens,
Athlete - TBD

Meet Guidelines

- **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 body art except for the event, heat and lane number is permitted on swimmers. 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.
- Only one suit may be worn in competition; drag suits are not allowed in competition and undergarments are not permitted unless the state association has provided written permission.
- Please ask your swimmers to refrain from flash photography at the start.
- Please keep your team area clean and ensure that the athletes respect the facilities provided to us at Greensboro Aquatic Center.
- Teams may not enter the water or throw coach in pool in celebration.
- A DFS may be taken for an entered event (the referee or deck referee must be notified prior to the start of the event) or the swimmer may be scratched by notifying the admin referee prior to the event being called. In both cases, the entry counts as an event for the swimmer.
- A swimmer who fails to take a DFS or fails to scratch and is a No Show for an event shall be disqualified from further competition in the meet (including relays).

- Dual confirmation of false starts and relay take-offs
- Backstrokers must “step in” for backstroke and the medley relay events. Jumping in is considered a false start (Rule 8.1.3b).
- We will be doing Dive-overs; swimmers, including the last relay swimmer, please stay in the pool at the end of each heat and promptly exit after the start.

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 admin referee or meet referee (forms available at the admin table) before completion of the relay heat.
- Boys’ relays will not be permitted to go behind the blocks until the last heat of girls relays are in the water.

Scoring and Advancement to 3A State Championship

- Individual Scoring will be 16 places.
- Relays are double points.
- The winning and runner up teams will receive plaques.
- The top 6 times from each region qualify plus the top 6 times regardless of region not already qualified from any region (at-large) will qualify for the state championship. Competitors must achieve the regional qualifying time to advance to state. If two swimmers/relays tie for 6th, there will be a swim off. Swim-off times will not be used for at-large qualifying. Ties for 24th (at large) will qualify for state championships.
- Individuals or relay teams qualifying but not intending to participate in the State Championship must notify the Regional Meet Director by 3:00 P.M. on the Monday before the State Championship. Remaining alternates will not advance to the state meet after that time.
- Scratches can also be made by individual events without being required to scratch from the entire meet.
- Substitutes for relay participants are allowed.

**Special thanks to the Greensboro Aquatic Center for hosting the 3A Central Regional.
Please clean up your team area.**

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

**No photographers behind the blocks
NO FLASH PHOTOGRAPHY!**