

NCHSAA 4A EASTERN REGIONAL CHAMPIONSHIPS

Friday, February 2, 2024
Triangle Aquatic Center — Cary, NC

MEET TIMELINE

3:00 pm	Facility Access
3:15-3:45 pm	General Warm-ups
3:45-4:00 pm	Specific Warm-ups / sprint lanes
3:15-4:00 pm	Officials Briefing — downstairs classroom
4:00 pm	Timers Briefing — downstairs classroom
4:00 pm	Clear the Pool for Coaches/Captains Meeting
4:05 pm	Coaches/Captains Meeting — upstairs gallery
TBD	Competition begins following Coaches/Captains Meeting
Awards	Awards will be presented to the top three individuals and relay teams <ul style="list-style-type: none">- after the Men's 50 Free,- after the Men's 200 Free Relay, and- at the conclusion of the meet.

Note: Swimmers using the pool prior to 3:15pm, for any reason, are subject to disqualification from the meet.

MEET COMMITTEE

Meet Director — Mandy McMillan, Cumberland Co. Schools,
Admin Referee — Thornton Burnette,
Athlete — TBD

— Meet Guidelines —

- **COVID Guidelines:** Coaches, Swimmers and Volunteers may wear masks at their own discretion. This is subject to change by facility or governmental mandate.
- **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 if 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 medical tape applied to athletes should be presented to the Meet Referee prior to competition 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 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 the Triangle 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 Meet 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).
- Whistle commands and no-recall protocols will be used
- Dual-confirmation of false starts and relay take-offs will be used
- Backstrokers must “step in” for backstroke and the medley relay events. Jumping in is considered a false start (Rule 8.1.3b).
- We will NOT be doing dive-overs. Swimmers, including the last relay swimmer, please exit the pool promptly at the end of each heat.
- A 15-minute break will be observed after Event 8 (Men’s 50 yd Freestyle)
- This meet has been designated a “USA Swimming Observed Meet”. Times achieved by USA Swimming members will be uploaded to the USA Swimming database (SWIMS). All USA Swimming athletes should submit this form to facilitate uploading of times: <https://forms.gle/rytZz8hYanNpPD1M7>

— Relay Guidelines —

- Relay cards will be in your packet upon arrival.
- Turn in your cards with correct relay names at the Coaches/Captains meeting. Name changes or changes in order may be made to the Admin Referee (forms available at the admin table) prior to completion of the relay heat.
- Boys’ Relays will not be permitted behind the blocks until the last heat of Girl’s Relays are in the water.

— Scoring and Advancement to 4A State Championships —

- Individual Scoring will be as follows:
 - 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relays are double points.
- The winning and runner up teams will receive plaques.
- The top 6 times will qualify for the State Championship. Competitors must achieve the regional qualifying time to advance. The next 6 overall (from all Regionals) will also advance to States. 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 and relay teams who qualify for State Championship and do not intend to participate must notify the **State Meet Director, Jonah Turner (jturner@coach.cghsnc.org)** by 3:00pm on the Monday before State Competition.
- Remaining alternates will not advance to State Championships after that time. (**Note: Athletes may scratch from a single event without scratching from the meet.**)
- Substitutes for relay participants are allowed.

**Special thanks to the Triangle Aquatic Center for hosting the 4A Eastern Regional.
Please clean up your team area and remind your team parents to keep the spectator area clean.**

**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!**