

## 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

<b>4A DIVING</b> Friday, February 2	<b>1A/2A DIVING</b> Friday, February 2	<b>3A DIVING</b> Friday, February 2
Huntersville (HFFA) Facility opens 7:00 AM Warm-ups 7:30 AM Competition 8:00 AM	Huntersville (HFFA) Facility opens 11:30 AM Warm-ups 12:00 PM Competition 12:30 PM	Huntersville (HFFA) Facility opens 2:30 PM Warm-ups 3:00 PM Competition 3:30 PM
<p><b>Western Region Coaches Meeting on Tuesday, January 30 @ 6:00 PM via Zoom</b> <b>Officials Briefings will be 45 minutes prior to the start of competition.</b></p>		
<b>4A WEST SWIMMING</b> Friday, February 2	<b>1A/2A WEST SWIMMING</b> Saturday, February 3	<b>3A WEST SWIMMING</b> Saturday, February 3
<p><b>Mecklenburg County Aquatic Center</b> Facility Opens @ 5:00 PM <i>(For teams and officials)</i> Warm-Ups @ 5:15-6:00 PM Competition @ 6:15 PM <i>(approx.)</i></p> <p><b>Meet Referee:</b> Mark Wiebke <a href="mailto:markwiebke@bellsouth.net">markwiebke@bellsouth.net</a></p> <p><b>Director:</b> Melissa King-Pierce Marvin Ridge HS <a href="mailto:Melissa.king@ucps.k12.nc.us">Melissa.king@ucps.k12.nc.us</a></p>	<p><b>Mecklenburg County Aquatic Center</b> Facility Opens @ 7:30 AM <i>(For teams and officials)</i> Warm-Ups @ 7:45-8:30 AM Competition @ 8:45 AM <i>(approx.)</i></p> <p><b>Meet Referee:</b> Jim Riggs <a href="mailto:jsriggs11@gmail.com">jsriggs11@gmail.com</a></p> <p><b>Director:</b> Dillon Ross Lincoln Charter HS <a href="mailto:dillon.ross@lincolncharter.org">dillon.ross@lincolncharter.org</a></p>	<p><b>Mecklenburg County Aquatic Center</b> Facility Opens @ 3:00 PM <i>(For teams and officials)</i> Warm-Ups @ 3:15-4:00 PM Competition @ 4:15 PM <i>(approx.)</i></p> <p><b>Meet Referee:</b> Bill Vey <a href="mailto:wveyjr@gmail.com">wveyjr@gmail.com</a></p> <p><b>Directors:</b> Cathy Hitchcock Hickory HS <a href="mailto:hitchcockca@hickoryschools.net">hitchcockca@hickoryschools.net</a> Ryan Pegarsch <a href="mailto:pegarschr@gmail.com">pegarschr@gmail.com</a></p>
<p><b>Refer to NCHSAA website for official schedule details and additional information.</b></p>		

### 1. Event Schedule

- a) **Event breaks** after the Boys 50 Free and Boys 200 Free Relays (20 minutes each)
- b) **Awards presentations** (Top 3 awarded at podium) during the breaks after the Boys 50 Free, Boys 200 Free Relay; and at the end of the meet. Athletes are required to wear a shirt or warm-ups for the award presentation.

### 2. Inclement Weather / Schedule Changes

- a) Refer to NCHSAA Swimming & Diving website for additional information.

### 3. Meet Guidelines

- a) This **meet is timed finals** only.
- b) An **individual swimmer may enter a maximum of four events**, no more than two individual events (Diving is one of the events). If a swimmer is over-entered, their exceeding event(s) are removed.
- c) All rules and guidelines of **NFHS 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.
- d) Standard whistle protocols will be used with no recall.
- e) **At no time may swimmer enter the competition pool without permission of the deck referee.**
- f) **Dive-overs will NOT be used.** Swimmers will exit the water at the short whistles for the next heat.
- g) **Take-off wedges on the blocks are allowed.** It is the swimmer's responsibility to adjust to their needs.
- h) **Backstroke swimmers must "step in" for backstroke and medley relay events.** Jumping or diving may be considered a false start and possible disqualification.
- i) Swimming in the **wrong heat and/or lane is a disqualification** from the event.
- j) Officials will be observing **dual confirmation of false starts and relay take-offs.**
- k) **Lap counters for 500 Free only.** Only one individual is allowed to count laps/lane.
- l) Sessions will be **USA Swimming observed swims** for acceptance into SWIMS after the State Championship.

### 4. Uniform/Attire/Tape/Markings

- a) All swimmers must be **properly attired** per NCHSAA/NFHS regulations.
- b) **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-back suits are not allowed.**
- c) Swimmers may not wear or use any device to aid in **body compression** other than a legal swimsuit.
- d) **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).
- e) **No shaving on site.** Disqualification from the meet may occur.
- f) Participating teams may be hand stamped for site access upon arrival at the meet. No additional body paint allowed.
- g) 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.**
- h) 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.

### 5. Scratches and Declared False Starts (DFS)

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

## 6. Relay Guidelines

- a) **Relay cards** will be in your packet on arrival.
- b) **All relay cards are due 45 minutes prior to start of the meet. Relay changes can be made to the Administrative Referee, Deck Referee or Meet Referee until the event is called to the blocks.** Additional relay cards are available in the Admin Room.
- c) Any swimmer on your team may swim on a relay provided he/she does not exceed the entry limit.
- d) **Boys Relays are not permitted to go behind the blocks until the last heat of Girls Relays are in the water.**

## 7. Scoring and Advancement to States

- a) Refer to the NCHSAA website: **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.**
- b) Relays are double points.
- c) The **top six regional swimmers** will be announced.
- d) The **top 3 finishers** will receive awards on the podium. Assemble prior to the announcements. It is required that swimmers wear a shirt or warm-ups for the award presentations.
- e) The **State Championship qualifiers** are:
  - i. **Top 6 (six) swimmers from each region** (East, Central and West) advance to States automatically.
  - ii. **Next 6 (six) fastest times** (not already qualified for advancement) from **ANY region** achieved during the regional competition.
  - iii. **Individuals and relay teams who qualify for State Championship and do not intend to participate must notify the Regional Meet Director by 3:00 pm on the Monday before State Competition. The remaining alternates will not advance to the State Meet after that time.**
  - iv. Athletes may **withdraw (Declared False Start - DFS)** from a **single event** without scratching from the remainder of the meet.
  - v. Substitutes for **relay participants** are allowed.
  - vi. **No substitutions for individual events are allowed.**

## 8. General Guidelines

- a) **Report any injury immediately to meet management or any official or lifeguard.**
- b) A **clear space of 5 feet** along the perimeter of the competition pool must always be maintained.
- c) Swimmers **remain with their team** in their seating area until they report to the blocks.
- d) Swimmers, Officials, Meet Management **only** behind the start end and turn bulkhead.
- e) **No coaches on either pool start or turn ends.**
- f) Certified **NCHSAA Officials** are invited to support the meet.
- g) During all starts: **silence is requested and no flash photography.**
- h) **Cell phones, video recording, or photography are not permitted behind the blocks.**
- i) **During warm ups and warm downs, no diving, feet first entry only.**
- j) **Results** will be posted on the pool deck and/or Meet Mobile as available.
- k) **Teams are responsible for cleaning their assigned seating areas.** Place litter in the trash cans provided.
- l) **All NISCA High School All American Times** are the responsibility of the coach.