

**NORTH CAROLINA
HIGH SCHOOL ATHLETIC ASSOCIATION**

**REGIONAL
SWIMMING CHAMPIONSHIPS**



— 2025 —

2025 SWIMMING COMPETITION SCHEDULES

WEST REGIONAL — Mecklenburg Aquatic Center

1A/2A	3A	4A
Friday, 31 January 5:00pm Facility Access 5:15-6:00pm Warm-ups 5:15pm Officials Briefing 1/28 - 6pm - Zoom Coaches/Captains Meeting ~6:05pm Competition begins	Saturday, 1 February 7:30am Facility Access 7:45-8:30am Warm-ups 7:45am Officials Briefing 1/28 - 6pm - Zoom Coaches/Captains Meeting ~8:35am Competition begins	Saturday, 1 February 3:00pm Facility Access 3:15-4:00pm Warm-ups 3:15pm Officials Briefing 1/28 - 6pm - Zoom Coaches/Captains Meeting ~4:05pm Competition begins
MEET REFEREE Jim Riggs jsriggs11@gmail.com	MEET REFEREE Bill Vey wveyjr@gmail.com	MEET REFEREE Mark Wiebke markwiebke@bellsouth.net
MEET DIRECTOR Brett Hayford brett.hayford@pinelakeprep.org	MEET DIRECTOR Brett Hayford brett.hayford@pinelakeprep.org	MEET DIRECTOR Melissa King-Pierce melissa.king@ucps.k12.nc.us

CENTRAL REGIONAL — Greensboro Aquatic Center

1A/2A	3A	4A
Friday, 31 January 2:30pm Facility Access 3:05-4:00pm Warm-ups 3:15pm Officials Briefing 4:05pm Coaches/Captains Meeting ~4:20pm Competition begins	Saturday, 1 February 7:15am Facility Access 7:35-8:30am Warm-ups 7:45am Officials Briefing 8:35am Coaches/Captains Meeting ~8:50am Competition begins	Saturday, 1 February 2:30pm Facility Access 3:05-4:00pm Warm-ups 3:15pm Officials Briefing 4:05pm Coaches/Captains Meeting ~4:20pm Competition begins
MEET REFEREE Emily Borden em6554@aol.com	MEET REFEREE Jean Trowbridge trowbridgejean67@gmail.com	MEET REFEREE Rob Stevens robstevens@triad.rr.com
MEET DIRECTOR Jonathan Eloff jelolf@bmhs.us Justine Luzwick justine.luzwick@stokes.k12.nc.us	MEET DIRECTOR Jodi Troxler jtroxler@rock.k12.nc.us	MEET DIRECTOR Jennifer Lovato lovatoj@gcsnc.com Susan Skipper susanleeskipper@gmail.com

EAST REGIONAL — Triangle Aquatic Center

1A/2A	3A	4A
Friday, 31 January 3:00pm Facility Access 3:15-4:00pm Warm-ups 3:15pm Officials Briefing 4:05pm Coaches/Captains Meeting ~4:20pm Competition begins	Saturday, 1 February 7:45am Facility Access 8:00-8:45am Warm-ups 8:00am Officials Briefing 8:50am Coaches/Captains Meeting ~9:05am Competition begins	Saturday, 1 February 3:15pm Facility Access 3:30-4:15pm Warm-ups 3:30pm Officials Briefing 4:20pm Coaches/Captains Meeting ~4:35pm Competition begins
MEET REFEREE John Jewell jmjswim@gmail.com	MEET REFEREE Thornton Burnette thor8550@aol.com	MEET REFEREE Mike Trexler mike_trexler@mac.com
MEET DIRECTOR Mandy McMillan mcmillanmandyp@gmail.com	MEET DIRECTOR Mikaela Worsinger mikaela.worsinger@carteretk12.org	MEET DIRECTOR Mandy McMillan mcmillanmandyp@gmail.com

SCHEDULE AND BREAKS

Breaks will be observed to present awards to the top three individuals and relay teams

- ✓ after the Men's 50 Free,
- ✓ after the Men's 200 Free Relay, and
- ✓ at the conclusion of the meet.

AWARDS

Awards will be presented to the top three individuals and top three relay teams. Athletes are required to wear a shirt or warm-ups for their award presentations.

GENERAL MEET GUIDELINES

- All events will be contested as Timed Finals.
- An individual swimmer may enter a maximum of four total events with no more than two of these as individual events (Diving counts as an event). If a swimmer is over-entered, their exceeding event(s) will be automatically removed in event order.
- Swimming in the wrong heat and/or lane will result in disqualification from that event.
- Standard whistle protocols will be used with no recall.
- Dual-confirmation of false starts and relay take-offs will be used.
- Swimmers must "step in" for backstroke and medley relay events. Jumping, diving or launching is considered a false start (Rule 8.1.3b) .
- At no time may any swimmer enter the competition pool without permission of the deck referee, this includes entering the pool at any time prior the beginning of warm-ups.
- Teams may not enter the water or throw coach in pool in celebration.
- 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://qrco.de/bfhqk4>



UNIFORMS / 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 NFHS Rules. Tie-back suits are not allowed.
- 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 from further competition in the meet, to include all events in which the competitor previously qualified (Rule 3.6.1, unsporting conduct).
- No shaving is permitted on site. Disqualification from the meet may occur.
- No body art is permitted, except for event, heat and lane numbers. Tattoos are permissible if they are not offensive in the opinion of the Meet Referee. No other markings allowed.

- No compression tape may be worn by an athlete without a written note from a doctor or healthcare professional indicating tape is required for the swimmer's injury. Documentation should 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)

- Once entered into the meet, a swimmer may elect NOT to swim if:
 - A Declared False Start (DFS) (withdrawal from a single event) is declared to the Meet Referee or Deck Referee prior to the start of that event.
 - The swimmer is scratched (withdrawn from the remainder of events) 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 declare a false start or fails to scratch and is considered a "No Show" for an event and shall be disqualified from further competition (including relays).

RELAYS

- Relay cards will be in your packet upon arrival.
- Relay cards with correct relay names are due prior to the start of the meet. Name changes or changes in order may be made to the Admin Referee (forms available at Admin) prior to completion of the relay heat.
- Any swimmer on your team may swim on a relay provided he/she does not exceed the entry limit.
- Boys Relays are not permitted behind the blocks until the last heat of Girls Relays enter the water.

SCORING AND ADVANCEMENT TO STATE CHAMPIONSHIPS

- Individual Scoring will be as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
(Swimmers must achieve the regional consideration qualifying standard to score points)
- Relays score double points.
- The top three finishers will receive awards on the podium. The top six swimmers advancing to State Championships will be announced.
- State Championships qualifiers are:
 - Top 6 (six) swimmers from each region (East, Central and West) advance to States automatically.
 - Next 6 (six) fastest times (not already qualified for advancement) from ANY region achieved during the regional competition
 - 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
 - Qualifiers for State Championships who do not intend to participate must notify the State Championships Meet Director by 3:00 pm on the Monday prior to competition. Remaining alternates will not advance after that time.
 - Athletes may withdraw (using a Declared False Start - DFS) from a single event without scratching from the remainder of the meet.
 - Substitutes for relay participants are allowed; Substitutions for individual events are NOT allowed.