

2025 NCHSAA SWIMMING AND DIVING STATE CHAMPIONSHIPS

Swimming Championships — Triangle Aquatic Center, Cary NC		
4A	3A	1A/2A
Thursday, 6 February	Friday, 7 February	Saturday, 8 February
MEET REFEREE Mike Trexler mike_trexler@mac.com	MEET REFEREE Thornton Burnette thor8550@aol.com	MEET REFEREE John Jewell jmjswim@gmail.com
MEET DIRECTOR Jonah Turner jturner@coach.cghsnc.org	MEET DIRECTOR Mandy McMillan mcmillanmandyp@gmail.com	MEET DIRECTOR Mandy McMillan mcmillanmandyp@gmail.com

— MEET TIMELINES —

PRELIMS

7:30 AM	Facility Access
7:45 AM	Officials Briefing — downstairs classroom
8:00-8:30 AM	General Warm-ups
8:30 AM	Timers Briefing — downstairs classroom
8:30-8:45 AM	Specific Warm-ups with one-way sprint and pace lanes
8:45 AM	Clear pool
9:00 AM	Competition begins

*15-minute BREAK after the Men's 50 Free
10-minute BREAK after the Men's 200 Free Relay*

FINALS

3:45 PM	Facility Access
4:00-4:30 PM	General Warm-ups
4:00 PM	Officials Briefing — downstairs classroom
4:30 PM	Timers Briefing — downstairs classroom
4:30-4:45 PM	Specific Warm-ups with one-way sprint and pace lanes
4:45 PM	Clear pool
4:55 PM	National Anthem
5:00 PM	Competition begins

AWARDS

Awards will be presented to the top four individuals and relay teams during Finals

- after the Men's 50 Free,
- after 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

The meet committee will consist of an athlete, a coach and an official. The meet committee may be convened for unusual circumstances, not specifically covered by the rules or if a possible misapplication of the rules is alleged. The meet committee does not have oversight of judgement calls by officials.

DECK PASSES

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

RELAY CARDS

PRELIMS

Relay cards for Prelims will be in the coach check-in envelope. Please make any changes and return all cards to the Admin Referee at the Admin Desk **prior to the end of warm-ups**. If there is any change in the relay team or lead-off swimmer after the event has begun, please see Admin Referee at the Admin Desk before the end of the heat in which the team is swimming.

FINALS

For Finals, pick up relay cards and heat sheets from the Admin Referee upon check-in for warmups. Confirm any changes to relays with a coach signature on the relay card. If the names and order are the same, simply return to the Admin Referee before the meet begins. Changes may be made with the Admin Referee 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 who 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, Admin 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 relay 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 must swim the event in Finals or be disqualified from the remainder of the meet.

SWIM-OFFS

We will swim-off ties for 8th, 9th, 16th and 17th. Deck Referees will arrange swim-offs with coaches. Please listen for announcements. Coaches/Athletes should check the final results prior to leaving Prelims to ensure you will not be potentially involved in a swim-off. If swimmers leave the facility, they will be considered to have declined the swim-off.

STARTING PROTOCOL

- Whistle commands will be used by the Deck Referees.
- Dive-overs will not be used in Prelims (or Finals). At the conclusion of their race, swimmers should exit the pool when the starter says "Thank you, swimmers" or the short whistles for the next heat are blown. The long whistle calls the swimmer to step up on the blocks. At that time a swimmer's goggles and cap should be in position and the swimmer should be ready to swim.
- Backstroke swimmers must "step in" upon the first long whistle in the medley relay and backstroke events. Jumping or diving into the water for backstroke events will result in a disqualification.
- False starts will be dually confirmed by the Starter and Deck Referee. 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. Coaches will be paged for notification as quickly as possible. Protests of judgment decisions by officials will be ultimately adjudicated by the Meet Referee and will not be presented to the Meet Committee.

STARTS AND RELAY TAKE-OFFS

Dual written confirmation of false starts and relay take-offs will be utilized.

500 FREESTYLE

The 500 Free will be contested as a Timed Final event. The first heat of men and women will swim in Prelims. The fastest 16 men and women will swim in Finals. The event will be scored as a Timed Final.

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 will be to 16 places. Swimmers must achieve the Regional Consideration time to score.

AREA BEHIND THE BLOCKS

- Men's relay swimmers will not be allowed behind the blocks in any relay event until the last women's heat in the event has started.
- Unless the swimmer is in an upcoming heat, they should not be in this area. It is not a place to cheer for your teammates.
- Coaches shall not 'coach' swimmers behind the blocks.

GENERAL INFORMATION

- **No deck changing will be allowed.** Athletes must **ONLY** 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 (unsporting conduct). (Rule 3.6.1)
- **No Shaving** will be permitted on site.
- **No external speakers are permitted. No artificial noise makers of any sort allowed on deck or in the 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.
- 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.

NATIONAL TIMES VERIFICATION

This meet has been designated a "USA Swimming Observed Meet". Times achieved by USA Swimming members in individual races, as well as lead-off splits in freestyle relays, 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>
Contact Mike Trexler (mike_trexler@mac.com) with questions on times verification for USA Swimming.

HIGH SCHOOL ALL-AMERICAN

Please visit the NISCA web site (www.niscaonline.org) to electronically submit applications for High School All-American recognition.

**TEAMS SHALL NOT CELEBRATE BY THROWING A COACH IN THE POOL,
NOR SHALL SWIMMERS JUMP IN THE POOL
OR THROW SPORTS DRINKS ON THEIR COACH TO CELEBRATE.**

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