

2026 State Championship Swimming Schedule Triangle Aquatic Center, Cary

7A and 4A: February 5, 2026

6A and 5A: February 6, 2026

8A and 1A/2A/3A: February 7, 2026

Directors: Mandy McMillian (1/2/3A, 5A, 6A, 8A) - mcmillanmandyp@gmail.com
Jonah Turner (4A, 7A) - jturner@coach.cghsnc.org

ONLINE COACHES AND CAPTAINS MEETING

Tuesday, February 3, 2026

7A and 4A 9:00 am

6A and 5A 10:30 am

8A and 1A/2A/3A 1:00 pm

PRELIMS

Facility Opens for Participating Teams: 7:30 am

Facility Opens for Spectators: 8:00 am

Pool Opens for General Warm-ups: 8:00 am

Specific Lanes: 8:30 - 8:45 am

Clear Pool: 8:45 am

Prelims: 9:00 am until Completion

FINALS

Facility Opens for Participating Teams: 3:45 pm

Facility Opens for Spectators: 4:00 pm

General Warm-ups: 4:00 pm

Specific Lanes: 4:30 pm – 4:45 pm

Clear Pool: 4:45 pm

National Anthem: 4:55 pm

Finals: 5:00 pm