

**NORTH CAROLINA
HIGH SCHOOL ATHLETIC ASSOCIATION**



**REGIONAL
SWIMMING
CHAMPIONSHIPS**

— 2026 —

— Regional Timed Finals Schedules —

Mecklenburg County Aquatic Center — Charlotte			
4A West	7A West	8A West	1A/2A/3A West
Friday, 30 January 7:30am Facility Access 7:45-8:30am Warm-ups 8:00am Officials Briefing Virtually Coaches/Captains Meeting ~8:55am Competition begins	Friday, 30 January 2:30pm Facility Access 3:05-4:00pm Warm-ups 3:30pm Officials Briefing Virtually Coaches/Captains Meeting ~4:25pm Competition begins	Saturday, 31 January 7:30am Facility Access 7:45-8:30am Warm-ups 8:00am Officials Briefing Virtually Coaches/Captains Meeting ~8:55am Competition begins	Saturday, 31 January 2:30pm Facility Access 3:05-4:00pm Warm-ups 3:30pm Officials Briefing Virtually Coaches/Captains Meeting ~4:25pm Competition begins
MEET REFEREE Bill Vey wveyjr@gmail.com	MEET REFEREE Tom Donahue pfgnc1@gmail.com	MEET REFEREE Mark Wiebke markwiebke@bellsouth.net	MEET REFEREE Jim Riggs jsriggs11@gmail.com
MEET DIRECTOR Roger Hawkins eastgastonswmcoach@gmail.com	MEET DIRECTOR Melissa King-Pierce melissa.king@ucps.k12.nc.us	MEET DIRECTOR Jennifer Degen jennifer.degen@cms.k12.nc.us	MEET DIRECTOR Brett Hayford brett.hayford@pinelakeprep.org

Greensboro Aquatic Center — Greensboro			
5A West	4A East	6A West	1A/2A/3A East
Friday, 30 January 7:15am Facility Access 7:35-8:30am Warm-ups 8:00am Officials Briefing 8:35am Coaches/Captains Meeting ~8:55am Competition begins	Friday, 30 January 2:30pm Facility Access 3:05-4:00pm Warm-ups 3:30pm Officials Briefing 4:05pm Coaches/Captains Meeting ~4:25pm Competition begins	Saturday, 31 January 7:15am Facility Access 7:35-8:30am Warm-ups 8:00am Officials Briefing 8:35am Coaches/Captains Meeting ~8:55am Competition begins	Saturday, 31 January 2:30pm Facility Access 3:05-4:00pm Warm-ups 3:30pm Officials Briefing 4:05pm Coaches/Captains Meeting ~4:25pm Competition begins
MEET REFEREE Skip Overton skip.overton@outlook.com	MEET REFEREE Tara Maxey parsonhua@yahoo.com	MEET REFEREE Rob Stevens robstevens@triad.rr.com	MEET REFEREE Shauna Tobin Shaunna.Tobin@outlook.com
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Triangle Aquatic Center — Cary

5A East	7A East	8A East	6A East
Friday, 30 January 7:15am Facility Access 7:35-8:30am Warm-ups 8:00am Officials Briefing 8:35am Coaches/Captains Meeting ~8:55am Competition begins	Friday, 30 January 1:45pm Facility Access 2:00-2:45pm Warm-ups 2:00pm Officials Briefing 2:50pm Coaches/Captains Meeting ~3:10pm Competition begins	Saturday, 31 January 7:15am Facility Access 7:35-8:30am Warm-ups 8:00am Officials Briefing 8:35am Coaches/Captains Meeting ~8:55am Competition begins	Saturday, 31 January 3:15pm Facility Access 3:30-4:15pm Warm-ups 3:30pm Officials Briefing 4:20pm Coaches/Captains Meeting ~4:40pm Competition begins
MEET REFEREE Bob Landry boblandryswimreferee@gmail.com	MEET REFEREE John Jewell jmjswim@gmail.com	MEET REFEREE Mike Trexler mike_trexler@mac.com	MEET REFEREE Eric Hawkins eric.hawkins@esequence.com
MEET DIRECTOR Mikaela Worsinger mikaela.edge@carteretk12.org	MEET DIRECTOR Mandy McMillan mcmillanmandyp@gmail.com	MEET DIRECTOR Mandy McMillan mcmillanmandyp@gmail.com	MEET DIRECTOR Mary du Lac mdulac@wcpss.net

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 USAS athletes should submit this form to facilitate uploading of times: <https://qrco.de/bgaByL> — Contact Mike Trexler (mike_trexler@mac.com) with questions on times verification for USA Swimming.



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.

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 must be delivered to the Meet Referee prior to the beginning of the meet. Any tape on the athlete must be shown 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 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 and West) advance to States automatically.
 - Next 4 (four) fastest times (not already qualified for advancement) from EITHER region achieved during the regional competition (without disqualification)
 - 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 16th (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.