



# 2026 NCHSAA State Swimming Championships

Triangle Aquatic Center, Cary NC

4A	5A	1A / 2A / 3A
AM - Thursday, 12 February	AM - Friday, 13 February	AM - Saturday, 14 February
<b>MEET REFEREE</b> Mike Trexler <a href="mailto:mike_trexler@mac.com">mike_trexler@mac.com</a>	<b>MEET REFEREE</b> Sarah Cinson <a href="mailto:mlions20@yahoo.com">mlions20@yahoo.com</a>	<b>MEET REFEREE</b> Jim Riggs <a href="mailto:jsriggs11@gmail.com">jsriggs11@gmail.com</a>
<b>MEET DIRECTOR</b> Mandy McMillan <a href="mailto:mcmillanmandyp@gmail.com">mcmillanmandyp@gmail.com</a>	<b>MEET DIRECTOR</b> Mandy McMillan <a href="mailto:mcmillanmandyp@gmail.com">mcmillanmandyp@gmail.com</a>	<b>MEET DIRECTOR</b> Mandy McMillan <a href="mailto:mcmillanmandyp@gmail.com">mcmillanmandyp@gmail.com</a>
7A	6A	8A
PM - Thursday, 12 February	PM - Friday, 13 February	PM - Saturday, 14 February
<b>MEET REFEREE</b> Bob Landry <a href="mailto:boblandryswimreferee@gmail.com">boblandryswimreferee@gmail.com</a>	<b>MEET REFEREE</b> Eric Hawkins <a href="mailto:eric.hawkins@esequence.com">eric.hawkins@esequence.com</a>	<b>MEET REFEREE</b> John Jewell <a href="mailto:jmjswim@gmail.com">jmjswim@gmail.com</a>
<b>MEET DIRECTOR</b> Jonah Turner <a href="mailto:jturner@coach.cghsnc.org">jturner@coach.cghsnc.org</a>	<b>MEET DIRECTOR</b> Mandy McMillan <a href="mailto:mcmillanmandyp@gmail.com">mcmillanmandyp@gmail.com</a>	<b>MEET DIRECTOR</b> Mandy McMillan <a href="mailto:mcmillanmandyp@gmail.com">mcmillanmandyp@gmail.com</a>

## — MEET TIMELINES —

### MORNING TIMED FINALS

6:30 AM	<b>Facility Access</b>
6:45 AM	<b>Officials Briefing</b> — downstairs classroom
6:45-7:30 AM	<b>General Warm-ups</b>
7:30 AM	<b>Timers Briefing</b> — downstairs classroom
7:30-7:50 AM	<b>Specific Warm-ups</b> including one-way sprint and pace lanes
7:50 AM	<b>Clear pool</b>
7:55 AM	<b>National Anthem</b>
8:00 AM	<b>Competition begins</b>

### AFTERNOON TIMED FINALS

3:30 PM	<b>Facility Access</b>
3:45 PM	<b>Officials Briefing</b> — downstairs classroom
3:45-4:30 PM	<b>General Warm-ups</b>
4:30 PM	<b>Timers Briefing</b> — downstairs classroom
4:30-4:50 PM	<b>Specific Warm-ups</b> including one-way sprint and pace lanes
4:50 PM	<b>Clear pool</b>
4:55 PM	<b>National Anthem</b>
5:00 PM	<b>Competition begins</b>

## 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

---

- Relay cards will be in your packet upon arrival.
- Relay cards with correct relay names are ***due prior to the end of Warm-Ups***. Name changes or changes in order may be made to the Admin Referee (forms available at Admin) prior to completion of the relay heat. If there is any change in the relay team or lead-off swimmer after the event has begun, please see Admin Referee before the end of the heat in which the team is swimming.
- Any swimmer on your team may swim on a relay provided he/she does not exceed the entry limit. Swimmers may swim a maximum of two individual events and two relays, or one individual event and three relays in the meet.
- Boys Relays are not permitted behind the blocks until the last heat of Girls Relays enter the water.

## DECLARED FALSE STARTS AND NO SHOWS

---

- 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 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.
- A swimmer who is disqualified from further competition for failure to show may not participate in any subsequent relay. If a relay team is unable to field four eligible swimmers, the relay is disqualified.

## **STARTING PROTOCOL**

---

- Whistle commands will be used by the Deck Referees.
- The final (fastest seeded) heat of each event will be paraded and announced behind the blocks. Swimmers in the final heat should report to the ready room before their event. All other heats will report directly to the blocks.
- Dive-overs will NOT be used. 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 approved and signed by the Referee. Coaches will be paged for notification as quickly as possible. Protests of judgment decisions by officials will ultimately be 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.

## **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.
- Cell phone and camera use is not permitted 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 must 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 will be uploaded to the USA Swimming database (SWIMS).

- All USAS athletes should submit this form to facilitate uploading of times:  
<https://qrco.de/bgb1bo>

**NOTE: THIS IS A NEW FORM FOR THE REVISED STATE CHAMPIONSHIP MEETS**

- Contact Mike Trexler ([mike\\_trexler@mac.com](mailto: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](http://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!**