

## 2016-2017 Western Regional Swimming Finals

### Meet Schedules

**NOTES:**     **DIVING MEETS TO BE CONDUCTED AT Huntersville (Huntersville Family Fitness & Aquatics)**  
**SWIM MEETS TO BE CONDUCTED AT Mecklenburg County Aquatic Center (MCAC)**

Friday, February 3rd Morning	Friday, February 3rd Afternoon	Saturday, February 4 <sup>th</sup> Morning	Saturday, February 4 <sup>th</sup> Afternoon
<b>3A Diving:</b> Warmups 9-9:30, Competition begins at 9:35am. Men and Women will compete together.	<b>4A Diving:</b> Women's Warmups 1-1:30pm, Competition begins 1:35pm;  Men's warmups 45 minutes at the conclusion of the Women's Diving Events.	<b>1A/2A Diving:</b> Warmups 9-9:30am, Competition begins at 9:35am Men and Women will compete together.	
	<b>3A Swimming:</b> Facility Opens at 3:00pm, Warmups 3:15-4:00 PM, Coaches & Captains Meeting 4:05pm Meet Referee: Bill Vey ( <a href="mailto:wveyjr@gmail.com">wveyjr@gmail.com</a> )  Director: Eric Hyder West Hendersonville HS <a href="mailto:Hyder7820@gmail.com">Hyder7820@gmail.com</a>	<b>4A Swimming:</b> Facility Opens at 7:00 AM (for Coaches & Athletes ONLY), Warmups 7:45-8:30 AM, Coaches & Captains Meeting 8:35 AM Meet Referee: Colleen Gillan ( <a href="mailto:csgillan9@gmail.net">csgillan9@gmail.net</a> )  Director: Leslie Berens South Mecklenburg HS <a href="mailto:lhberens@live.com">lhberens@live.com</a>	<b>1A/2A Swimming:</b> Facility Opens at 3:00 PM, Warmups 3:15-4:00 PM, Coaches and Captains Meeting 4:05 PM Meet Referee: Jim Riggs ( <a href="mailto:jsriggs1@bellsouth.net">jsriggs1@bellsouth.net</a> )  Director: Kristin Marsh Pine Lake Prep <a href="mailto:marshswim@gmail.com">marshswim@gmail.com</a>

Refer to NCHSAA website for official schedule details and additional information.

#### Event Activities

- Competition begins immediately after the Coaches and Captains Meeting
- Event breaks after the 50 free and 200 Free Relays, 20 minutes each
- Awards presentations after the 50 Free, 200 Free Relay and meet conclusion.

#### Inclement Weather / Schedule Changes

Refer to NCHSAA website for additional information.

#### Meet Guidelines

- **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 of a competitor from further competition in the meet, to include all events in which the competitor previously qualified (unsporting conduct). Rule 3.6.1.
- **No shaving on site. Disqualification from the meet may occur.**
- Participating teams may be hand stamped for site access upon arrival at the meet. No additional body paint allowed.
- **Swimmers may mark their event/heat/lane on the backside of one hand below the wrist.** Errors in marking will not excuse a failure to swim.
- At no time may a swimmer enter the competition pool without 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. The documentation is to 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.
- 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.
- Swimmers may not wear or use any device to aid in body compression other than a legal swimsuit.
- All rules and guidelines of NHSF and NCHSAA will be applied. Refer to the NCHSAA site for additional information. Rulings inquiries are to be directed to the Referee by the coach.
- **This meet is timed finals only.**
- Sessions will be USA Swimming observed swims for acceptance into SWIMS after the State Championship.
- Standard whistle starts and no recall protocol will be used.
- **Dive-overs will NOT be used. Swimmers, including the last relay member, remain in water until conclusion of the heat (step out during the next heat whistle command).**

- **An individual swimmer may enter a maximum of four events, no more than two individual events.**
- Swimmers are allowed to scratch (Declared False Start) from an event without penalty, if the scratch is delivered to the Meet Referee PRIOR to the event being called (long whistle) by the referee. The event counts as a swim for the athlete. **If the swimmer is a NO SHOW without a scratch, they are disqualified from the remainder of the meet including relays.**
- Swimming in the wrong lane is a disqualification from the event.
- **Backstroke swimmers must “step in” for backstroke and the medley relay events.** Jumping or diving in may be considered a false start (Rule 8.1.3b).
- Officials will be observing dual confirmation of false starts and relay take-offs
- Lap counters for the 500 Free only. One lap counter person per lane.

#### Relay Guidelines

- Relay cards will be in your packet on arrival
- Turn in your cards with correct relay names at the coaches’ meeting; name changes or changes in order may be made to the Administrative Referee or Meet Referee (forms are available at the admin table) before completion of the relay heat.
- Any swimmer on your Direct Athletics may swim on a relay provided he/she does not exceed the entry limit.
- Boy’s relays will not be permitted to go behind the blocks until the last heat of girls relays are in the water.

#### Scoring and Advancement to States

- Individual scoring will be as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1.
- Relays are double points.
- The swimmers qualifying for state will be announced and the top 3 finishers will receive awards on the podium. Please assemble prior to the announcements. It is recommended that swimmers wear a shirt or warm-ups for the award presentation.
- The Following swimmers will qualify for the State Championship are:
  - **1A/2A the Top 12 times , 3A Top 8 times and 4A Top 8 times**
  - Individuals and relay teams who qualify for State Championship and do not intend to participate must notify the meet director within 30 minutes at the end of the regional meet. Failure to notify the meet director / meet referee implies athlete intends to compete at the State Championship. Event alternates will not advance after the 30 minute deadline. (Note: Athletes may scratch from a single event without scratching from the meet.)
  - Substitutes for relays participants are allowed.
  - Names of all the participants in the state meet must be on your Direct Athletics Roster and the NCHSAA Master Eligibility List signed by the principle and coach.

#### General Guidelines

- Please report any injuries immediately to meet management or any official.
- **A clear space of 5 ft along the perimeter of the competition pool must be maintained at all times.**
- **Swimmers, Officials, Meet Management only behind the start end and turn bulkhead. No coaches on either pool end.**
- **Certified NCHSAA Officials are invited to support the meet.**
- **Silence is required during starts. No flash photography at the start.**
- During warm downs no diving, feet first entry only.
- Results will be posted on the pool deck and in the spectator area.
- Please keep your team area clean. Place litter in the trash cans provided. Remember to respect the facilities provided.
- NISCA High School All American Times are the responsibility of the coach and is done online at:  
<http://niscaonline.org/AwardPrograms/AllAmericaSwimming/tabid/63/Default.aspx>