



NCHSAA 3A Central Regional Championships



Friday, January 31, 2020
Greensboro Aquatic Center

Meet Timeline

2:30 p.m.	Facility opens
3:05-4:00 p.m.	Pool opens for General Warm-Ups
3:45-4:00 p.m.	Specific Warm-Ups/Sprint Lanes
3:15 p.m.	Officials' Briefing, (Hospitality)
3:30 p.m.	Timers' Briefing, (Classroom 2)
4:00 p.m.	Clear pool for Coaches' Meeting
4:05p.m.	Coaches' and Team Captains' Meeting, (Hospitality)
TBD	Timed Final competition begins after the Coaches' meeting
Awards	Awards will be presented to the top three individuals and relay teams after the men's 50 free, the men's 200 free relay and at the conclusion of the meet.

Note: Swimmers using pool prior to 3:05 p.m. for any reason are subject to disqualification from meet.

Meet Committee:

Meet Director - Mary Caldwell; Admin. Referee - Nan Stevens; and Athlete - TBD

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** will be permitted on site.
- No body art except for the event, heat and lane number is permitted on swimmers' hand. 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 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.
- Only one suit may be worn in competition; drag suits are not allowed in competition and undergarments are not permitted unless the state association has provided written permission.
- Please ask your team parents and swimmers to refrain from flash photography at the start.
- 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 Greensboro Aquatic Center.
- Teams may not enter the water or throw coach in pool in celebration.
- A DFS may be taken for an entered event (the referee or deck referee must be notified prior to the start of the event) or the swimmer may be scratched 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 take a DFS or fails to scratch and is a No Show for an event shall be disqualified from further competition in the meet (including relays).
- Whistle starts and no recall protocols used.
- Dual confirmation of false starts and relay take-offs.

- Backstrokers must “step in” for backstroke and the medley relay events. Jumping in is considered a false start (Rule 8.1.3b).
- We will not be doing Dive-overs; swimmers, including the last relay swimmer, please exit the pool promptly at the end of each heat when the short whistles are blown.

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 admin referee or meet referee (forms available at the admin table) before completion of the relay heat.
- Any swimmer on your roster may swim on a relay provided he/she does not exceed the entry limit.
- Boys’ 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 3A State Championship

- 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 winning and runner up teams will receive plaques.
- The top 8 times will qualify for the state championship. Competitors must achieve the regional qualifying time to advance to state. If two swimmers/relays tie for 8th, there will be a swim off.
- If a swimmer is not going to compete at the state championship in an event where they finished in the top 8, notify the meet director within 30 minutes of the completion of the meet. Event alternates will not advance after that time and it will count as entry for that athlete. (***Note- Athletes may scratch from a single event without scratching from the meet.***)
- Substitutes for relay participants are allowed.

All Regional Meets are being observed for USA Swimming and times, including relay take-offs, for USA-S members will be entered into the SWIMS database at the conclusion of the 3A State Championship meet.

**Special thanks to the Greensboro Aquatic Center for hosting the 3A Central Regional.
Please clean up your team area and remind your team parents to keep the spectator area clean.**

Once the swimmers are on the blocks, please be respectful and quiet for the start of the race.

**No photographers behind the blocks
NO FLASH PHOTOGRAPHY!**