

NCHSAA 3A Eastern Regional Championships

Saturday, February 6, 2020

Triangle Aquatic Center

Meet Timeline

2/1, 6:00-7:00 PM	Coaches' and Team Captains' Meeting for ALL East Regional Meets
3:00 PM	Facility opens, Check in Group 1
3:30 PM	Facility opens, Check in Group 2
4:00 PM	Facility opens, Check in Group 3
3:30-4:00PM	Warm-Ups Group 1
4:00-4:30PM	Warm-Ups Group 2
4:30-5:00PM	Warm-Ups Group 1
4:45 p.m.	Officials on deck - No officials meeting – assignments will be made prior to meet.
5:00 p.m.	Timers last minute details will be covered on deck. Instructions will be emailed prior to meet.
5:15 PM	Competition begins.
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: Please refer to the separate documents containing COVID-19 protocols issued by the NCHSAA and Triangle Aquatic Center.

<https://www.nchsaa.org/2020-2021-covid-19-modified-guidelines-and-resources>

<https://www.triangleaquatics.org/wp-content/uploads/Final-TAC-COVID-Protocol-11.4.2020.pdf>

Failure to follow these protocols may result in removal from the facility. Swimmers using the pool prior to 12:15 for any reason are subject to disqualification from meet.

Meet Committee

Meet Director – Mandy McMillan, Admin Referee-Wayne Shulby, Athlete- TBD

Meet Guidelines

- Team rosters will consist of **only swimmers who have qualified to swim in individual events**, plus **one alternate** for each qualified relay.
- **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, preferably written on the back of the hand. Permanent tattoos are permissible if 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 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 members to refrain from flash photography at the start.
- Results will be posted on the pool deck and in the grandstand 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 Triangle 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 commands and no-recall protocols used. Electronic whistles will be 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 be doing dive-overs. Relay swimmers 1-3 shall exit the pool immediately after their leg of the race and exit the starting block area. At the conclusion of their leg, the 4th relay swimmer for each team shall move to the side of the lane adjacent to the odd numbered lanes and remain in the pool until after the start of the next heat. Individual swimmers, upon completion of their event, shall move to the side of the lane adjacent to the odd numbered lanes, and remain in the pool until after the start of the next heat. For all races, after the start of the next heat, the swimmers shall immediately exit the pool, and leave the area behind the starting blocks.
- Coaches will be allowed to observe/coach from the **lane 8** side of the pool. Swimmers shall remain in their team areas unless they are warming up or have been called to the starting blocks for their event, or discussing their race with their coach in the **DESIGNATED AREA ONLY**.
- Coaches, officials and meet volunteers shall remain masked at all times while in the facility.
- Swimmers shall remain in their team area until called to Clerk of Course. Swimmers shall remain masked at all times, except immediately before their race (short whistles) and while in the water.

Relay Guidelines

- Relay cards will be in your packet on arrival.
- Turn in your cards with correct relay names at the beginning of the meet to the Admin Referee; 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.
- Substitutes for relay participants are allowed.
- Any swimmer on your roster may swim on a relay provided he/she does not exceed the entry limit.

Scoring and Advancement to 3A State Championship

- The 3A East Regional is a **TIMED FINAL** meet scoring to 8 places
- Individual Scoring will be as follows:
 - 9-7-6-5-4-3-2-1
- Relays are double points.

- The winning and runner up teams will receive plaques.
- The top 3 times from each regional meet will automatically qualify for the state championship. Competitors must achieve the regional qualifying time to advance to state. If two swimmers/relays tie for 3rd, there will be a swim off.
- 3 At-Large swimmers/relays will be chosen from across all regions based on the next 3 fastest times as swum in each individual event/relay. Should there be a tie for 12th place across 2 or more regionals, an additional heat will be created to accommodate all swimmers with the 12th place time.
- If a swimmer is not going to compete at the state championship in an event where they finished in the top 6, 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.***)
- NISCA High School All American Times applications are the responsibility of the coach and are done online at:
<http://niscaonline.org/AwardPrograms/AllAmericaSwimming/tabid/63/Default.aspx>

Special thanks to the Triangle Aquatic Center for hosting the 3A Eastern Regional. Please clean up your team area.

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!**