

Friday, February 5, 2021
Greensboro Aquatic Center

Meet Timeline

6:00 p.m. – 2/2	Coaches Meeting via Zoom Note: Includes all Central Regional Coaches
3:00 p.m.	Facility opens
3:30-5:00 p.m.	Pool opens for General Warm-Ups
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 sent prior to meet.
5:15 p.m.	Competition
Awards	Awards will be presented to the top three individuals and relay teams after the conclusion of the meet.

Note: Swimmers using pool prior to 3:30 for any reason are subject to disqualification from meet.

COVID PROTOCOL at GAC

Each team must complete the COVID Safety Protocol before entering the pool. Every athlete, coach, official, and volunteer must fill out the COVID questionnaire by accessing the QR code. The temperature of every athlete, coach, official, and volunteer entering the facility will be taken by a representative assigned by the Host Team.

All teams should arrive 5 - 10 minutes (but not more than 15 minutes) prior to the Greensboro Aquatic Center doors opening to ensure time to complete the COVID Safety Protocol.

Only swimmers entered in the meet (plus one alternate per relay), volunteers, coaches (no more than two per team), and officials may enter the facility.

Swimmers must arrive at the facility wearing their suits. They cannot use the locker rooms before warmups.

During the meet, locker rooms will be available. The locker rooms are limited in capacity to 5 males and 5 females. Locker rooms may only be accessed from the pool deck.

The athletes from each team will be assigned a specific area for seating before and during the meet. Each team area will be monitored by a volunteer from that team.

All athletes will be required to report to staging areas in order to maintain distancing and the flow of swimmers to the blocks. There will be two heat positions at which swimmers will wait. Lining up and movement of swimmers will be facilitated by a volunteer to ensure distancing and mask requirements are observed. Heats in the staging areas will be lined up with at least 6 feet between each swimmer. All positions swimmers will use to line up will be clearly marked. After each race, the swimmers will exit the water and retrieve their belongings from their assigned basket and put on their masks before proceeding to the cooldown pool or to their team area.

Athletes will use the locker room restrooms ONLY. Volunteers, officials, and coaches will use the individual restroom in classroom 2 or the restrooms in the concourse.

To access the facility, each team will utilize assigned entry procedures to reduce interactions among teams. At the Greensboro Aquatic Center, entry and exit for each team from the team area onto the deck and back will be clearly marked.

FACE COVERINGS

All meet participants – coaches, officials, volunteers, administrators, and athletes (between events) must wear face coverings and comply with mandated social distancing and facility rules.

****Also see protocol from Greensboro Aquatic Center****

WARNING: Failure to follow COVID protocols, may result in removal from facility by staff or referee!

Meet Committee

Meet Director – Nicole Krasowski, Admin Referee-Nan Stevens, 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. 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 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 swimmers to refrain from flash photography at the start.
- 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 be doing Dive-overs; swimmers, including the last relay swimmer, please stay in the pool at the end of each heat and promptly exit after the start.

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 DA 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 4A State Championship

- 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 plus the top 3 not already qualified from any region (at-large) will 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. Swim-off times will not be used for at-large qualifying. Ties for 12th (at large) will qualify for state championships.
- 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.***)
- Substitutes for relay participants are allowed.

Special thanks to the Greensboro Aquatic Center for hosting the 4A 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!