

NCHSAA 4A Eastern Regional Championships

Friday, February 5, 2021

Triangle Aquatic Center

Meet Timeline

6:00 p.m. – 2/1	Coaches Meeting via Zoom Note: Includes all East Regional Coaches
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
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 Guidelines

When not swimming, athletes will sit in the balcony in designated sections by team. Athletes will be called by the Clerk of Course to the deck by event/heat. Athletes are allowed on deck only when doing one of the following:

1. Swimming or getting ready to swim
2. Warming down
3. Talking to their coach after an event **(IN THE DESIGNATED AREA ONLY)!**

After swimming/warm down, athletes shall promptly return to their designated areas.

Under no circumstances are athletes allowed on deck for any other reason.

- No gathering with athletes from other teams
- No gatherings except in team areas.
- **Coaches on lane 8 side or team area only.**
- Coaches, Swimmers and Volunteers must wear masks except when in the pool. A towel is not an acceptable substitute for a mask.

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>

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

Meet Committee

Meet Director – Mandy McMillian, Admin Referee-Thornton Burnette, 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.
- 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 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 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. 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 and for each team shall move to the odd lane (2->1; 4->3; etc...) 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 (backstrokers move to odd lane or exit pool). 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. The next up relay may not go behind the blocks until the 3rd swimmers from all teams in the previous heat leave the starting area.

Relay Guidelines

- Relay cards will be in your packet on arrival.
- Turn in your cards with correct relay names at the end of your warm-up period; 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.

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 Triangle Aquatic Center for hosting the 4A Eastern 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!