

North Carolina High School Athletic Association  
4A State Swimming and Diving Championships

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Saturday, February 13, 2021  
Triangle Aquatic Center

**Meet Timeline**

|                  |                                                                                                                                                                  |
|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 11:00 a.m. – 2/9 | Coaches Meeting via Zoom                                                                                                                                         |
| 11:45 a.m.       | Facility check-in for Group 1                                                                                                                                    |
| 12:25 p.m.       | Facility check-in for Group 2                                                                                                                                    |
| 12:15-12:55 p.m. | Pool opens for group 1 warm-ups                                                                                                                                  |
| 1:05-1:45 p.m.   | Pool opens for group 2 warm-ups                                                                                                                                  |
| 1:45 p.m.        | Timers last minute details will be covered on deck. Instructions will be sent prior to meet.                                                                     |
| 1:55 p.m.        | National Anthem                                                                                                                                                  |
| 2:00 p.m.        | Competition                                                                                                                                                      |
| Awards           | Awards will be presented to the top four individuals and relay teams during the breaks after boy's 50 free, boy's 200 free relay and the conclusion of the meet. |

**Note: Swimmers using pool prior to 12:15 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 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 up/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. If no swimmer in the water, stay back under spectator seating (behind the blue columns)**
- Coaches, Swimmers and Volunteers must wear masks except when in the pool. A towel is not an acceptable substitute for a mask.
- We will be doing dive-overs. 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.
  - Individual swimmers, upon completion of their event, shall move to the side of the lane and remain in the pool until after the start of the next heat (backstrokers move to even lane or exit pool).
  - **Relay swimmers 1-3 shall exit the pool immediately after their leg of the race and exit the starting area. At the conclusion of their leg, the 4<sup>th</sup> relay swimmer for each team shall move to the even lane (1->2; 3->4; etc...) and remain in the pool until after the start of the next heat.** The next up relay may not go behind the blocks until the all 3<sup>rd</sup> leg swimmers leave the starting area.

**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
- 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).

### **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;

#### **DIRECTIONS:**

- if you are just changing the order, just write the new numbers/stroke on the card.
- If you are changing one name, just cross it out and write the new one.
- Basically, minimize the writing to convey the changes.
- DO NOT WRITE on the BACK.
- Name changes or changes in order may be made to the admin referee or meet referee (at the admin table) before completion of the relay heat.
- Any swimmer on your team roster may swim on a relay provided he/she does not exceed the entry limit.

### **Disqualification**

- No DQ slips will be written
- DQs will be available through Meet Mobile or results posted upstairs.
- Any questions on DQs may be directed to the deck referee by coaches

### **Scoring**

- Individual Scoring will be as follows:
  - 9-7-6-5-4-3-2-1
- Relays are double points.

**Special thanks to the Triangle Aquatic Center for hosting the 4A State Championships**  
**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!**