

Meet Schedules
Both Swimming and Diving will be Conducted at Huntersville Family Fitness
11725 Verhoeff Drive Huntersville NC

<p>Friday, February 5th Morning</p> <p>1A/2A Diving Men and Women will compete together. Facility Opens at 7am Warm-ups 7:30-8am Competition begins at 8:05am</p>	<p>Friday, February 5th Morning</p> <p>3A Diving Men and Women will compete together. Facility Opens at 10am Warm-ups 10:30-11am Competition begins at 11:05am</p>	<p>Saturday, February 6th Morning</p> <p>4A Diving: Men and Women will compete together. Facility Opens at 7am Warm-ups 7:30-8am Competition begins at 8:05am</p>
<p>Friday, February 5th Afternoon and Evening</p> <p>1A/2A Swimming: GIRLS Facility Opens at 1PM for teams and officials, NO SPECTATORS! Girls Warmups will be split. *** Five swimmers per lane 1:30-2 PM & 2-2:30 PM Girls Competition 2:35-5:15PM</p> <p>1A/2A Swimming: BOYS Facility Opens at 5:30PM for teams and officials, NO SPECTATORS! Boys Warmups will be split. *** Five swimmers per lane 6:00-6:30PM & 6:30-7:00PM Boys Competition 7:05-9:30PM</p> <p>Coaches and Captain Meeting will be on Zoom, Wed, 2/3 @6pm Officials Briefing: will be on Zoom tba.</p> <p>Meet Referee: Jim Riggs (jsriggs1@bellsouth.net) Director: Lincoln Charter, Dillon Ross dillon.ross@lincolncharter.org Stewart Isaacs stewart@sailfishaquatics.org</p>	<p>Saturday, February 6th Afternoon and Evening</p> <p>3A Swimming: GIRLS Facility Opens at 1PM for teams and officials, NO SPECTATORS! Girls Warmups will be split. *** Five swimmers per lane 1:30-2 PM & 2-2:30 PM Girls Competition 2:35-5:15 PM</p> <p>3A Swimming: BOYS Facility Opens at 5:30PM for teams and officials, NO SPECTATORS! Boys Warmups will be split. *** Five swimmers per lane 6:00-6:30PM & 6:30-7:00PM Boys Competition 7:05-9:30PM</p> <p>Coaches and Captain Meeting will be on Zoom, Wed, 2/3 @6pm Officials Briefing: will be on Zoom tba</p> <p>Meet Referee: Bill Vey (wveyjr@gmail.com) Director: Melissa King-Pierce Marvin Ridge HS Melissa.king@ucps.k12.nc.us</p>	<p>Sunday, February 7th Afternoon and Evening</p> <p>4A Swimming: GIRLS Facility Opens at 1PM for teams and officials, NO SPECTATORS! Girls Warmups will be split. *** Five swimmers per lane 1:30-2 PM & 2-2:30 PM Girls Competition 2:35-5:15 PM</p> <p>4A Swimming: BOYS Facility Opens at 5:30PM for teams and officials, NO SPECTATORS! Boys Warmups will be split. *** Five swimmers per lane 6:00-6:30PM & 6:30-7:00PM Boys Competition 7:05-9:30PM</p> <p>Coaches and Captain Meeting will be on Zoom, Wed, 2/3 @6pm Officials Briefing: will be on Zoom tba</p> <p>Meet Referee: Colleen Gillan (csgillan9@gmail.com) Director: Ryan Pegarsch Lake Norman High School pegarschr@gmail.com</p>

Refer to NCHSAA website for official schedule details and additional information.

- Coaches and Captains Meeting will be held virtually on Zoom on Wednesday February 3 at 6PM.
- Event breaks after the 50 free and 200 Free Relays,
- Awards presentations after the 50 Free, 200 Free Relay and meet conclusion. Awards will be socially Distances!

Inclement Weather / Schedule Changes

Refer to NCHSAA website for additional information.

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). (See below for additional information for Covid19 Protocols.)
- **No shaving on site. Disqualification from the meet may occur.**
- Participating teams may be hand stamped for site access upon arrival at the meet. No additional body paint allowed.
- **Swimmers may mark their event/heat/lane on the backside of one hand below the wrist.** Errors in marking will not excuse a failure to swim.
- At no time may swimmer enter the competition pool without 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. The documentation is to be delivered to the Meet Referee prior to the beginning of the meet. Any tape on the athlete 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 NCHSAA has provided written permission. Swimsuits and manufacturing logos must adhere to the NFHS Rules.
- All swimmers must be properly attired.
- Swimmers may not wear or use any device to aid in body compression other than a legal swimsuit.
- All rules and guidelines of NHSF and NCHSAA will be applied. Refer to the NCHSAA site for additional information. Rulings inquiries are to be directed to the Referee by the coach.
- **This meet is timed finals only.**
- Sessions will be USA Swimming observed swims for acceptance into SWIMS after the State Championship.
- Standard whistle starts and no recall protocol will be used.
- **Dive-overs will be determined and announced at the Coaches Meeting. When swimmers exit the pool at the conclusion of their race. Exit toward Lane 8 Clockwise around the pool deck.**
- **The next event will line up on the Lane 1 side of the pool prior to the race and will enter the area behind the blocks at the direction of the Clerk of Course Manager.**
- An individual swimmer may enter a maximum of four events, no more than two individual events (including Diving).
- Swimmers are allowed to scratch (Declared False Start) from an event without penalty, if the scratch is delivered to the Meet Referee PRIOR to the event being called (long whistle) by the referee. The event counts as a swim for the athlete. **If the swimmer is a NO SHOW without a scratch, they are disqualified from the remainder of the meet including relays.**
- Swimming in the wrong lane is a disqualification from the event.
- **Backstroke swimmers must "step in" for backstroke and the medley relay events.** Jumping or diving in may be considered a false start.
- Officials will be observing dual confirmation of false starts and relay take-offs.
- Lap counters for the 500 Free only. One lap counter person per lane. Bring your own!

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 Administrative Referee (Up in the Crow's Nest) or Meet Referee (forms are available at the admin table) before completion of the relay heat.
- Any swimmer on your team may swim on a relay provided he/she does not exceed the entry limit.

Scoring and Advancement to States

- Individual scoring will be Top 8 and as follows: 9-7-6-5-4-3-2-1.
- Relays are double points.
- The swimmers qualifying for state will be announced and the top 3 finishers will receive awards on the podium. Please assemble prior to the announcements. It is recommended that swimmers wear a shirt or warm-ups for the award presentation.
- The Following swimmers will qualify for the State Championship are:
 - The Top 3 Swimmers will advance to States automatically, plus the Top 3 not already qualified from any region will advance to States. Ties for 3rd will Qualify for States and Ties for 12th at large will qualify for States.

- Ties for 4th place at the Regional Level Competition will require a swim off at the Regional Competition.
- Individuals and relay teams who qualify for State Championship and do not intend to participate must notify the meet director within 30 minutes at the end of the regional meet. Failure to notify the meet director / meet referee implies athlete intends to compete at the State Championship. Event alternates will not advance after the 30-minute deadline. (Note: Athletes may scratch from a single event without scratching from the meet.)
- Substitutes for relays participants are allowed.

General Guidelines

- Please report any injuries immediately to meet management or any official.
- **A clear space of 5 ft along the perimeter of the competition pool must be maintained at all times. Swimmers will always remain with their team until they report to Clerk of Course.**
- **Swimmers, Officials, Meet Management only behind the start end and turn bulkhead. No coaches on either pool end.**
- **Certified NCHSAA Officials are invited to support the meet.**
- **Silence is required during starts. No flash photography at the start.**
- During warm downs no diving, feet first entry only.
- Results will be posted on the pool deck and in the spectator area.
- Please keep your team area clean. Place litter in the trash cans provided. Remember to respect the facilities provided.
- NISCA High School All American Times are the responsibility of the coach and is done online at:
<http://niscaonline.org/AwardPrograms/AllAmericaSwimming/tabid/63/Default.aspx>

COVID

COVID PROTOCOL at HFFA 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 HFFA 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. Please use the Locker rooms on the same side as your seating area on 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 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 their team area. Athletes will use the locker room restrooms ONLY. Volunteers, officials, and coaches will use the family locker rooms only.

To access the facility, each team will utilize assigned entry procedures to reduce interactions among teams. At HFFA, 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.