

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

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Friday, February 10, 2023  
Triangle Aquatic Center

**MEET TIMELINE**

**Prelims**

7:30 a.m.	Facility opens
7:45 a.m.	Officials' Briefing – Downstairs Classroom
8:00 a.m.	Pool opens for General Warm-Ups
8:30 a.m.	Timers' Briefing– Downstairs Classroom
8:30-8:45 a.m.	Specific sprint lanes and specific assignments
8:45 a.m.	Clear pool
9:00 a.m.	Competition begins

**15-minute break after men's 50 Free**  
**10-minute break after men's 200 Free Relay**

**Finals**

3:30 p.m.	Facility opens
3:45 p.m.	Pool opens for General Warm-ups
3:45 p.m.	Officials' Briefing– Downstairs Classroom
4:15 p.m.	Timers' Briefing– Downstairs Classroom
4:15-4:30 p.m.	Specific sprint lanes and specific assignments
4:30 p.m.	Clear pool
4:40 p.m.	National Anthem
4:45 p.m.	Finals begin

**AWARDS**

Awards will be presented to the top four individuals and relay teams after the men's 50 free, the men's 200 free relay and at the conclusion of the meet. Team and MVP Awards will be presented at the conclusion of the meet.

**MEET COMMITTEE**

Coach - TBD, Admin Ref - Thornton Burnette, Athlete - TBD

**DECK PASSES**

Two deck passes will be issued for each school and will be in your packets at check-in.

**AREA BEHIND THE BLOCKS**

- The men's relay swimmers will not be allowed behind the blocks in any relay event until the last women's heat in the event has started.
- Unless the swimmer is in an upcoming heat, they should not be in this area. It is not a place to cheer for your teammates.

**Once the swimmers are on the blocks,  
please be respectful and quiet for the start of the race.**

## RELAY CARDS

### Prelims

Relay cards for prelims will be in the coach check-in envelope. Please make any changes and return the cards to the Admin Referee at the scoring desk, prior to the end of warm-ups. If there is any change in the relay team or lead-off swimmer after the event has begun, please see Admin Referee at the Scoring table before the end of the heat in which the team is swimming.

**Prelims and Finals are considered one meet.**

### Finals

For finals, pick up your relay cards and your heat sheet from the admin referee when you check in for warmups. Make any changes to your relays or confirm by your signature if the names and order are the same and return these to the Admin Referee before the meet begins. Changes may be made with the Admin Referee before the end of the heat in which the team is swimming. **Substitutions may be made for relay swimmers using any eligible swimmer on the team. Swimmers may swim a maximum of two individual events and two relays or one individual event and three relays in the meet.**

***A swimmer who is entered in two individual events who swims two relays in prelims may swim on the same relays in finals but may not be switched to the third relay.***

## DECLARED FALSE STARTS AND NO SHOWS

### Prelims

DFS must be provided to the Meet Referee, Admin Referee or Deck Referee before the event begins. A DFS will be recorded in the final results as a disqualification and counts as an event for the swimmer. Failure to show for an event (NO SHOW) disqualifies the competitor from further competition except for previous qualification in an individual final event. A swimmer who is disqualified from further competition for failure to show cannot participate in any relay after the no show. If a team is unable to field four swimmers who may compete, the team is disqualified.

### Finals

DFS's for finals must be declared to the Admin Referee within 30 min following the completion of prelims. If a DFS for finals is not declared in that period, the competitor will have to swim the event in finals or be disqualified from the remainder of the meet.

## SWIM-OFFS

We will swim off 8<sup>th</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 17<sup>th</sup>. Deck Referees will arrange swim-offs with coaches. Please listen for announcements. Coaches/Athletes should check the final results prior to leaving prelims to ensure you will not be potentially involved in a swim-off. If you leave the facility, we will consider you have declined the swim-off.

### **STARTING PROTOCOL**

Whistle starts will be used by the deck referee. We will NOT be using dive-overs in prelims (or finals). At the conclusion of their race, swimmers should exit the pool when the starter says "Thank you, swimmers" or the short whistles for the next heat are blown. The long whistle calls the swimmer to step up on the blocks. At that time a swimmer's goggles and cap should be in position and the swimmer should be ready to swim. Jumping into the water for backstroke events will result in a disqualification. Swimmers must "step in" upon the long whistle command in the medley relay and backstroke events. False starts will be dually confirmed by the starter and deck referee. The swimmer/coach will be notified of a false start at the conclusion of the heat.

### **DISQUALIFICATIONS**

DQ slips will be filled out and signed by the referee. We will page the coach of a team and notify you of a DQ as quickly as possible. Protests of judgment decisions by officials are determined by the Referee and do not go to the meet committee.

### **STARTS AND RELAY TAKE-OFFS**

Dual written confirmation of false starts and relay take-offs is required.

### **500 FREESTYLE**

500 free is a timed final event. The first heat of men and women will swim in prelims. The fastest 16 men and women swimmers will swim in finals and the event is scored as a timed final.

### **ALTERNATES IN FINALS**

No alternates will be brought forward in finals unless there is a vacancy due to "prior notice", i.e. illness, ejection or an unforeseen circumstance. No shows are not included. If vacated by a no show, the lane shall remain empty.

### **SCORING**

Scoring is 16 places. Swimmers must have achieved the minimum qualifying time in prelims or finals to score.

— GENERAL INFORMATION —

- **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 boom boxes or external speakers are permitted. No artificial noise makers of any sort allowed on deck or in stands.**
- No body art except for the event, heat and lane number is permitted on swimmers (hands). 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.
- Please ask your team parents and 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.

#### **NATIONAL TIME VERIFICATION**

Electronic results of the meet will be loaded into the USA Swimming database from the Regional and State Championships for USA Swimming member athletes at the conclusion of the State Championships. Relay lead-off splits in the freestyle relays will be loaded as well. Contact Suzanne Heath ([sheath506@gmail.com](mailto:sheath506@gmail.com)) if you have questions on time verification for USA Swimming.

#### **HIGH SCHOOL ALL-AMERICAN**

Please go to the NISCA web site to electronically submit applications for High School All-American recognition. [www.niscaonline.org](http://www.niscaonline.org) is the URL.

**\*\*\* Teams shall not celebrate by throwing coach in pool,  
swimmers jumping in pool or throwing Gatorade on coach. \*\*\***

**No photographers behind the blocks.**

**NO FLASH PHOTOGRAPHY!**

**QUIET FOR THE START!**