

# NCHSAA 4A Central Regional Championships

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Saturday, February 6, 2010  
Triangle SportsPlex, Hillsborough, NC

## Meet Timeline

10:00 a.m.	Facility opens
10:15-45 a.m.	Pool open for General Warm-Ups
10:45-11:00 a.m.	Specific sprint lanes and specific assignments
11:00 a.m.	Clear pool for Coaches' Meeting
11:05 a.m.	Coaches' and Team Captains' Meeting
TBD	Competition begins after the meeting

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

## Meet Committee

Meet Director: Brian Wells, North Davidson HS

Meet Referee: Jon Fox

## Meet Guidelines

- No shaving on site
- No deck changing permitted
- No body paint; tattoos are permissible if not objectionable (see referee if in doubt).
- Medical alert medals must be taped to the body and alert may be visible.
- Religious medals or bracelets are not considered jewelry but may only be worn taped to the body under the uniform.
- Only one suit may be worn; drag suits and undergarments are not permitted.
- For failing to compete in all races and heats (No Show), the competitor shall be disqualified from further competition in the meet (including relays).
- 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 prior to the beginning of the meet. In both cases, the entry counts as an event for the swimmer.
- 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 coaches' meeting. Changes in names may be made prior to the start of the heat. Changes in order may be made to the admin referee or meet referee (forms available) before completion of the relay heat.

## Scoring and Advancement to 4A State Championship

- Individual Scoring will be as follows: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relays are double points.
- The winning and runner up-teams will receive plaques.
- The top 8 times will qualify for the state championship. Competitors must achieve the regional qualifying time to advance to state.
- If a swimmer is not going to compete at the state championship, notify the meet director within 30 minutes.
- Event alternates will not advance after that time.
- Substitutes for relay participants are allowed. Names of all participants in the state meet must be on your Direct Athletics roster for the state championship.