



2024 NCHEAC Swimming Championship Meet

Friday, February 2, 2024
Mecklenburg County Aquatic Center,
800 E M.L.K. Jr Blvd, Charlotte, NC 28202
Warm-ups begin at 11:00 am
Meet starts at 12 pm and will finish by 3pm

This meet is open to both individual home school swimmers and home school swim teams, in accordance with NFHS rules. This meet will also be a USA Swimming Observed Meet (times of the USA Swimmers will be uploaded to the SWIMS Database) pending approval.

Meet Director: Sonya Cates cates.sonya@gmail.com 336-675-6680

Course: 25 yd pool, 6-8 lanes depending on entries, & touch pad timing system

Eligibility:

- It is open to all 12 -18 yr boys and girls presently homeschooling and eligible based on current NCHEAC guidelines. (Questions about younger swimmers must be discussed with the Sonya Cates, meet director.)
- You do not have to be a member of a homeschool swim team to compete.
- Exhibition relays will be allowed for individuals and teams, but must be requested on the registration.
- Teams must have competed together as a team in 3 high school and/or middle school meets prior to this meet to be considered a “team”. Team registration is still due Dec 15, 2023).

Fees:

- \$25 per individual
- \$180 per team unlimited swimmers
- Boys and Girls are individual teams.

Awards:

- Trophies: 1st & 2nd place for both Men and Women's Teams.
- Medals: 1st through 3rd per event (dependent on number of entries).

Entry Deadline:

- **Friday by 8pm January 12, 2024** (This is 3 weeks prior to the actual meet date.)
- Teams please submit entries online or email entries to slatedad3@gmail.com

Individual & Team Registration and Entries Information

- **Entries:** Swimmers may swim a maximum of 2 individual events and 3 relays - but a max of 4 entries per swimmer by NFHS rules. (ex: 2 individual & 2 relays or 1 individual & 3 relays)
- **Registration Information:** Forms for individuals and teams available at the NCHEAC website.
- **Team Information:**
 - **Coaches should register & submit rosters online with payment by 12/15/2023**
 - After registration is complete, coaches should notify the meet director by email at cates.sonya@gmail.com that they will be attending the meet.
 - Dean Slate will post the meet file online by 12/01/2023 and email the coaches a Hy-Tek Meet file by January 7, 2024.
 - Senior Recognition deadline by **12/16/2023** - email to cates.sonya@gmail.com
- **Individuals:**
 - Parents should register their swimmer online **by 8pm Friday, January 5, 2024** with payment
 - After registration is complete, parents should notify the meet director by email at cates.sonya@gmail.com and Dean Slate slatedad3@gmail.com
 - Senior Recognition deadline by
12/16/2023- email to cates.sonya@gmail.com
 - Individuals will be assigned to a coach, which the Meet Director will choose. That coach will be responsible for any questions the swimmer or parents have concerning anything about the meet. If the swimmer is bringing someone as a coach, then they are still under the jurisdiction of

the team the Meet Director chose.

- Here are the 2024 links. <https://www.ncheac.com/swimming>

- Team registration and roster - <https://www.ncheac.com/page/show/5749310-team-forms->

- Individual - <https://ncheac.sportngin.com/register/form/622793907>

- **How to form a team:** Homeschoolers in a local area may combine to form a swim team. However, the swimmers must swim in at least 3 high school and/or middle school swim meets together as a team, during November 1, 2023 to February 1, 2024, to be considered a team. Contact Sonya Cates with questions.

- **Rules:** Official NFHS & USA Swim rules will be enforced:
 - No writing on bodies. Events and heats may be written on hands only.
 - Homeschool team caps only or blank ones with no other logos whatsoever.
 - No tech suits for 12 year olds and younger.
 - The meet referee will give a warning for the first violation and then disqualify the swimmer for not correcting the violation.
 - **Any questions about a swimmer's eligibility is not to be discussed on deck during the NCHEAC Championship meet. If a question arises, then it must be brought to Dean Slate(NCHEAC Board Representative) or Sonya Cates(NCHEAC Swim Meet Director) only.**
 - **Any disagreements about a disqualification must be brought to the meet referee by the coach and not a parent.** This must be done only during the meet and not after the completion of the meet. Please remind your parents that the meet is run by the NFHS and USA Swim standards. The meet referee and the officials have all been trained to be professional and unbiased.
 - A doctor's note must be presented to the Meet Referee prior to beginning of the meet if K-Tape is being used or anything else to assist the swimmer.

Sonya Cates

NCHEAC Championship State Swim Meet Director

Email: cates.sonya@gmail.com **Phone:** 336-675-6680

Girls Event # NCHEAC record	Event Name & Current NCHEAC records	Boys Event # NCHEAC record
Event 1 1:59.40 2/18/2022 E Flanagan, S Hicks, M Flanagan, V Kaczorowski -Moore County	200 Medley Relay	Event 2 1:43.96 2/3/2018 M. Stroud, T. Stroud, J. Wisniewski, E. Bradley-Goldsboro
Event 3 1:55.05 2/3/2018 Faith Hefner – Hickory	200 Freestyle	Event 4 1:47.00 2/1/2020 Thomas Teeters – Wilmington
Event 5 2:15.42 2/4/2023 Erin F. McCutchen –Unattached	200 IM	Event 6 1:56.62 1/30/2021 Jack Wisniewskie – Unattached
Event 7 24.71 2/1/2020 Sarah Edwards - Asheville	50 Freestyle	Event 8 22.08 2/4/2023 Luke Douglas - Raleigh Seahawks
Event 9 59.86 2/1/2020 Sarah Edwards - Asheville	100 Butterfly	Event 10 51.66 1/30/2021 Jack Wisniewski – Unattached
Event 11 54.23 2/3/2018 Faith Hefner - Hickory	100 Freestyle	Event 12 49.27 2/1/2020 Stephen Gaudette – Unattached
Event 13 5:12.88 1/30/2021 Elizabeth Teeters - SHS Cardinals	500 Freestyle	Event 14 4:56.62 2/2/2019 Thomas Teeters - SHS Cardinals
Event 15 1:48.70 2/4/2023 P.Wilkinson, M. Nunn, L. Sanger, L. Sanger - Forsyth	200 Freestyle Relay	Event 16 1:32.60 2/18/2022 J Douglas, S Perry, P Seidel, L Douglas - Raleigh Seahawks
Event 17 59.95 1/30/2021 Elizabeth Teeters - SHS Cardinals	100 Backstroke	Event 18 54.44 2/1/2020 Stephen Gaudette – Unattached
Event 19 1:08.70 2/4/2023 Emma Flanagan –Moore County	100 Breaststroke	Event 20 59.28 2/18/2022 Jon(JP) Moon- MooreCounty
Event 21 4:03.55 2/3/2018 A.Quinn, K.Forbes, C.Chestnutt, A.Lajoie - Carteret County	400 Freestyle Relay	Event 22 3:32.65 2/4/2023 Z Shearin, S Perry, D Anderson, L Douglas - Raleigh Seahawks

