



2025 NCHEAC State Championship Swim Meet

Friday, February 7, 2025
Mecklenburg County Aquatic Center,
800 E M.L.K. Jr Blvd, Charlotte, NC 28202
Doors open 9:30am
Warm-ups begin at 10:00am
Meet starts at 11am and will finish by 2pm
Awards Ceremony to take place 2pm immediately following meet

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 cell: 336-675-6680

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

Eligibility:

- meet 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 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”.
- **DEADLINE:** Team registration is due **December 31, 2024.**

Fees:

- \$25 entry fee per individual swimmer
- \$180 entry fee per team unlimited swimmers
- Boys and Girls are individual teams
- **ADMISSION FEE:** \$5 per person / \$20 per family admission (includes one heat sheet, but you **must request in advance** [here](#) so we may be good stewards of our resources and not waste printing).
- **Senior Commemorative** heat sheets available at \$8 per copy pre-order only [here](#).
- **NCHEAC Championship Apparel** (remember those amazing deep yellow shirts with the NCHEAC swim champs logo in RED/WHITE/BLUE with the NC state flag incorporated.....yeah, THOSE shirts/hoodies!!) **AVAILABLE TO ORDER** from online store **ONLY** from December 16 until January 12. Preordered apparel will be available for pick up at registration table at meet 2/7/25. There will be **NO apparel sales** at meet.
- **ONLINE store link:** <https://ncheac-swimming2025.itemorder.com/shop/home/>

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 January 17, 2025 by 8pm** (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:**

- **Deadline: Coaches should register & submit rosters online with payment by 12/31/2024**
 - After registration is complete, coaches should notify the meet director by email at cates.sonya@gmail.com that they will be attending the meet. Please provide estimated number of swimmers to attend.
 - Dean Slate will email the coaches a Hy-Tek Meet file by **January 12, 2025**.
 - Senior Recognition **DEADLINE** by **1/15/2025** - email senior photo and short senior bio to cates.sonya@gmail.com
 - Senior Recognition will be printed in commemorative heat sheet (color printing)
 - **NOTE: Participating in Senior Recognition will make the swimmer ineligible to participate in any NCHEAC sports beginning the following fall.(Aug 2025)**
- **Individuals:**
 - **DEADLINE:** Parents should register their swimmer online **by 8pm Friday, January 10, 2025** 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 **1/15/2025** - 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 2025 links.<https://www.ncheac.com/swimming>
 - Team registration and roster - <https://www.ncheac.com/page/show/5749310-team-forms->
 - Individual - [2025 Individual Registration](#)
 - **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, 2024 to February 1, 2025, 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 caps with no other logos whatsoever.
 - No tech suits for 12 year olds and younger.
 - No wrist watches
 - Do not cross in front of meet officials, do not cross bulkhead during meet
 - 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 Council 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/family member.** 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 or any other assistive device is being used by the swimmer.

Sonya Cates

Meet Director

NCHEAC Championship State Swim Meet 2025

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

NCHEAC STATE RECORDS

Girls Event # NCHEAC record	Name & Current NCHEAC records	Boys Event # NCHEAC record
Event 1 1:57.35 2/2/2024 L Moody,E Flanagan,M Flanagan, O Moody -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 2:11.66 2/2/2024 Ella G. Cowles –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 49.15 2/2/2024 Joshua Johnson – Moore County
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 1:46.72 2/2/2024 H Ewing, N Shearin, B Ewing, H Shearin- Raleigh Seahawks	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 54.03 2/2/2024 Turner D Jones – Unattached
Event 19 1:08.22 2/2/2024 Lauren Sanger - Forsyth	100 Breaststroke	Event 20 59.28 2/18/2022 Jon(JP) Moon- MooreCounty
Event 21 3:58.38 2/2/2024 M Flanagan, L Moody, O Moody, E Flanagan- Moore County	400 Freestyle Relay	Event 22 3:32.38 2/2/2024 D Anderson,W Shearin,C Collins, S Perry- Raleigh Seahawks

