



2020 NCHEAC High School Swimming Championship

**Saturday, February 1, 2020 at the Goldsboro Family YMCA,
1105 Parkway Drive Goldsboro, NC 27534**

Warm-ups begin at 12:00pm

Meet starts at 1pm and will finish by 4pm

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

Meet Director: Mary Teeters teetersmrt5@gmail.com 704-307-8663

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

Eligibility: Open to all 12-18 yr boys and girls presently homeschooling and eligible based on current NCHEAC guidelines. You do not have to be a member of a home school swim team to compete. Exhibition relays will be allowed for individuals and teams, but must be requested at the time of registration. To be considered as a team, your team must have competed together as a team in 3 high school meets prior to this meet.

Fees: \$20 per individual / \$100 per team with up to 12 swimmers

Teams larger than 12 will be \$100 for the first twelve then \$10/swimmer

Boys and Girls are individual teams.

Awards: Trophies: 1st place for both Men and Women's Teams.

Medals 1st through 3rd per event (dependent on number of entries).

Entry Deadline: Friday, January 17, 2020 by 8pm

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. <https://www.ncheac.com/rulesandforms>

- **Team Information:** Coaches should register & submit rosters online <https://www.ncheac.com/page/show/4335559-downloads> and notify the meet director by email at teetersmrt5@gmail.com by January 17, 2020. Please include a list of swimmers and their USA Swimming ID, if they are USA Swimmers, in order to have their times uploaded to USA Swimming. Once received, a Hy-Tek Meet file will be emailed out January 7th for actual entries. Deadline to submit entries is Friday, January 17, 2020 by 8pm.
- **Individuals:** Parents should register their swimmer online <https://www.ncheac.com/page/show/4335793-individual-forms> and notify the meet director by email at teetersmrt5@gmail.com by Friday, January 17, 2020 by 8pm (please include the NAME, DOB, EVENTS and ENTRY TIME for each swimmer. Also include their USA Swim ID number if they desire to have their times uploaded).
 - Also, any individual swimmer wishing to participate in relays must notify the meet director (at the time of registration) of their interest in and preference for relays – note put down a 1st, 2nd, and 3rd choice. Every effort will be made to include swimmers in these exhibition relays.
- **How to form a team:** Homeschoolers in a local area may combine to form a swim team however, they must swim in at least 3 high school swim meets together as a team, during November 2019 to February 1, 2020, prior to this championship meet, to be considered a team. Please contact Mary Teeters if you need any help forming and competing as a team.
 - Official NFHS rules enforced: no writing on bodies, caps for team only or blank with no other logos whatsoever. The meet referee will give a warning for the first violation and then disqualify the swimmer for not correcting the violation.

Mary Teeters

NCHEAC Championship State Swim Meet Director

Email: teetersmrt5@gmail.com **Phone:** 704-307-8663

List of Events and current NCHEAC records

Girls Event # NCHEAC record	Event Name	Boys Event # NCHEAC record
<p>Event 1</p> <p>2:01.13 2/3/2018 Hickory Swim Team F. Hefner, S. Kelty, C. Hefner, E. Meyer</p>	<p>200 Medley Relay</p>	<p>Event 2</p> <p>1:43.96 2/3/2018 Goldsboro Swim Team M. Stroud, T. Stroud, J. Wisniewski, E. Bradley</p>
<p>Event 3</p> <p>1:55.05 2/3/2018 Faith Hefner – Hickory Swim Team</p>	<p>200 Freestyle</p>	<p>Event 4</p> <p>1:47.66 2/2/2019 Mitchell Stroud – unattached</p>
<p>Event 5</p> <p>2:16.94 2/8/2014 Cape C Murch-Elliot – Unattached</p>	<p>200 IM</p>	<p>Event 6</p> <p>1:56.79 2/11/2012 Bill Young – Trailblazers</p>
<p>Event 7</p> <p>25.97 2/3/2018 Ava Lajoie - Carteret County Swim Team</p>	<p>50 Freestyle</p>	<p>Event 8</p> <p>22.24 2/11/2012 Preston Rodeniser – Unattached</p>
<p>Event 9</p> <p>1:02.37 2/4/2017 Ruth Hullette – Hickory Swim Team</p>	<p>100 Butterfly</p>	<p>Event 10</p> <p>53.31 2/8/2014 Zachary Key – Unattached</p>
<p>Event 11</p> <p>54.23 2/3/2018 Faith Hefner - Hickory Swim Team</p>	<p>100 Freestyle</p>	<p>Event 12</p> <p>49.32 2/2/2019 Mitchell Stroud – Unattached</p>

<p>Event 13</p> <p>5:23.20 2/4/2017</p> <p>Ruth Hullete - Hickory Swim Team</p>	<p>500 Freestyle</p>	<p>Event 14</p> <p>4:56.62 2/2/2019</p> <p>Thomas Teeters - Wilmington SHS Cardinals</p>
<p>Event 15</p> <p>1:51.56 2/3/2018</p> <p>Hickory Swim Team</p> <p>C. Hefner, K. Thorpe, E. Meyer, F. Hefner</p>	<p>200 Freestyle Relay</p>	<p>Event 16</p> <p>1:34.54 2/3/2018</p> <p>Goldsboro Swim Team</p> <p>E. Bradley, M. Stroud, J. Wisniewski, T. Stroud</p>
<p>Event 17</p> <p>1:02.79 2/3/2018</p> <p>Addy Quinn - Carteret County Swim Team</p>	<p>100 Backstroke</p>	<p>Event 18</p> <p>55.47 2/3/2018</p> <p>Mitchell Stroud - Goldsboro Swim Team</p>
<p>Event 19</p> <p>1:09.68 2/8/2014</p> <p>Cape C Murch-Elliot – Unattached</p>	<p>100 Breaststroke</p>	<p>Event 20</p> <p>59.38 2/11/2012</p> <p>Bill Young – Trailblazers</p>
<p>Event 21</p> <p>4:03.55 2/3/2018</p> <p>Carteret County Swim Team</p> <p>A.Quinn, K.Forbes, C.Chestnutt, A.Lajoie</p>	<p>400 Freestyle Relay</p>	<p>Event 22</p> <p>3:45.15 2/4/2017</p> <p>Goldsboro Swim Team</p> <p>E Bradley, T Stroud, J Wisniewski, M Stroud</p>