



Tarheel States

Hosted by STAR Aquatics

March 20-22, 2026

The Greensboro Aquatic Center
1921 W. Gate City Blvd., Greensboro, NC 27403

Held under the Sanction of USA Swimming, Inc.,
issued by North Carolina Swimming, Inc.

Sanction #NC26002

and Time Trials Sanction # NC26002TT

MEET DIRECTORS	MEET ENTRY COORDINATOR
Jay Dodson (336) 337-0169	Michele Hendrix 336-847-2613 Jay@staraquatics.net
Taylor Mitchell (336) 549-4682 taylor@staraquatics.net	MEET MARSHAL
	Amy Teoh Steven Laflamme
MEET REFEREE	ADMINISTRATIVE REFEREE
Rob Stevens (336) 686-4570 robstevens@triad.rr.com	TBD

FACILITY

The Greensboro Aquatics Center is a state-of-the-art indoor facility with a 50-meter pool which can be broken into two short course venues with a separate diving well. This competition will use one or two short course competition venues that are 8 or 10 lanes (depending on entries) with continuous warm-up and cool down lanes available throughout the meet. The pool depth is 9'-10' at the start and turn ends and 4" lane lines will be used to reduce turbulence. The lane width is 7'-9' (depending on number of lanes). An Omega timing system with a Daktronics Pro-Star LED Video Scoreboard Display will display results simultaneously. We will use a touchpad and a minimum of one (1) button and one (1) watch per lane. Starting platforms are Omega deck anchored platforms.

STAR will ensure the correct competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. The facility is staffed by certified lifeguards, possesses AEDs and emergency phones for 911 access.

Only athletes, officials, coaches, and meet volunteers may be on deck during warm-ups and/or competition. The 650 bleacher seats on deck are reserved for swimmers only. **No chairs are permitted in the stands or on deck.**

Locker rooms are reserved for athlete use. Separate rest room facilities are available for officials, coaches, and volunteers.

- **Cashless**

The Greensboro Complex and Greensboro Aquatic Center no longer accept cash for parking fees, ticket sales, and concessions. A debit or credit card will be required for payment. Contactless and mobile payment options, including Apple Pay, Google Pay, and Samsung Pay, will be accepted at most payment terminals.

- **Spectator Bag Policy**

For safety and efficiency, the Greensboro Aquatic Center recommends entering without a bag. If necessary, guests are permitted to bring one small bag that meets the following guidelines:

- Clear vinyl or Plastic Bag (no larger than 12"x6"x12")
- Clear Vinyl or Plastic Backpack (no larger than 12"x6"x12")
- Small Clutch Bag (no larger than 4.5"x6.5")
- Medical Bags* (no larger than 12"x6"x12")
- Diaper Bags* (no larger than 12"x6"x12")
- One-Gallon Clear Plastic Storage Bag

*Medical bags, including diaper bags when accompanied by a child, will be inspected, and tagged before entry. *Please note this is not a comprehensive list. The Greensboro Aquatic Center reserves the right to deny any bag at any time on a case-by-case basis. Please note that athletes are allowed to bring in their bags and do not have to abide by the above policy.*

- **Event Streaming**

The Greensboro Aquatic Center will stream this meet on their official YouTube channel. You can access the stream by visiting the link:

<https://www.youtube.com/@GreensboroAquaticCenter>

VENUE SHOPS

Augusta Swim Supply will be open in the Greensboro Aquatic Center during the meet. Food and drink may be purchased from the concession stand located in the facility. **No outside food or drink will be permitted.**

PARKING

Parking will be \$5.00 per day with re-entry allowed. Parking for coaches, officials, and volunteers will be provided.

MEET FORMAT

There are seven sessions in the meet including 12 & Under Timed Finals and 13 & Over Prelim/Finals. Friday will be an Open Timed Finals session. The 1000 Free will be Timed Finals and will be swum during the Saturday Morning Prelims. Saturday and Sunday Evening Finals will be swum as follows for each event:

- D, C, B then A Final
- D Final -- 13 & 14 swimmers only
- C, B, & A Final are open to all 13 & Over swimmers

Meet Management reserves the right to combine sessions, add sessions, or move an age group or gender to a different session depending on the number of entries in the meet to ensure the meet runs efficiently. Coaches will be notified by email of any changes to the sessions within 36 hours of the entry deadline.

Meet Management also reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.

MEET SCHEDULE AND DEADLINES

- Officials' meetings will be held 45 minutes prior to the start of each session.

Tuesday, March 10, 2026	Time
Entry Deadline	10:00 pm
General Coaches' Meeting – via Zoom	TBD
Friday, March 20, 2026 – Evening Timed Finals	Time
Warm-Up	4:30 pm
Positive Check-In Deadline for 400 IM and 500 Free	5:00 pm
Relay Cards due for 13 & Over 400 Free Relay	6:00 pm
Meet Start	5:30 pm
Saturday, March 21, 2026 – Morning Prelims	Time
Warm-Up	7:00 am
Relay cards due for 13 & Over 200 Free Relay	8:30 am
Positive Check-In Deadline for 13 & Over 1000 Free	8:30 am
Meet Start	8:30 am
Saturday, March 21, 2026 – Afternoon Timed Finals	Time
Warm-Up:	Not before 11:30 am
Relay cards due for 12 & Under 200 Free Relays	30 min after Warm-Up Start
Meet Start	40 min after Warm-Up Start
Saturday, March 21, 2026 – Evening Finals	Time
Warm-Up	4:30 pm
Meet Start	5:30 pm
Sunday, March 22, 2026 – Morning Prelims	Time
Warm-Up	7:00 am
Relay cards due for 13 & Over 200 Medley Relay (Relays swim at the end of Prelims Session.)	8:30 am
Meet Start	8:30 am
Sunday, March 22, 2026 – Afternoon Timed Finals	
Warm-Up:	Not before 11:30 am
Relay cards due for 12 & Under 200 Medley Relays	30 min after Warm-Up Start
Meet Start	40 min after Warm-Up Start
Sunday, March 22, 2026 – Evening Finals	Time
Warm-Up	4:30 pm
Meet Start	5:30 pm

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional and exceptions are stated.

MAAPP

All applicable adults participating in, or associated with, the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”) and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. NO running or horseplay will be tolerated.

Swimmers may be dropped off only in designated safe areas.

Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms.

No glass containers or bottles are allowed inside the facility at any time.

Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

Use of audio or visual recording or photography devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer’s guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer’s team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time. All persons on deck or behind the blocks must be USAS certified coaches, officials, registered swimmers, or meet volunteers.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc., and all adult athletes must hold current APT certifications to compete. Swimmers must be registered prior to entry deadline. Entries listed as “Registration Applied For” will not be accepted. **THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.**

There are no qualifying time standards for this meet. However, 12 & Under swimmers entering any event in which they have achieved the 2024 ESSZ Age Group Short Course Sectional qualifying time standard for their age group must swim that event as an exhibition event. A list of all exhibition swims must be sent

with meet entries. If a swimmer is not included on the exhibition list but is entered in an event for which he/she must be exhibitioned, Meet Management will automatically mark him/her as exhibition.

TECHNICAL SUIT BAN for 12&Us

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

A Technical Suit is one that has the following components:

- Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

SWIMMERS WITH DISABILITIES

Star Aquatics welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit Star Aquatics' ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

ENTRIES

Please email entries to entries@staraquatics.net using Hy-Tek Team Manager for entries. List all swimmers' ages as of **March 20, 2026**. Entries may be sent via email and must include the following:

- 1) A Hy-Tek compatible entry file
- 2) Team entry report
- 3) Financial report
- 4) A list of Coaches attending the meet.

A swimmer's **age on the first day of the meet** will determine his/her age for the entire meet.

Teams/entries will be accepted in the order they are received, until the four-hour timeline is reached. Entries received after the timeline is reached will be returned. **If you plan to attend this meet, please notify the Meet Director(s) with your intent and approximate number of swimmers as soon as possible.**

ENTRY LIMITATIONS

13 & Over swimmers are limited to a maximum of 3 individual events per day and 8 individual events throughout the meet.

12 & Under swimmers are limited to a maximum of 4 individual events per day and 10 individual events throughout the meet.

Exhibition events count toward the daily limit and the meet limit.

Relays are not included in the limit. Meet Management reserves the right to limit, eliminate, and/or combine any heats/events to allow the meet to run in the allotted time.

**ENTRY
VERIFICATION**

The person submitting the entry will be sent an email confirming receipt of the entry within 48 hours of receipt.

TIME TRIALS

Time trials may be offered after the preliminary sessions on Saturday and Sunday. Time trials are offered at the discretion of the meet referee. All Time Trial swimmers must be entered in the meet. All USA Swimming rules will apply to Time Trials. Time Trials are included in daily entry limits and must not exceed 6 individual events per day entry limits mandated by USA Swimming, but do not count toward the meet total. Time trials participants must provide their own timers and counters (if applicable). Time Trials are \$12.00 per swim. **Time Trial entry fees must be paid in cash at the admin table at the time of entry.**

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by **10:00 pm Tuesday, March 10, 2026**. Late entries may be accepted at the discretion of the Meet Director(s) and Meet Referee. There may be on-deck entries, but only in open lanes and at the discretion of the Meet Director(s) and Meet Referee. **Double fees will apply to all late entries and must be paid before entry can be processed on deck.**

ENTRY FEES

Make checks payable to: Star Aquatics; All fees are non-refundable	
Individual Timed Final Event	\$8.00 per event (Late entry \$16.00 per event)
Individual Prelim/Final Event	\$12.00 per event (Late entry \$24.00 per event)
Relay Event	\$15.00 per relay (Late entry \$30.00 per relay)
Facility Surcharge (includes heat sheet)	\$21.00 per swimmer
NCS Travel Fund	\$3.00 per swimmer

SEEDING

The conforming time standard for this meet is short course yards. Swimmers in timed finals events will be seeded and swim from slowest to fastest, unless otherwise indicated. Swimmers in preliminary events will be "circle" seeded in accordance with USA Swimming Rules and Regulations 102.5.1, unless otherwise indicated. All non-conforming times will be seeded last in rank order (YLS). There will be no course conversion for this meet. Exhibition swimmers will be seeded by time in timed finals events. All relays are timed finals and will be deck seeded **slowest to fastest**. The 400 IM and 500 Free will be deck seeded **fastest to slowest** and may be limited to the top 3 heats to stay within the allotted time. Swimmers must provide timers for the 400 IM and must provide timers and lap counters for the 500 Free and 1000 Free. **Teams must provide their own timers for Friday night relays**

CHECK-IN	<p>A positive check-in, located at clerk of course, will be required for the following events:</p> <ul style="list-style-type: none"> • 400 IM • 500 Free • 1000 Free <p>Check-in for events will be as stated in the Meet Schedule and Deadlines table. Swimmers who fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.</p> <p>Swimmers must provide timers for the 400 IM and must provide timers and lap counters for the 500 Free and 1000 Free. Teams must provide their own timers for Friday night relays.</p>
PENALTIES	<p>Swimmers in announced A or B finals must either scratch or declare their intent to scratch within 30 minutes of announcement. If a swimmer declares intent and does not return to scratch, they will be seeded in the final event. A swimmer who then fails to compete in said final shall be barred from his/her next individual event. The Meet Referee may waive this penalty at his discretion. Swimmers are requested to scratch their events regardless of place if they are not returning for Finals.</p> <p>According to the scratch rule, a swimmer who is properly checked in for a positive check in deck seeded event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit. There is no penalty for failure to compete in relay events.</p>
SCORING	This meet will not be scored.
AWARDS	<p>Awards will be given to 12 & Under swimmers.</p> <p>Timed Final Individual Events: 1st – 8th place ribbons</p> <p>Relays: 1st – 3rd place ribbons</p>
RESULTS	Results will be posted to Meet Mobile. At the conclusion of the meet, results will be sent to each team via email attachment.
COACHES	<p>All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or showing their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Meet Schedule and Deadlines table. Other meetings may be held at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.</p>

**OFFICIALS/
TIMERS/
VOLUNTEERS**

All teams may be required to provide timers based on the number of swimmers entered in the meet. Timer assignments will be distributed after registration has closed.

There will be a need for officials. Star Aquatics welcomes and encourages anyone willing to volunteer to contact the Meet Referee by email prior to the meet, sign up using the link on the meet page on the STAR Aquatics website (www.staraquatics.net), or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the Meet Referee by displaying their registration card or showing their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Meet Schedule and Deadlines table.

HOSPITALITY

There will be a hospitality area open to all coaches and officials.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/cool-down. There is to be no diving or horseplay in this area. Only **feet-first** entry into the warm-up lanes is permitted.

**WAIVER/
RELEASE**

As a team entered in this meet, upon entry you are verifying that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. STAR Aquatics, the Greensboro Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

**IMAGE
RELEASE**

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and photographs and audio and video recordings, before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures or videos featured on any media should inform their team's head coach and the Meet Director(s) prior to the meet.

ORDER OF EVENTS

Friday, March 20, 2026 Timed Finals – Warm-Up: 4:30 pm Meet Start: 5:30 pm		
Girls	Events	Boys
1	Open 400 IM	2
Optional 10 Minute Break		
3	Open 500 Free	4
Optional 10 Minute Break		
5	13 & Over 400 Freestyle Relay	6

Saturday, March 21, 2026 Prelims – Warm-Ups: 7:00 am Meet Start: 8:30 am Finals – Warm-Ups: 4:30 pm Meet Start: 5:30 pm		
Girls	Events	Boys
7	13 & Over 50 Freestyle	8
9	13 & Over 100 Breaststroke	10
11	13 & Over 200 Backstroke	12
13	13 & Over 100 Butterfly	14
15	13 & Over 200 Freestyle	16
17	13 & Over 200 Free Relay (*During Prelims Only*)	18
Optional 10 Minute Break		
19	13 & Over 1000 Freestyle (*During Prelims Only*)	20

Saturday, March 21, 2026 Timed Finals -- Warm-Ups: Not before 11:30 am Meet Start: 40 min after start of Warm-Ups		
21	10 & Under 100 Breaststroke	22
23	11-12 100 Breaststroke	24
25	10 & Under 50 Freestyle	26
27	11-12 50 Freestyle	28
29	10 & Under 100 Backstroke	30
31	11-12 100 Backstroke	32
33	10 & Under 200 Freestyle	34
35	11-12 200 Freestyle	36
37	10 & Under 50 Butterfly	38
39	11-12 50 Butterfly	40
41	10 & Under 100 IM	42
43	11-12 100 IM	44
45	12 & Under 200 Free Relay	46

Sunday, March 22, 2026 Prelims – Warm-Ups: 7:00 am Meet Start: 8:30 am Finals – Warm-Ups: 4:30 pm Meet Start: 5:30 pm		
Girls	Events	Boys
47	13 & Over 200 Butterfly	48
49	13 & Over 100 Freestyle	50
51	13 & Over 200 Breaststroke	52
53	13 & Over 100 Backstroke	54
55	13 & Over 200 IM	56
57	13 Over 200 Medley Relay (*End of Morning Session*)	58

Sunday, March 22, 2026 Timed Finals -- Warm-Ups: Not before 11:30 am Meet Start: 40 min after start of Warm-Ups		
59	10 & Under 50 Backstroke	60
61	11-12 50 Backstroke	62
63	10 & Under 100 Butterfly	64
65	11-12 100 Butterfly	66
67	10 & Under 50 Breaststroke	68
69	11-12 50 Breaststroke	70
71	10 & Under 100 Freestyle	72
73	11-12 100 Freestyle	74
75	10 & Under 200 IM	76
77	11-12 200 IM	78
79	12 & Under 200 Medley Relay	80

STAR Tar Heel States
March 20-22, 2026
Mail Meet Entry Form and Payment to:
STAR Aquatics
PO Box 16311
High Point, NC 27261

Official Entry Information:

Club Name _____ Club Code _____

Address _____

City _____ State ____ Zip _____

Head Coach _____ Home Phone _____

Email Address _____ Work Phone _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Assistant
Coach _____

Liability Statement: All coaches identified above are currently registered as coaches with USA Swimming, Inc. and are responsible for the swimmers entered in this meet and during the conduct of the event **March 20 - 22, 2026**. By participating in this meet, you agree that any charges incurred by STAR for damage to the facility, equipment, or premises that cannot be resolved to the offending individual(s) will be shared among the teams participating in the meet.

Signature _____ Date _____

Release Statement: USA Swimming, Inc., North Carolina Swimming, Inc., Star Aquatics, LLC, Greensboro Aquatic Center and all employees and representatives of these organizations shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Signature _____ Date _____

# of Individual Timed Final Entries		x \$8.00 each entry*	\$
# of Individual Prelim/Final Entries		x \$12.00 each entry*	\$
# of Relay Entries		x \$15.00 each entry*	\$
Facility Surcharge (total swimmers) (Includes heat sheet)		x \$21.00 each swimmer	\$
NCS Travel Fund (total swimmers)		X \$3.00 each swimmer	\$
Totals			\$

*These fees are doubled if entries received after 10:00 pm Tuesday, March 10, 2026.