

### **Using High School Times**

With the high school state championships beginning this weekend, coaches, parents, and athletes should be aware of how times swum in high school meets may be used to enter North Carolina Swimming or USA Swimming meets.

In North Carolina, the only high school meets that are observed for USA Swimming times are the state 1A/2A, 3A, and 4A championships. Additionally, the independent high school championships are observed. No high school dual meet times or regional meet times may be used for USA Swimming or NC Swimming meet entries, and they will not be entered into the SWIMS (STAR) national database.

Individual times and relay lead offs that meet the Southern Zone Sectional Standard for athletes currently registered with USA Swimming from the championship meets will be entered into the national database. Times that are slower than the sectional standard must be requested for database entry.

Request forms will be available from the meet referees at each championship meet site. You may also email Suzanne Heath at [suzanneheath@cox.net](mailto:suzanneheath@cox.net) to request times that are not as fast as the sectional cuts or to ask for further information.