

Preparing for a Smooth and Successful Season: South Carolina High School Swimming

I. Governing Institutions for High School Sports

- See document "Governing Institutions of High School Sports"

II. Milestones prior to start of season

April/May

- Set tentative meet schedule with area teams and region teams
- SCSCA wants to begin email blasts for teams needing to schedule meets
- Each team can schedule a maximum 8 meets including the Region meet
- Pick team suit
- Design/order team caps: remember, swimmers must wear uniform caps at meets
- Check with Athletic Director (AD) to ensure that high school joins SCACA and YOUR SCSCA association!!!!

July

- Attend SCACA (South Carolina Athletic Coaches Association)/SCHSL Rules and Regulations Meeting
- Attend SCSCA (South Carolina Swim Coaches Association) meeting!!
- Be sure to provide your email address to SCSCA to receive important emails about the upcoming season etc.
- Take NFHS (National Federation of High Schools) certification courses
 - Heat Acclimatization/Heat Illness Prevention
 - Protecting Students from Abuse
 - Concussion
 - Sudden Cardiac Arrest
 - CPR training
 - Covid-19 (may be required by your school district)
- Purchase/update Hy-Tek Team Manager and Meet Manager software
See documents "Team Manager Instructions" and "Meet Manager Instructions"

III. Prior to 1st Contest/Meet

- Create an Athlete ID via Team Manager for each swimmer
- Submit team roster to www.Sportstiming.com/schss
See document "SCHSL Policy and procedures"
- If you are a new team to the SCHSL, obtain team abbreviation from Sportstiming.com/Victoria Culbertson at victoria.culbertson@sportstiming.com
- Obtain copy of SCHSL State Automatic/Consideration Times
See document "2022-2023 State Meet Qualifying Times"

IV. During Season

- For each meet: it is recommended that the home team confirm in writing the parameters for each meet.
 - See Document "Sample of Dual Meet Information"
 - See document "Order of Events"
- Each meet must have a certified Starter and Deck referee.
- Each meet must have at least two stroke/turn judges
- Contact your District referee to ensure that you have certified referees conducting your Home meets. Failure to have certified referees at your meets will cause your swimmers' times to not qualify to be submitted and posted to the South Carolina High School Swimming State meet rankings.
 - See document of State of South Carolina District Alignment and District Referees
- Home team must submit results to Sportstiming.com with 72 hours of completion of meet
 - See document "Instructions to Submit Meet Results"

V. State Meet

- There are three state meets: 5A, 4A, 3A/2A/1A
- Venue: North Charleston Aquatics Center or USC Natatorium

- 2022 State Meet dates:
 - Friday, October 7, 2022
 - Saturday, October 8, 2022
 - Classification assignment for meets TBD

- Preparing State Meet Entries
 - See document "Step by Step Instructions for setting up State meet entries"
- Submitting State Meet Entries
 - Submit state meet entries to www.sportstiming.com/schss