

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

Swimming

(Updated July 24, 2025)

All documents located on the SCSCA website at

www.teamunify.com/hsscscsca

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
- 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
 - Abuse
 - Concussion
 - Sudden Cardiac Arrest
 - CPR training
- Purchase/update Hy-Tek Team Manager and Meet Manager software
 - See documents "Team Manager Instructions" and "Meet Manager Instructions"
 - OR consider purchasing Swimtopia.

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 "2025 SCHSL Roster Policy" document
- 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

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 for Visiting team"
- Each meet must have a certified Starter and Meet 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 eight state meets: Separate gender meets for 5A D1, 5A D2,, 4A, 3A/2A/1A
Venue: University of South Carolina Natatorium
- Preparing State Meet Entries
See document "2025 Submitting State Meet Entries" document
- Submitting State Meet Entries
Submit state meet entries to www.sportstiming.com/schss