2019
TITANS vs. VA GATORS Dual Meet

Hosted by the TAC TITANS Swim Team
May 17 – 19, 2019
Held at Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction #NC19104

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jennifer Riley jriley@tactitans.org	Jennifer Riley jriley@tactitans.org
MEET REFEREE	**MEET MARSHAL**
Linda Hughes lahughes@nc.rr.com	Tyler Owens towens@triangleaquatics.org

FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above the deck offers bleacher seating with backs, tables, and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Daktronics OmniSport 2000 Pro Swimming timing system with HD video scoreboard. Paddock starting blocks with Swim Innovation wedge blocks and backstroke ledges. Hy-tek Meet Manager 7.0 will be used. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center. **Parking in the TAC lot is reserved for coaches and officials only.** Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and the owner's expense.

Per USA Swimming and Safe Sport Rules…ONLY meet volunteers, USA Swimming registered athletes, current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. ALL coaches, officials and volunteers will be required to wear wristbands or lanyards on the pool deck. Please check-in at the volunteer table in the lobby.

NO SPECTATORS ARE ALLOWED ON DECK AT ANY TIME.

PREFERRED HOTELS PROGRAM

The Triangle Aquatic Center is proud to partner with local hotels as part of our Preferred Hotels Program. Please make sure when making your reservation that you reference the meet name and the Triangle Aquatic Center.

Please click here for special rates currently being offered for this meet: **http://www.triangleaquatics.org/events/preferred-hotels/**

MEET FORMAT

AGE GROUP/SENIOR LONG-COURSE METERS DUAL MEET
(TAC TITANS VS. VA GATORS)

- **ALL EVENTS ARE TIMED FINALS**
- **Entries for the 400M & 800M FREE may be limited depending on number of entries received**

Swimmers will be required to provide a person to count laps for the 800M FREE.

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	3:50 PM	5:00 PM	All Ages
2	Saturday Timed Finals	6:50 AM	8:00 AM	13 & Over
3	Saturday Timed Finals	10:50 AM	12:00 PM	10 & Under
4	Saturday Timed Finals	2:20 PM	3:30 PM	11-12
5	Saturday Timed Finals	5:50 PM	7:00 PM	13 & Over
6	Sunday Timed Finals	6:50 AM	8:00 AM	11-12
7	Sunday Timed Finals	10:50 AM	12:00 PM	10 & Under
8	Sunday Timed Finals	1:50 PM	3:00 PM	13 & Over

Meet Management reserves the right to limit entries, events, and heats, scratch relays, and to adjust warm-up and meet start times to optimize the schedule. Any changes will be communicated via email to participating coaches by Friday, May 10, 2019.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Tuesday, May 7, 2019	Noon	Entry Deadline
Friday, May 17, 2019	4:15 PM	Official Briefings (45 minutes prior to the start of each session)
Friday, May 17, 2019	4:45 PM	Coaches/General Meeting
RELAY CARDS ARE DUE AT THE COMPUTER TABLE NO LATER THAN THE START OF EACH SESSION.		

SAFETY

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. **Only feet first entry into warm-up/warm-down lanes at all times except during specific warm-up periods while under the direct supervision of a certified coach.** No glass is allowed in the pool area or locker rooms at any time. As at any pool, the deck may be slippery and caution should be taken to prevent accidents. NO blocking of fire exits, which includes doorways and passages.

RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an USA Swimming member coach as being proficient in performing a racing start or must start each race from within the

water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY

All TAC TITANS and VA GATORS swimmers must be registered with USA Swimming, Inc., prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. **THERE WILL BE NO ON-DECK REGISTRATION AVAILABLE AT THIS MEET.**

SWIMMERS WITH DISABILITIES

The TAC TITANS welcome 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 the TITANS ability to accommodate all requests.

TIME STANDARDS

There are no time standards for this meet.

ENTRIES

Entries will not be accepted before Tuesday, April 30, 2019 at 8:00 AM and not after Tuesday, May 7, 2019 at NOON.

Entries should be submitted in Hy-Tek format via email. A completed and signed "Summary of Fees" Sheet (included in this announcement) and payment in full must be received by the Meet Entry Coordinator before the start of the meet. **Swimmers will not be allowed to swim until all fees are paid**.

A swimmer's age on the first day of the meet will determine their age for the entire meet.

All relay only swimmers including alternates must be listed and pay the NCS Travel Fund and Facility Surcharge.

ENTRY LIMITATIONS

Individual Events:

- **13 & Over** may swim a maximum of **3 individual events per session** plus **1 relay** per day; **9 total individual events** for the meet.
- **12 & Under** may swim a maximum of **4 individual events per session** plus **1 relay** per day; **8 total individual events** for the meet.

Relays:

Teams are limited to **4 relay teams per relay event (A, B, C & D ONLY)**. **Relays will only be swum if time permits**.

SESSIONS WHICH INCLUDE 12 & UNDER SWIMMERS WILL BE LIMITED TO 4-HOUR SEEDED TIMELINES.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator MUST receive entries no later than TUESDAY, MAY 7, 2019 at NOON. Late entries may be accepted at the discretion of the Meet Director but will be charged the Late Entry Fee of double the individual event fee. No new entries or changes will be allowed after FRIDAY, MAY 10, 2019 at 3:00 PM. There will be NO ON DECK ENTRIES OR CHANGES ACCEPTED.

ENTRY FEES

Make checks payable to: TAC TITANS; ALL FEES ARE NON-REFUNDABLE	
Individual Events	$ 7.50 per event
Relays	$ 15.00 per relay
NCS Travel Fund	$ 3.00 per swimmer, including relay only swimmers
Facility Surcharge	$ 19.50 per swimmer, including relay only swimmers
Late Entry Fee	Double the individual event fee

SEEDING

The conforming time standard for this meet is long-course meters. Swimmers will be seeded and swum slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order. **The 400M FREE and 800M FREE will be pre-seeded. The 400M FREE will be swum fastest to slowest alternating one heat of Girls, then one heat of Boys. The 800M FREE will be swum slowest to fastest alternating one heat of Girls, then one heat of Boys.**

CHECK-IN

RELAY CARDS ARE DUE AT THE COMPUTER TABLE NO LATER THAN THE START OF EACH SESSION.

SCORING

This meet will not be scored.

AWARDS

There will be no awards at this meet.

RESULTS

Results will be posted on the Triangle Aquatic Center website http://www.triangleaquatics.org/events/event-results/ within 48 hours of the meet's conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either via email attachment or on www.ncswim.org.

COACHES

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 be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. 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.

PLEASE EMAIL THE MEET DIRECTOR A LIST OF ALL COACHES WHO WILL BE IN ATTENDANCE NO LATER THAN THE MONDAY BEFORE THE MEET STARTS.

The NCS Registration Chair will provide meet management with a list of current coaches' certifications. **Coaches who are not current in all required certifications will not be allowed on deck.**

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. The TAC TITANS welcome and encourage anyone willing to volunteer to contact the Meet Referee by email prior to the meet 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 be prepared to show 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 Deadline and Meeting Summary. Each briefing will begin 45 minutes prior to the start of the session.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to COACHES and OFFICIALS only. Volunteers will receive water and snacks on-deck. Refreshments for spectators will be available at the Café in the lobby.

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/warm-down. **There is to be no diving or horseplay in this area.**

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. The TITANS, Triangle 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 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 pictures 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 featured on any media should inform their team's head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Session #1 (All Ages) TIMED FINALS
Friday, May 17, 2019
Warm-up: 3:50 PM; Meet Start: 5:00 PM

Girls/Women	Event	Boys/Men
1	13 & Over 50M Freestyle	2
3	Open 200M Individual Medley	4
5	11 & Over 400M Freestyle *	6

***The 400M FREE will be pre-seeded and swum fastest to slowest. We will alternate one heat of Girls, then one heat of Boys. Heats may be limited to optimize the timeline.**

Session #2 (13 & Over) TIMED FINALS
Saturday, May 18, 2019
Warm-up: 6:50 AM; Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
7	13 & Over 400M Individual Medley	8
9	13 & Over 100M Butterfly	10
11	13 & Over 200M Freestyle	12
	5 Minute Break (only if timeline permits)	
13	13-14 200M Freestyle Relay	14
15	15 & Over 200M Freestyle Relay	16

Session #3 (10 & Under) TIMED FINALS
Saturday, May 18, 2019
Warm-up: 10:50 AM; Meet Start: 12:00 PM

Girls/Women	Event	Boys/Men
17	10 & Under 100M Freestyle	18
19	10 & Under 50M Breaststroke	20
21	10 & Under 100M Backstroke	22
23	10 & Under 50M Butterfly	24
	5 Minute Break (only if timeline permits)	
25	10 & Under 200M Freestyle Relay	26

ORDER OF EVENTS

Session #4 (11-12) TIMED FINALS
Saturday, May 18, 2019
Warm-up: 2:20 PM; Meet Start: before 3:30 PM

Girls/Women	Event	Boys/Men
27	11-12 100M Freestyle	28
29	11-12 50M Breaststroke	30
31	11-12 100M Backstroke	32
33	11-12 50M Butterfly	34
	5 Minute Break (only if timeline permits)	
35	11-12 200M Freestyle Relay	36

Session #5 (13 & Over) TIMED FINALS
Saturday, May 18, 2019
Warm-up: 5:50 PM; Meet Start: 7:00 PM

Girls/Women	Event	Boys/Men
37	13 & Over 200M Backstroke	38
39	13 & Over 100M Freestyle	40
41	13 & Over 100M Breaststroke	42
43	13 & Over 200M Butterfly	44

Session #6 (11-12) TIMED FINALS
Sunday, May 19, 2019
Warm-up: 6:50 AM; Meet Start: 8:00 AM

Girls/Women	Event	Boys/Men
45	11-12 200M Freestyle	46
47	11-12 100M Breaststroke	48
49	11-12 50M Backstroke	50
51	11-12 100M Butterfly	52
53	11-12 50M Freestyle	54
	5 Minute Break (only if timeline permits)	
55	11-12 200M Medley Relay	56

ORDER OF EVENTS

Session #7 (10 & Under) TIMED FINALS

Sunday, May 19, 2019

Warm-up: 10:50 AM; Meet Start: 12:00 PM

Girls/Women	Event	Boys/Men
57	10 & Under 100M Breaststroke	58
59	10 & Under 50M Backstroke	60
61	10 & Under 100M Butterfly	62
63	10 & Under 50M Freestyle	64
	5 Minute Break (only if timeline permits)	
65	10 & Under 200M Medley Relay	66

Session #8 (13 & Over) TIMED FINALS

Sunday, May 19, 2019

Warm-up: 1:50 PM; Meet Start: 3:00 PM

Girls/Women	Event	Boys/Men
67	13 & Over 200M Breaststroke	68
69	13 & Over 100M Backstroke	70
	5 Minute Break (only if timeline permits)	
71	13-14 200M Medley Relay	72
73	15 & Over 200M Medley Relay	74
	5 Minute Break (only if timeline permits)	
75	13 & Over 800M Freestyle*	76

***The 800M FREE will be pre-seeded and swum slowest to fastest. We will alternate one heat of Girls, then one heat of Boys. Heats may be limited to optimize the timeline.**

PLEASE NOTE: Swimmers will be required to provide a person to count laps for the 800M FREE.

2019 TAC TITANS vs. VA GATORS Dual Meet
Summary of Fees/Release Form

Please complete and mail this form along with entry fees to: (make checks payable to TAC TITANS)

TAC TITANS
Attn: Jennifer Riley
275 Convention Drive
Cary, NC 27511
Email: jriley@tactitans.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		$ 7.50 per event	
Relay Entries		$ 15.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		$ 22.50 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. The TAC Titans, Triangle 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. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my 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.

_____

SIGNATURE (Coach or Club Representative) CLUB

_____

TITLE DATE