



## 2020 TAC Titans Fall Invite Meet

Hosted by the TAC TITANS Swim Team

Oct 16 - 18, 2020

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 #NC20120**

### **CONDITION OF SANCTION**

As a condition of this sanction, the TAC Titans Swim Team agrees to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the TAC Titans Meet Plan detailed below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID 19 sanctioning period.

### **ASSUMPTION OF RISK DISCLAIMER**

The TAC Titans Swim Team has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

### **COVID 19 RELEASE**

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

## MEET COVID 19 PLAN

- All meet participants – coaches, officials, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.
- Swimmers for each session will enter the building through the main entrance upstairs and proceed to the stadium where they should practice social distancing throughout the entire stadium seating area.
- Swimmers will setup their spot in the stadium. NO CHAIRS ON THE POOL DECK. SWIMMERS SHOULD ONLY BRING THEIR TOWEL AND A WATER BOTTLE/DRINK/CAP/GOGGLES/MASK ON DECK. SNACKS AND BAGS SHOULD REMAIN IN THEIR SPOT IN THE STADIUM. When told to begin warmup, swimmers will enter the pool deck via both set of stairs and will go to their assigned warmup pool/lanes.
- A MAXIMUM OF THREE (3) SWIMMERS PER LANE FOR ALL WARMUPS AND WARMDOWNS
- Swimmers not in the pool, waiting for their event behind the blocks, using the restroom, or meeting with a coach are not permitted on deck and must exit through the WEST stairs immediately and return to the Stadium to await the call for their next event.
- When entering the pool for a scheduled event, swimmers will be asked to line up on designated spaces in the back of Spectator Stadium, maintaining social distancing protocol and will wait to be called down to the pool deck by the Announcer. All swimmers will enter the pool deck through the EAST stairs.
- There is absolutely no parking in front of the building or in the drop-off pickup lanes. This rule applies to coaches, staff and parking space owners as well. This area is designated for parents to congregate with social distancing practices so that they can meet with their swimmers.
- Restroom facilities in the TAC lobby are for parents only. These will be closely monitored by TAC staff. Deck restrooms are for meet personnel only – no swimmers. Locker room restrooms are for swimmers and cannot be used for changing or showering.
- Meet personnel for each session are as follows (All Meet Personnel MUST wear masks at all times with the Announcer as the exception during the meet):
  - o Six (6) Meet Marshals (TITANS Parents): Three (3) individuals will be on deck and responsible for maintaining three (3) swimmers per lane for all warmup/warm-down. The other individuals will be responsible for maintaining social distancing in the stadium and not permitted to enter the pool deck. Meet Marshals must be in position 15 minutes before the start of warmups and work through the entire session.
  - o Nine (9) Timers (TITANS Parents): One timer per lane with a button and watch and one (1) backup timer. Timers should not enter the pool deck until five minutes prior to the start of the session (not the warmup).
  - o One (1) Announcer (TITANS Parent): Act as Clerk of Course to announce when swimmers should be entering the pool deck. Announcer should not enter the pool deck until five minutes prior to the start of the session (not the warmup).

- TAC Personnel for each session are as follows (All TAC Staff MUST wear masks at all times with lifeguards on stand as the exception):
  - o One (1) Facility Supervisor
  - o One (1) Lifeguard Supervisor
  - o One (1) Meet Technician
  - o One (1) Customer Service Specialist
  - o One (1) Timing Operator
  - o One (1) Video Operator
  - o One (1) Meet Director
  - o Three (3) Lifeguards
- Official's Meeting for ALL SESSIONS will be via a Zoom Meeting on Thursday, October 15th at 7pm. It will be recorded for those who can't attend live and attendance will be monitored to ensure that all officials participate. Officials for each session are as follows:
  - o One (1) Meet Referee
  - o One (1) Deck Referee
  - o One (1) Starter
  - o One (1) Admin Official
  - o Four (4) Stroke and Turn Judges
- According to the Executive Order for Phase 2 operations, TAC is allowed to have 186 in the water at any time and an additional 33 per thousand sq ft on deck. With session coaching staffs and the above meet and facility personnel, TAC is in compliance with all CDC, State and local government requirements
- Volunteer Check-In for the meet will be outside the TAC main entrance
- There will be no sponsor or vendor tables at this event

<p>MEET DIRECTOR Jennifer Riley <a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a></p>	<p>MEET ENTRY COORDINATOR Jennifer Riley <a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a></p>
<p>MEET REFEREE Kevin Chignell <a href="mailto:kevinchignell@gmail.com">kevinchignell@gmail.com</a></p>	<p>MEET MARSHAL John Payne <a href="mailto:jpayne@tactitans.org">jpayne@tactitans.org</a></p>

**FACILITY**

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, 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. Meet participant parking is available across from the swimmer drop-off loop and 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 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 meet personnel will be required to wear wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

## **MEET FORMAT - AGE GROUP/SENIOR SHORT-COURSE YARDS MEET**

All events are TIMED FINALS - 10 sessions (1 Fri, 5 Sat and 4 Sun). Sessions may need to be combined at the discretion of Meet Management based on entries received.

The meet will be pre-seeded slow to fast (unless otherwise stated) and no deck entries or changes will be allowed.

There will be no relays, awards or scoring.

## **IMPORTANT INFORMATION**

Swimmers will be allowed in the building no more than thirty (30) minutes prior to their warm-up time and must leave the building immediately after their last swim of the session.

Access to the building will be the front door only.

Only swimmers and essential personnel will be allowed on deck. Swimmers will be able to exit via the front door if they need to see their parents. This door will be monitored.

Swimmers may only access the locker rooms to use the bathroom (no changing or showering).

The pool area will be cleared and completely sanitized within 30 minutes of the start of warm-ups of each session.

We will use volunteer timers - one per lane with a button and watch. Watches will be sanitized and placed in zip lock bags (to be changed between every session) Timer must bring their own pencil/pen.

Sessions may need to be combined at the discretion of Meet Management.

Live streaming will be available for parents to view the meet. Information on the livestream channel will be distributed to teams prior to the start of the meet.

No parents allowed in the facility with the exception of monitored use of the lobby bathrooms.

## SCHEDULE

Session	Day	Warm-up	Meet Start	Age Group
1	Friday 15&O	4:30PM	6:00PM	OPEN
2	Saturday 11-12	6:30AM	7:40AM	11-12
3	Saturday 10&U	10:40AM	11:15AM	10&U
4	Saturday 13-14	12:45PM	2:15PM	OPEN
5	Saturday 15&O	4:45PM	6:15PM	OPEN
6	Saturday OPEN	N/A	Immediately after Session #5	OPEN
7	Sunday 11-12	6:30AM	7:40AM	11-12
8	Sunday 10&U	10:40AM	11:15AM	10&U
9	Sunday 13-14	12:45PM	2:15PM	OPEN
10	Sunday 15&O	4:45PM	6:15PM	OPEN

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 Wednesday Oct 7, 2020.

## DEADLINE AND MEETING SUMMARY

Day, Date	Time	Purpose
Wednesday, Oct 7, 2020	8:00PM	Entry Deadline
Thursday, Oct 15, 2020	7:00PM	Official Briefing – general meeting (ZOOM meeting and will be recorded if unable to attend)
Friday, Oct 16, 2020	5:45PM	Coaches/General Meeting

## 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.

## **MAAPP**

The Minor Athlete Abuse Prevention Policy is in effect for this meet and all Applicable Adults are expected to comply with the stated requirements and guidelines.

Parents or legal guardians will have access and visibility to their minor children in the following ways:

Swimmers may exit the front door if they need access to their parents; AND Live streaming will be available for parents to view the meet

## **ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. (specifically with North Carolina Swimming LSC), prior to the entry deadline and all Adult Athletes must hold current APT certification to compete. Entries listed as "Registration Applied For" will not be accepted. **THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.**

## **TECHNICAL SUIT BAN FOR 12&U**

Per USA Swimming Rule 102.8.1F, 12&U 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.

## **MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

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. Members who are unable to wear face coverings because of a documented medical condition must notify the Meet Director in advance and may have limited deck access. Failure to provide advance notice may limit the TITANS ability to accommodate all requests.

## **TIME STANDARDS**

There are no minimum qualifying time standards for this meet.

## **ENTRIES**

Teams **MUST** declare their intent to attend this meet by contacting the Meet Director **NO LATER THAN** Friday, October 2, 2020. Otherwise, acceptance of entries cannot be guaranteed. Meet will be capped at 180 swimmers per session.

ENTRIES will not be accepted before Friday, October 2, 2020 at 8:00 AM and not after Wednesday, Oct 7, 2020 at 8:00 PM. Please **DO NOT** send entries if you have not previously contacted the Meet Director.

“NT” entry times **WILL** be allowed at this meet.

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.

## **ENTRY LIMITATIONS**

Individual Events: 14&U may swim a maximum of 3 events per session and no more than 6 events for the meet. 15&O may swim a maximum of 2 events per session and no more than 6 events for the meet.

Relays: There will be no relays at this meet.

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 entries confirming receipt within 48 hours.

## ENTRY DEADLINES

The Meet Entry Coordinator MUST receive entries no later than Wednesday, Oct 7, 2020 at 8:00 PM. 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. **There will be NO ON DECK ENTRIES OR CHANGES ACCEPTED.**

## ENTRY FEES

<b>Make Checks payable to: TAC</b>	<b>ALL FEES ARE NON-REFUNDABLE</b>
Individual Events	\$8.50 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$18.50 per swimmer
Late Entry Fee	Double entry fee

## SEEDING

The conforming time standard for this meet is short-course yards. Swimmers will be seeded and swum slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

## CHECK-IN

There are no positive check-in events in this meet

## 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](http://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.**

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**

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. Officials who would like to work at the meet should contact the meet referee prior to the meet. Official briefings will be held via ZOOM Meeting at the date and time listed in the Deadline and Meeting Summary.

## **HOSPITALITY**

There will be no hospitality, only water/soda and pre-wrapped snacks will be provided for essential personnel on deck.

## **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 our 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.

**Friday**

**Session #1 – 15&O**

TIMED FINALS Friday, Oct 16, 2020  
Warm-up: 4:30PM; Meet Start: 6:00PM

Women	Event	Men
1	OPEN 500 Free	2
3	OPEN 200 IM	4
5	OPEN 50 Free	6

500 Free will be pre-seeded and swim fast to slow

**SATURDAY**

**Session #2 – 11-12**

TIMED FINALS Saturday, Oct 17, 2020  
Warm-up: 6:30AM; Meet Start: 7:40AM

Mixed	Event
7	50 Free
8	200 IM
9	50 Back
10	100 Breast
11	50 Fly

**Session #3 – 10&U**

TIMED FINALS Saturday, Oct 17, 2020  
Warm-up: 10:40AM; Meet Start: 11:15AM

Mixed	Event
12	50 Free
13	100 IM
14	50 Back
15	100 Breast
16	50 Fly

**Session #4 – 13-14**

TIMED FINALS Saturday, Oct 17, 2020  
Warm-up: 12:45PM; Meet Start: 2:15PM

Women	Event	Men
17	OPEN 100 Fly	18
19	OPEN 200 Free	20
21	OPEN 100 Breast	22
23	OPEN 100 Back	24
25	OPEN 200 IM	26

**Session #5 – 15&O**

TIMED FINALS Saturday, Oct 17, 2020  
Warm-up: 4:45PM; Meet Start: 6:15PM

Women	Event	Men
27	OPEN 100 Fly	28
29	OPEN 200 Free	30
31	OPEN 100 Breast	32
33	OPEN 100 Back	34

**Session #6 – OPEN**

TIMED FINALS Saturday, Oct 17, 2020  
Warm-up: N/A; Meet Start: immediately after Session #5

Mixed	Event
35	OPEN 400 IM

400 IM will be pre-seeded and have a limited number of heats

**SUNDAY**

**Session #7 – 11-12**

TIMED FINALS Sunday, Oct 18, 2020  
Warm-up: 6:30AM; Meet Start: 7:40AM

Mixed	Event
36	100 Free
37	50 Breast
38	100 Fly
39	100 Back
40	200 Free

**Session #8 – 10&U**

TIMED FINALS Sunday, Oct 18, 2020

Warm-up: 10:40AM; Meet Start: 11:15AM

Mixed	Event
41	100 Free
42	50 Breast
43	100 Fly
44	100 Back
45	200 Free

**Session #9 – 13-14**

TIMED FINALS Sunday, Oct 18, 2020

Warm-up: 12:45PM; Meet Start: 2:15PM

Women	Event	Men
46	OPEN 200 Back	47
48	OPEN 100 Free	49
50	OPEN 200 Breast	51
52	OPEN 200 Fly	53
54	OPEN 50 Free	55

**Session #10 – 15&O**

TIMED FINALS Sunday, Oct 18, 2020

Warm-up: 4:45PM; Meet Start: 6:15PM

Women	Event	Men
56	OPEN 200 Back	57
58	OPEN 100 Free	59
60	OPEN 200 Breast	61
62	OPEN 200 Fly	63

**THIS PAGE IS FOR COACHES ONLY**

2020 TAC Titans Fall Invite Meet

Summary of Fees/Release Form

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

**275 Convention Drive; Cary, NC 27511**

Email: [jriley@tactitans.org](mailto:jriley@tactitans.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$ 8.50 per event	
Swimmers (\$3 Travel Fund & \$18.50 Facility Surcharge)		\$ 21.50 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release: I, the undersigned coach or team representative, verify that all 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 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