



# 2017 TAC TITANS Polar Plunge Meet



Hosted by the TAC TITANS Swim Team

January 13 – 15, 2017

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 #NC17001**

MEET DIRECTOR	MEET ENTRY COORDINATOR
DeAnna Wahlers <a href="mailto:dwahlers@tactitans.org">dwahlers@tactitans.org</a>	DeAnna Wahlers <a href="mailto:dwahlers@tactitans.org">dwahlers@tactitans.org</a>
MEET REFEREE	MEET MARSHAL
Mark Frank 919-459-4045 <a href="mailto:mfrank@triangleaquatics.org">mfrank@triangleaquatics.org</a>	Scott Dameron 919-459-4045 <a href="mailto:sdameron@triangleaquatics.org">sdameron@triangleaquatics.org</a>

## 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. 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 SHORT-COURSE YARDS MEET**

**PRELIMS/FINALS:**

- 13-14 – B & A Finals (top 16 swimmers)
- 15 & OVER – B & A Finals (top 16 swimmers)

**TIMED FINALS:**

- All 12 & UNDER EVENTS

**ALL 12 & UNDER EVENTS, ALL DISTANCE EVENTS (≥ 400 yards) and ALL RELAYS are TIMED FINAL EVENTS. All other events will be conducted on a prelim/final basis.**

**SWIMMERS WILL BE REQUIRED TO PROVIDE TWO TIMERS AND A PERSON TO COUNT LAPS FOR THE 500 FREE AND THE 1650 FREE.**

**SCHEDULE:**

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	4:00 PM	5:00 PM	All Ages
2	Saturday Prelims	6:45 AM	8:00 AM	13 & Over
3	Saturday Timed Finals	Not before 12:00 PM	Not before 1:00 PM	12 & Under
4	Saturday Finals	5:30 PM	6:30 PM	13 & Over
5	Sunday Prelims	6:45 AM	8:00 AM	13 & Over
6	Sunday Timed Finals	Not before 12:00 PM	Not before 1:00 PM	12 & Under
7	Sunday Finals	5:30 PM	6:30 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, January 6, 2017.**

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For
Tuesday, January 3, 2017	12:00 PM	Entry Deadline
Friday, January 13, 2017	4:15 PM	Official Briefings (45 minutes prior to the start of each session)
Friday, January 13, 2017	4:15 PM	13 & Over 400 IM Positive Check-in Deadline 12 & Under 500 FREE Positive Check-in Deadline 13 & Over 500 FREE Positive Check-in Deadline
Friday, January 13, 2017	4:45 PM	Coaches/General Meeting
Sunday, January 15, 2017	8:00 AM	13 & Over 1650 FREE Positive Check-in Deadline
<b>RELAY CARDS ARE DUE AT THE COMPUTER TABLE <u>NO LATER THAN 30 MINUTES</u> AFTER THE START OF EACH SESSION.</b>		

## SAFETY

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. 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. Running and horseplay will not be allowed. 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 strictly prohibited.**

## ELIGIBILITY

All 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 minimum time standards for this meet.

## ENTRIES

**\*\* ENTRY ACCEPTANCE IS NOT GUARANTEED; PLEASE CONTACT THE MEET DIRECTOR TO SEE IF THE MEET IS FULL BEFORE SENDING ENTRIES.**

**Entries will not be accepted before Tuesday, December 27, 2016 at 8:00 AM and not after Tuesday, January 3, 2017 at 12:00 PM.**

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 day.
- **12 & Under** may swim a maximum of **4 individual events** per day.

### Relays:

Teams are allowed to enter up to **3 relays per relay event**. Relays may be limited and will **only** be swum if time permits.

**All Swimmers may not exceed a total of 8 individual events and 2 relay events for the entire 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 entry confirming receipt of the entry within 48 hours of receipt.

## ENTRY DEADLINES

The Meet Entry Coordinator **MUST** receive entries no later than **TUESDAY, JANUARY 3, 2017 at 12:00 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. No new entries or changes will be allowed after **FRIDAY, JANUARY 6, 2017 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	\$ 6.00 per event
Relays	\$ 12.00 per relay
NCS Travel Fund	\$ 3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$ 13.00 per swimmer, including relay only swimmers
Late Entry Fee	Double the individual event 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. **The 400 IM, 500 FREE, and 1650 FREE will be deck-seeded and swim fastest to slowest.**

**"No Time" (NT) entries will not be accepted and will be returned immediately.**

## CHECK-IN

A positive check-in, located at the clerk of course table, will be required for the following events:

Friday, January 13, 2017	4:15 PM	13 & Over 400 IM
Friday, January 13, 2017	4:15 PM	12 & Under 500 FREE
Friday, January 13, 2017	4:15 PM	13 & Over 500 FREE
Sunday, January 15, 2017	8:00 AM	13 & Over 1650 FREE

Swimmers that fail to check in will be scratched from the event and will not be seeded. Also, a swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event.

**RELAY CARDS ARE DUE AT THE COMPUTER TABLE NO LATER THAN 30 MINUTES AFTER THE START OF EACH SESSION.**

## SCRATCHES

The current NCS Scratch Rule will be in effect during the course of this meet for prelims/finals and deck seeded events (see attachment). This will serve as the official guide for technical procedural rules, except when stated otherwise in the Meet Announcement. Coaches and swimmers are expected to be familiar with the rule. **All swimmers must scratch from Sunday Finals if they have no intention of swimming.**

## 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/](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 on a memory stick or via email attachment.

## COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of certification/registration and sign-in at the "Coaches Sign-in" table in the lobby. All coaches shall prominently display their registration cards at all times while on deck. 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 WEDNESDAY 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 welcomes and encourages 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 certification/registration. 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 or classroom 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 Fresh Healthy 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/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 of 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 of 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.

## ORDER OF EVENTS

Session #1 (All Ages) TIMED FINALS

Friday, January 13, 2017

Warm-up: 4:00 PM; Meet Start: 5:00 PM

Girls/Women	Event	Boys/Men
1	12 & Under 200 IM	2
3	13 & Over 400 IM*	4
5	12 & Under 500 Free*	6
7	13 & Over 500 Free*	8

\*Positive check-in is required.

**PLEASE NOTE: The number of heats for all Friday evening events may be limited in order to stay within the required 4-hour session timeline limit.**

**SWIMMERS WILL BE REQUIRED TO PROVIDE TWO TIMERS and A PERSON TO COUNT LAPS FOR THE 12 & Under 500 FREE and the 13 & Over 500 FREE.**

## ORDER OF EVENTS

### Session #2 (13 & Over) PRELIMS/FINALS

Saturday, January 14, 2017

Warm-up: 6:45 AM; Meet Start: 8:00 AM

**Session #4 (13 & Over) FINALS – Warm-up: 5:30 PM; Meet Start: 6:30 PM**

Girls/Women	Event	Boys/Men
9	13 & Over 200 Breast	10
11	13 & Over 50 Free	12
13	13 & Over 100 Back	14
15	13 & Over 200 Free	16
17	13 & Over 100 Fly	18
19	13-14 200 Medley Relay*	20
21	15 & Over 200 Medley Relay*	22

\*All 13 & Over relays will be swum in the morning as timed finals.

### Session #3 (12 & Under) TIMED FINALS

Saturday, January 14, 2017

Warm-up: Not before 12:00 PM; Meet Start: Not before 1:00 PM

Girls/Women	Event	Boys/Men
23	10 & Under 50 Breast	24
25	11-12 50 Breast	26
27	10 & Under 50 Free	28
29	11-12 50 Free	30
31	10 & Under 100 Back	32
33	11-12 100 Back	34
35	10 & Under 200 Free	36
37	11-12 200 Free	38
39	10 & Under 100 Fly	40
41	11-12 100 Fly	42
43	10 & Under 200 Medley Relay*	44
45	11-12 200 Medley Relay*	46

\*All 12 & Under relays will be swum in the afternoon as timed finals.



## ORDER OF EVENTS

**Session #5 (13 & Over) PRELIMS/FINALS**

**Sunday, January 15, 2017**

**Warm-up: 6:45 AM; Meet Start: 8:00 AM**

**Session #7 (13 & Over) FINALS – Warm-up: 5:30 PM; Meet Start: 6:30 PM**

Girls/Women	Event	Boys/Men
47	13 & Over 200 Fly	48
49	13 & Over 100 Free	50
51	13 & Over 200 Back	52
53	13 & Over 100 Breast	54
55	13 & Over 200 IM	56
57	13-14 200 Free Relay*	58
59	15 & Over 200 Free Relay*	60
<b>5 Minute Break (if timeline permits)</b>		
61	13 & Over 1650 Free*	62

\*All 13 & Over relays will be swum in the morning as timed finals.

\*Positive check-in is required.

**PLEASE NOTE: The 13&O 1650 FREE will be swum in the morning as a timed final event and the number of heats may be limited in order to optimize the schedule.**

**SWIMMERS WILL BE REQUIRED TO PROVIDE TWO TIMERS and A PERSON TO COUNT LAPS FOR THE 13&O 1650 FREE.**

**Session #6 (12 & Under) TIMED FINALS**

**Sunday, January 15, 2017**

**Warm-up: Not before 12:00 PM; Meet Start: Not before 1:00 PM**

Girls/Women	Event	Boys/Men
63	10 & Under 50 Fly	64
65	11-12 50 Fly	66
67	10 & Under 100 Free	68
69	11-12 100 Free	70
71	10 & Under 50 Back	72
73	11-12 50 Back	74
75	10 & Under 100 Breast	76
77	11-12 100 Breast	78
79	10 & Under 100 IM	80
81	11-12 100 IM	82
83	10 & Under 200 Free Relay*	84
85	11-12 200 Free Relay*	86

\*All 12 & Under relays will be swum in the afternoon as timed finals.

## NCS Scratch Rule

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D.. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except that individual events of 400 meters or longer may be closed for seeding up to twenty four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
  - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck then 208.3.2 applies
  - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. For events occurring on the last day of a meet, a fine of \$100 per missed swim shall also be assessed to the club by the appropriate Division Chair for failure to compete. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
  - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
  - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
  - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
  - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
  - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
  - C. The swimmer was not named in any finals heat during the initial announcement of results
  - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

## 208.4. RELAY SCRATCH RULE

- .1 All Meets - Any relay or relay member, in a relay event that fails to compete in or report for that event shall not be penalized.

## 2017 TAC TITANS Polar Plunge 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: DeAnna Wahlers

275 Convention Drive

Cary, NC 27511

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

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$ 6.00 per event	
Relay Entries		\$ 12.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$ 16.00 per swimmer	
<b>Total Fees Due</b>			

#### **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.

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE