



2017 TAC TITANS Cinco de Mayo Dual Meet



Hosted by the TAC TITANS Swim Team

May 5 - 7, 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 #NC17104

MEET DIRECTOR	MEET ENTRY COORDINATOR
DeAnna Wahlers dwahlers@tactitans.org	DeAnna Wahlers dwahlers@tactitans.org
MEET REFEREE	MEET MARSHAL
Mark Frank mfrank@triangleaquatics.org	Scott Dameron sdameron@triangleaquatics.org

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 LONG-COURSE METERS DUAL MEET (TAC TITANS VS. YOTA)

- **ALL EVENTS ARE TIMED FINALS**

Swimmers will be required to provide TWO timers and a person to count laps (if applicable) for the 400M FREE and 800M FREE.

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	Not before 3:50 PM	Not before 5:00 PM	All Ages
2	Saturday Timed Finals	Not before 6:50 AM	Not before 8:00 AM	13 & Over
3	Saturday Timed Finals	Not before 10:50 AM	Not before 12:00 PM	10 & Under
4	Saturday Timed Finals	Not before 2:20 PM	Not before 3:30 PM	11-12
5	Saturday Timed Finals	Not before 5:50 PM	Not before 7:00 PM	13 & Over
6	Sunday Timed Finals	Not before 6:50 AM	Not before 8:00 AM	11-12
7	Sunday Timed Finals	Not before 10:50 AM	Not before 12:00 PM	10 & Under
8	Sunday Timed Finals	Not before 1:50 PM	Not before 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, April 28, 2017.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Tuesday, April 25, 2017	12:00 PM	Entry Deadline
Friday, May 5, 2017	4:30 PM	11 & Over 400M FREE Check-in Deadline
Friday, May 5, 2017	4:15 PM	Official Briefings (45 minutes prior to the start of each session)
Friday, May 5, 2017	4:45 PM	Coaches/General Meeting
Sunday, May 7, 2017	2:30 PM	Open 800M FREE Check-in Deadline

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 strictly 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. Exceptions may be granted with prior written approval by the Vice President of Program Operations.

ELIGIBILITY

All TAC TITANS and YOTA 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

An "A" time standard cut (in the swimmer's age group) is required for the 11 & Over 400M FREE and the Open 800M FREE.

ENTRIES

Entries will not be accepted before Tuesday, April 18, 2017 at 8:00 AM and not after Tuesday, April 25, 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 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, APRIL 25, 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, APRIL 28, 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 (Timed Finals)	\$ 6.00 per event
Relays	\$ 14.00 per relay
NCS Travel Fund	\$ 3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$ 15.00 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 deck-seeded and swum fastest to slowest.**

CHECK-IN

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

Friday, May 5, 2017	4:30 PM	11 & Over 400M FREE
Sunday, May 7, 2017	2:30 PM	Open 800M 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 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 on a memory stick or via email attachment.
COACHES	<p>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.</p> <p><u>PLEASE EMAIL THE MEET DIRECTOR A LIST OF ALL COACHES WHO WILL BE IN ATTENDANCE NO LATER THAN THE MONDAY BEFORE THE MEET STARTS.</u></p> <p>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.</p>
OFFICIALS/TIMERS/ VOLUNTEERS	<p>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 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.</p> <p>EACH TEAM WILL BE EXPECTED TO PROVIDE ONE HALF OF VOLUNTEERS NEEDED TO RUN THE MEET.</p>
HOSPITALITY/ CONCESSIONS	<p>There will be a hospitality area open to COACHES and OFFICIALS only.</p> <p>Volunteers will receive water and snacks on-deck. Refreshments for spectators will be available at the Café in the lobby.</p>
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. 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. 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, May 5, 2017

Warm-up: Not before 3:50 PM; Meet Start: Not before 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

*Positive check-in is required. 400M FREE will be deck-seeded and swum fastest to slowest. Requires an 'A' time standard cut in the swimmer's age group.

Swimmers will be required to provide TWO timers for the 400M FREE.

Session #2 (13 & Over) TIMED FINALS

Saturday, May 6, 2017

Warm-up: Not before 6:50 AM; Meet Start: Not before 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 6, 2017

Warm-up: Not before 10:50 AM; Meet Start: Not before 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 6, 2017

Warm-up: Not before 2:20 PM; Meet Start: Not 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 6, 2017

Warm-up: Not before 5:50 PM; Meet Start: Not before 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 7, 2017

Warm-up: Not before 6:50 AM; Meet Start: Not before 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 7, 2017

Warm-up: Not before 10:50 AM; Meet Start: Not before 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 7, 2017

Warm-up: Not before 1:50 PM; Meet Start: Not before 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	Open 800M Freestyle*	76

*Positive check-in is required. 800M FREE will be deck-seeded and swum fastest to slowest. Requires an 'A' time standard cut in the swimmer's age group.

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

2017 TAC TITANS Cinco de Mayo 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

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries (Timed Finals)		\$ 6.00 per event	
Relay Entries		\$ 14.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$ 18.00 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