



2018 TAC TITANS TYR Blizzard Blitz Meet



Hosted by the TAC TITANS Swim Team

December 7 – 9, 2018

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 #NC18170 and Time Trial Sanction #NC18170TT

MEET DIRECTOR		MEET ENTRY COORDINATOR	
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MEET REFEREE	ADMIN REFEREE	MEET MARSHAL	
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[TRIANGLE AQUATIC CENTER VISITORS GUIDE](#)

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. Paddock starting blocks and MM7 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 SHORT-COURSE YARDS MEET (11 & Over ONLY)

FRIDAY, SATURDAY & SUNDAY PRELIMS/FINALS:

- 11-12 – A Final (top 8 swimmers)
- 13-14 – B & A Finals (top 16 swimmers)
- 15 & OVER – D, C, B & A Finals (top 32 swimmers)

11 & OVER TIME TRIALS WILL BE OFFERED DIRECTLY FOLLOWING EACH MORNING PRELIMS SESSION ONLY. See details on page 8.

***For ALL EVENTS \geq 400 yards; an 'A' or faster qualifying time is required. ALL TIMES MUST BE PROVABLE.**

***For ALL EVENTS < 400 yards; a 'BB' or faster qualifying time is required. ALL TIMES MUST BE PROVABLE.**

*The 11-12 400 IM, 500 FREE and 1650 FREE will be swum as TIMED FINALS in the morning PRELIMS.

*The 13 & OVER 400 IM and 500 FREE will be swum as PRELIMS/FINALS. The TOP 16 QUALIFIERS of each gender (A & B Final Only) will return to swim in the evening FINALS.

*The 13 & OVER 1650 FREE will be swum as a TIMED FINAL. One heat of each gender will swim in Sunday evening FINALS; all other heats will swim during Sunday morning PRELIMS. There will be an AM/PM option.

*11-12 RELAYS will be swum as TIMED FINALS during the morning PRELIMS only.

*13 & OVER RELAYS will be swum as TIMED FINALS during the evening FINALS only. There will be no AM/PM option.

*ALL EVENTS \geq 400 yards will swim ALTERNATING one heat of Girls, then one heat of Boys. FAST to SLOW.

*The number of heats for ALL EVENTS \geq 400 yards may be limited to stay within the 4-hour session timeline limit.

*The morning PRELIMS SESSIONS will be split by age group into two separate pools (13 & Over and 11-12).

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

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1A	Friday Prelims	7:20 AM	9:00 AM	13 & Over
1B	Friday Prelims	7:20 AM	9:00 AM	11-12
2	Friday Finals	4:20 PM	5:30 PM	11 & Over
3A	Saturday Prelims	7:20 AM	9:00 AM	13 & Over
3B	Saturday Prelims	7:20 AM	9:00 AM	11-12
4	Saturday Finals	4:20 PM	5:30 PM	11 & Over
5A	Sunday Prelims	7:20 AM	9:00 AM	13 & Over
5B	Sunday Prelims	7:20 AM	9:00 AM	11-12
6	Sunday Finals	4:20 PM	5:30 PM	11 & 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, November 30, 2018.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Tuesday, November 27, 2018	4:00 PM	Entry Deadline
Friday, December 7, 2018	8:15 AM	13-14 400 IM Positive Check-in Deadline 15 & Over 400 IM Positive Check-in Deadline
Friday, December 7, 2018	8:15 AM	Official Briefings (45 minutes prior to the start of each session)
Friday, December 7, 2018	8:45 AM	Coaches/General Meeting
Saturday, December 8, 2018	8:15 AM	13-14 500 FREE Positive Check-in Deadline 15 & Over 500 FREE Positive Check-in Deadline 11-12 400 IM Positive Check-in Deadline 11-12 500 FREE Positive Check-in Deadline
Sunday, December 9, 2018	8:15 AM	13 & Over 1650 FREE Positive Check-in Deadline 11-12 1650 FREE Positive Check-in Deadline

RELAY CARDS ARE DUE AT THE ADMIN 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 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

For ALL EVENTS ≥ 400 yards; an 'A' or faster qualifying time is required. For ALL EVENTS < 400 yards; a 'BB' or faster qualifying time is required. ALL TIMES MUST BE PROVABLE.

ENTRIES

Teams MUST declare their intent to attend this meet by contacting the Meet Director NO LATER THAN Wednesday, November 7, 2018. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before Tuesday, November 20, 2018 at 8:00 AM and not after Tuesday, November 27, 2018 at 4:00 PM. Please DO NOT send entries if you have not previously contacted the Meet Director.

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:**

11 & Over may swim a maximum of **3 individual events plus 1 relay** per day; **9 total individual events** for the meet. Time Trials are also offered and count toward a swimmer's daily limit.

Relays:

Teams are limited to **2 relay teams per relay event (A & B ONLY)**. **RELAYS WILL ONLY BE SWUM IF THE TIMELINE 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, NOVEMBER 27, 2018 at 4:00 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 **SUNDAY, DECEMBER 2, 2018 at 4:00 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	\$ 14.00 per relay
Time Trials	\$ 10.00 per event (CASH ONLY)
NCS Travel Fund	\$ 3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$ 17.00 per swimmer, including relay only swimmers
Late Entry Fee	Double the 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 swum fastest to slowest, alternating girls and boys.**

"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, December 7, 2018	8:15 AM	13-14 400 IM 15 & Over 400 IM
Saturday, December 8, 2018	8:15 AM	13-14 500 FREE 15 & Over 500 FREE 11-12 400 IM & 500 FREE
Sunday, December 9, 2018	8:15 AM	13 & Over 1650 FREE 11-12 1650 FREE

CHECK-IN (cont.)

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 ADMIN TABLE NO LATER THAN 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 SHOULD SCRATCH FROM SUNDAY FINALS IF THEY HAVE NO INTENTION OF SWIMMING.**

SCORING

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

All events will be scored separately by the following age groups:
11-12, 13-14 and 15 & Over.

AWARDS

Ribbons will be awarded to 11-12 and 13-14 swimmers ONLY:
Individual: 1st – 8th place ribbons

Top High Point Winner from each gender and age group will receive a medal.

PLEASE pick up all awards at the Clerk of Course table before leaving the 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.

[2018 TYR Blizzard Blitz Meet Official's Sign Up and Evaluation Form](#)

**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 Poolside Grill 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., 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.

TIME TRIALS

Time Trials for all **11 & OVER** 50's, 100's, 200's of each stroke and the 400 IM for short-course yards will be offered at this meet. **The 500 Free, 1000 Free, and 1650 Free will ONLY be offered after Saturday morning prelims.** A swimmer **MUST** be pre-registered in at least one event in the meet in order to swim a Time Trial. **Time Trials will be held after the conclusion of each morning prelims session ONLY.** Swimmers are eligible to swim as many Time Trials as they choose **within their total 3 individual event daily limit.** If a swimmer wishes to scratch an event in order to swim a Time Trial, then **the swimmer or coach MUST scratch at the admin table prior to the event start.** A "no-show" in a prelim session event will count toward the total daily limit. **Time Trial entry fees are \$10.00 per event and payable in cash to the Clerk of Course at sign-ups each morning from 9:30-10:30am.** Events and heats may be limited and/or combined at the Meet Referee's discretion. **SWIMMERS ARE REQUIRED TO PROVIDE TWO TIMERS FOR ALL TIME TRIALS.**

ORDER OF EVENTS

Session #1A (13 & Over) PRELIMS

Friday, December 7, 2018

Warm-up: 7:20 AM; Meet Start: 9:00 AM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
1	13-14 100 Breaststroke	2
3	15 & Over 100 Breaststroke	4
5	13-14 200 Freestyle	6
7	15 & Over 200 Freestyle	8
9	13-14 100 Butterfly	10
11	15 & Over 100 Butterfly	12
13	13-14 400 IM* (P/F; Fastest to Slowest; Alternating Girls and Boys; Top 16 qualifiers return to swim in Finals)	14
15	15 & Over 400 IM* (P/F; Fastest to Slowest; Alternating Girls and Boys; Top 16 qualifiers return to swim in Finals)	16

*Positive check-in is required.

The 13-14 and 15 & Over 400 IM will be swum as PRELIMS/FINALS; Fastest to Slowest; Alternating one heat of Girls, then one heat of Boys. The top 16 qualifiers of each gender (A & B Final Only) will return to swim in the Friday evening FINALS.

13 & OVER RELAYS will be swum as TIMED FINALS during the evening FINALS only. There will be no AM/PM option.

ORDER OF EVENTS

Session #1B (11-12) PRELIMS

Friday, December 7, 2018

Warm-up: 7:20 AM; Meet Start: 9:00 AM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
101	11-12 200 Breaststroke (Timed Final; Swimming in the Morning Only)	102
103	11-12 50 Backstroke	104
105	11-12 200 Freestyle	106
107	11-12 100 Butterfly	108
109	11-12 100 IM	110
	5 Minute Break (if timeline permits)	
111	11-12 400 Freestyle Relay (Timed Final; Swimming in the Morning Only)	112

The 11-12 200 Breaststroke and 11-12 400 Free Relays will be swum as **TIMED FINALS** in the Friday morning PRELIMS.

ORDER OF EVENTS

Session #2 (11 & Over) FINALS

Friday, December 8, 2017

Warm-up: 4:30 PM; Meet Start: 5:30 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
103	11-12 50 Backstroke	104
1	13-14 100 Breaststroke	2
3	15 & Over 100 Breaststroke	4
105	11-12 200 Freestyle	106
5	13-14 200 Freestyle	6
7	15 & Over 200 Freestyle	8
107	11-12 100 Butterfly	108
9	13-14 100 Butterfly	10
11	15 & Over 100 Butterfly	12
109	11-12 100 IM	110
13	13-14 400 IM (A & B Final Only)	14
15	15 & Over 400 IM (A & B Final Only)	16
	5 Minute Break (if timeline permits)	
17	13 & Over 400 Freestyle Relay	18

13 & OVER RELAYS will be swum as **TIMED FINALS** during the evening **FINALS** only. There will be no **AM/PM** option.

ORDER OF EVENTS

Session #3A (13 & Over) PRELIMS

Saturday, December 8, 2018

Warm-up: 7:20 AM; Meet Start: 9:00 AM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
19	13-14 200 Butterfly	20
21	15 & Over 200 Butterfly	22
23	13-14 50 Freestyle	24
25	15 & Over 50 Freestyle	26
27	13-14 200 Breaststroke	28
29	15 & Over 200 Breaststroke	30
31	13-14 100 Backstroke	32
33	15 & Over 100 Backstroke	34
37	13-14 500 Free* (P/F; Fastest to Slowest; Alternating Girls and Boys; Top 16 qualifiers return to swim in Finals)	38
39	15 & Over 500 Free* (P/F; Fastest to Slowest; Alternating Girls and Boys; Top 16 qualifiers return to swim in Finals)	40

*Positive check-in is required.

13 & OVER RELAYS will be swum as **TIMED FINALS** during the evening **FINALS** only. There will be no AM/PM option.

The **13-14** and **15 & Over 500 Free** will be swum as **PRELIMS/FINALS**; Fastest to Slowest; Alternating one heat of Girls, then one heat of Boys. The top 16 qualifiers of each gender (A & B Final Only) will return to swim in the Saturday evening **FINALS**.

SWIMMERS WILL BE REQUIRED TO PROVIDE A PERSON TO COUNT LAPS FOR THE 500 FREE.

ORDER OF EVENTS

Session #3B (11-12) PRELIMS

Saturday, December 8, 2018

Warm-up: 7:20 AM; Meet Start: 9:00 AM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
113	11-12 200 Butterfly (Timed Final; Swimming in the Morning Only)	114
115	11-12 50 Breaststroke	116
117	11-12 50 Freestyle	118
119	11-12 100 Breaststroke	120
121	11-12 100 Backstroke	122
123	11-12 400 IM* (Timed Final; Fastest to Slowest; Alternating Girls and Boys; Swimming in the Morning Only)	124
	5 Minute Break (if timeline permits)	
125	11-12 400 Medley Relay (Timed Final; Swimming in the Morning Only)	126
	5 Minute Break (if timeline permits)	
127	11-12 500 Free* (Timed Final; Fastest to Slowest; Alternating Girls and Boys; Swimming in the Morning Only)	128

*Positive check-in is required.

The 11-12 200 Butterfly, 11-12 400 IM, 11-12 400 Medley Relays and 11-12 500 Free will be swum as TIMED FINALS in the Saturday morning PRELIMS.

SWIMMERS WILL BE REQUIRED TO PROVIDE A PERSON TO COUNT LAPS FOR THE 500 FREE.

ORDER OF EVENTS

Session #4 (11 & Over) FINALS

Saturday, December 8, 2018

Warm-up: 4:30 PM; Meet Start: 5:30 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
115	11-12 50 Breaststroke	116
19	13-14 200 Butterfly	20
21	15 & Over 200 Butterfly	22
117	11-12 50 Freestyle	118
23	13-14 50 Freestyle	24
25	15 & Over 50 Freestyle	26
119	11-12 100 Breaststroke	120
27	13-14 200 Breaststroke	28
29	15 & Over 200 Breaststroke	30
121	11-12 100 Backstroke	122
31	13-14 100 Backstroke	32
33	15 & Over 100 Backstroke	34
35	13 & Over 400 Medley Relay	36
	5 Minute Break (if timeline permits)	
37	13-14 500 Freestyle (A & B Final Only)	38
39	15 & Over 500 Freestyle (A & B Final Only)	40

13 & OVER RELAYS will be swum as TIMED FINALS during the evening FINALS only. There will be no AM/PM option.

ORDER OF EVENTS

Session #5A (13 & Over) PRELIMS

Sunday, December 9, 2018

Warm-up: 7:20 AM; Meet Start: 9:00 AM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
41	13-14 200 Backstroke	42
43	15 & Over 200 Backstroke	44
45	13-14 100 Freestyle	46
47	15 & Over 100 Freestyle	48
49	13-14 200 IM	50
51	15 & Over 200 IM	52
	5 Minute Break (if timeline permits)	
53	13 & Over 1650 Free* (Timed Final; Fastest to Slowest; Alternating Girls and Boys; One heat swims in Finals, all others swim in Prelims)	54

*Positive check-in is required.

The 13 & Over 1650 Free will be swum as a TIMED FINAL; Fastest to Slowest; Alternating one heat of Girls, then one heat of Boys. One heat of each gender will swim in the Sunday evening FINALS, all other heats swim in the Sunday morning PRELIMS. There will be an AM/PM option.

SWIMMERS WILL BE REQUIRED TO PROVIDE A PERSON TO COUNT LAPS FOR THE 1650 FREE.

ORDER OF EVENTS

Session #5B (11-12) PRELIMS

Sunday, December 9, 2018

Warm-up: 7:20 AM; Meet Start: 9:00 AM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
129	11-12 200 Backstroke (Timed Final; Swimming in the Morning Only)	130
131	11-12 50 Butterfly	132
133	11-12 100 Freestyle	134
135	11-12 200 IM	136
	5 Minute Break (if timeline permits)	
137	11-12 1650 Free* (Timed Final; Fastest to Slowest; Alternating Girls and Boys; Swimming in the Morning Only)	138

*Positive check-in is required.

The 11-12 200 Backstroke and 11-12 1650 Free will be swum as TIMED FINALS in the Sunday morning PRELIMS.

SWIMMERS WILL BE REQUIRED TO PROVIDE A PERSON TO COUNT LAPS FOR THE 1650 FREE.

ORDER OF EVENTS

Session #6 (11 & Over) FINALS

Sunday, December 9, 2018

Warm-up: 4:30 PM; Meet Start: 5:30 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
131	11-12 50 Butterfly	132
41	13-14 200 Backstroke	42
43	15 & Over 200 Backstroke	44
133	11-12 100 Freestyle	134
45	13-14 100 Freestyle	46
47	15 & Over 100 Freestyle	48
135	11-12 200 IM	136
49	13-14 200 IM	50
51	15 & Over 200 IM	52
	5 Minute Break (if timeline permits)	
53	13 & Over 1650 Freestyle (One Heat Only in Finals)	54



North Carolina 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.

THIS PAGE IS FOR COACHES ONLY

2018 TAC TITANS TYR Blizzard Blitz 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: Mark Frank

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		\$ 7.50 per event	
Relay Entries		\$ 14.00 per relay	
Time Trials		\$ 10.00 per event	
Swimmers (\$3 Travel Fund & \$17 Facility Surcharge)		\$ 20.00 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

DATE