



2019 TAC TITANS Polar Plunge Meet



Hosted by the TAC TITANS Swim Team
January 18 – 21, 2019

Held at Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511

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

Sanction #NC19020 and Time Trials #NC19020TT

MEET DIRECTOR		MEET ENTRY COORDINATOR	
DeAnna Wahlers dwahlers@tactitans.org		DeAnna Wahlers dwahlers@tactitans.org	
MEET REFEREE	ADMIN REFEREE	MEET MARSHAL	
Mark Frank mfrank@triangleaquatics.org	Charlie Stephenson cstep33@gmail.com	Tyler Owens towens@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. 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

PRELIMS/FINALS:

- 13-14 – B & A Finals (top 16 swimmers)
- 15 & OVER – C, B & A Finals (top 24 swimmers)

TIMED FINALS:

- ALL 12 & UNDER EVENTS

TIME TRIALS:

- 11 & Over Swimmers
- MONDAY MORNING ONLY (1/21/19)
- See Time Trials details on page 7

*ALL 12 & UNDER EVENTS, ALL DISTANCE EVENTS (≥ 400 yards) and ALL RELAYS are timed finals events. All other events will be conducted on a prelims/finals basis.

*The 13 & OVER 400 IM and 12 & UNDER 200 IM on Friday evening will be PRE-SEEDED and swim SLOW to FAST.

*The number of heats for ALL DISTANCE EVENTS (≥ 400 yards) may be limited to stay within the required 4-hour session timeline limit.

*All 13 & OVER RELAYS will swim in the evening FINALS. There is no AM/PM option.

*The OPEN 500 FREE and 13 & OVER 1000 FREE will be DECK-SEEDED and swim FAST to SLOW.

*The number of heats for the 13 & OVER 1000 FREE will be limited to the top 32 qualifiers of each gender. Three heats will swim in the morning prelims and one heat will swim in Sunday evening finals. **TIMES MUST BE PROVABLE.** LC times are allowed but will be seeded last in rank order. There will be an AM/PM option.

SWIMMERS WILL BE REQUIRED TO PROVIDE A PERSON TO COUNT LAPS FOR THE 500 FREE AND THE 1000 FREE.

SCHEDULE:

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	3:30 PM	5:00 PM	All Ages
2	Saturday Prelims	7:00 AM	8:30 AM	13 & Over
3	Saturday Timed Finals	11:50 AM	1:00 PM	12 & Under
4	Saturday Finals	4:50 PM	6:00 PM	13 & Over
5	Sunday Prelims	7:00 AM	8:30 AM	13 & Over
6	Sunday Timed Finals	11:50 AM	1:00 PM	12 & Under
7	Sunday Finals	4:50 PM	6:00 PM	13 & Over
8	Monday Time Trials	8:30 AM	9:30 AM	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, January 11, 2019.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Tuesday, January 8, 2019	4:00 PM	Entry Deadline
Friday, January 18, 2019	4:15 PM	Official Briefings (45 minutes prior to the start of each session)
Friday, January 18, 2019	4:30 PM	Open 500 FREE Positive Check-in Deadline
Friday, January 18, 2019	4:45 PM	Coaches/General Meeting
Friday, January 18, 2019	5:30 PM	Time Trials Sign-ups Begin
Sunday, January 20, 2019	8:30 AM	13 & Over 1000 FREE Positive Check-in Deadline
Sunday, January 20, 2019	6:30 PM	Time Trials Sign-ups End

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

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 Tuesday, December 18, 2018. Otherwise, acceptance of entries cannot be guaranteed. Meet will be capped at 1,100 swimmers.

ENTRIES will not be accepted before Wednesday, January 2, 2019 at 8:00 AM and not after Tuesday, January 8, 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:**

- **All participants** may swim a maximum of **2 individual events** on Friday and **3 individual events plus 1 relay per day** on Saturday and Sunday; **8 total individual events** for the meet.
- **11& Over** may swim a maximum of **4 time trials** on Monday.

Relays:

Teams are limited to **3 relay teams per relay event (A, B, & C 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, JANUARY 8, 2019 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, JANUARY 13, 2018 at 3:00 PM**. There will be **NO ON DECK ENTRIES OR CHANGES ACCEPTED**.

ENTRY FEES:

Make checks payable to: TAC TITANS; ALL FEES ARE NON-REFUNDABLE	
Individual Events	\$ 7.50 per event
Relays	\$ 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 500 FREE and 1000 FREE will be deck-seeded and swim fastest to slowest.**

“No Time” (NT) entries will not be accepted for the 1000 Free 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 18, 2019	4:30 PM	Open 500 FREE
Sunday, January 20, 2019	8:30 AM	13 & Over 1000 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 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

This meet will not be scored.

AWARDS

Heat prizes will be awarded at this meet.

RESULTS

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

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

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

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

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. The TAC TITANS welcome and encourage anyone willing to volunteer to contact the Meet Referee by email prior to the meet or sign in once you arrive at the meet. All officials on deck must be registered and certified with USA Swimming and will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. A certification card showing the official's level of certification must also be presented. Any official's assistance will be greatly appreciated and will help to ensure a great meet for the swimmers. Official briefings will be held in the hospitality area at the date and time listed in the Deadline and Meeting Summary. Each briefing will begin 45 minutes prior to the start of the session.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to COACHES and OFFICIALS only.

Volunteers will receive water and snacks on-deck. Refreshments for spectators will be available at the Café in the lobby.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/warm-down. **There is to be no diving or horseplay in this area.**

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. The TITANS, Triangle Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all your team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team's head coach and the Meet Director prior to the meet.

TIME TRIALS

Time Trials for **11&Over Swimmers** will be offered on Monday morning. **All strokes of 50s, 100s, 200s, 200/400 IM, and 500 Free will be offered:**

PLEASE NOTE:

- A swimmer **MUST** be pre-registered in at least one event during the meet (Friday – Sunday) to swim a Time Trial.
- Swimmers are eligible to swim a **maximum of 4 Time Trials**.
- Time Trial entry fees are **\$10.00 per event and payable in cash** to the Clerk of Course.
- Sign-ups at the Clerk of Course table will **begin on Friday at 5:30pm and end on Sunday at 6:30pm**.
- Events and heats may be limited and/or combined at the Meet Referee's discretion.
- **SWIMMERS ARE REQUIRED TO PROVIDE TWO TIMERS AND A COUNTER (if applicable) FOR ALL TIME TRIALS.**

ORDER OF EVENTS

Session #1 (All Ages) TIMED FINALS

Friday, January 18, 2019

Warm-up: 3:30 PM; Meet Start: 5:00 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
1	13 & Over 400 IM*	2
3	12 & Under 200 IM*	4
	5 Minute Break (if timeline permits)	
5	Open 500 Freestyle**	6

*The 13 & OVER 400 IM and 12 & UNDER 200 IM will be PRE-SEDED. No positive check-in is required. Both will swim SLOW to FAST.

**Positive check-in is required.

The OPEN 500 FREE will be DECK-SEDED and will swim FAST to SLOW. Also, swimmers will be required to provide a person to count laps.

ORDER OF EVENTS

Session #2 (13 & Over) PRELIMS/FINALS

Saturday, January 19, 2019

Warm-up: 7:00 AM; Meet Start: 8:30 AM

Session #4 (13 & Over) FINALS – Warm-up: 4:50 PM; Meet Start: 6:00 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
7	13 & Over 200 Breaststroke	8
9	13 & Over 50 Freestyle	10
11	13 & Over 100 Backstroke	12
13	13 & Over 200 Freestyle	14
15	13 & Over 100 Butterfly	16
	5 Minute Break (if timeline permits)	
17	13 & Over 200 Medley Relay (Swimming in Finals Only)	18

ALL 13 & OVER RELAYS WILL SWIM IN THE EVENING FINALS ONLY. THERE IS NO AM/PM OPTION.

Session #3 (12 & Under) TIMED FINALS

Saturday, January 19, 2019

Warm-up: 11:50 AM; Meet Start: 1:00 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
19	10 & Under 50 Breaststroke	20
21	11-12 50 Breaststroke	22
23	10 & Under 50 Freestyle	24
25	11-12 50 Freestyle	26
27	10 & Under 100 Backstroke	28
29	11-12 100 Backstroke	30
31	10 & Under 200 Freestyle	32
33	11-12 200 Freestyle	34
35	10 & Under 100 Butterfly	36
37	11-12 100 Butterfly	38
	5 Minute Break (if timeline permits)	
39	10 & Under 200 Medley Relay	40
41	11-12 200 Medley Relay	42

ALL 12 & UNDER RELAYS WILL SWIM IN THE AFTERNOON.

ORDER OF EVENTS

Session #5 (13 & Over) PRELIMS/FINALS

Sunday, January 20, 2019

Warm-up: 7:00 AM; Meet Start: 8:30 AM

Session #7 (13 & Over) FINALS – Warm-up: 4:50 PM; Meet Start: 6:00 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
43	13 & Over 200 Butterfly	44
45	13 & Over 100 Freestyle	46
47	13 & Over 200 Backstroke	48
49	13 & Over 100 Breaststroke	50
51	13 & Over 200 IM	52
	5 Minute Break (if timeline permits)	
53	13 & Over 200 Freestyle Relay (Swimming in Finals Only)	54
	5 Minute Break (if timeline permits)	
55	13 & Over 1000 Freestyle**	56

**Positive check-in is required.

ALL 13 & OVER RELAYS WILL SWIM IN THE EVENING FINALS ONLY. THERE IS NO AM/PM OPTION.

The number of heats for the 13 & OVER 1000 FREE will be limited to the top 32 qualifiers of each gender. Three heats will swim in the morning prelims and one heat will swim in Sunday evening finals. TIMES MUST BE PROVABLE. LC times are allowed but will be seeded last in rank order. There will be an AM/PM option. Also, swimmers will be required to provide a person to count laps.

Session #6 (12 & Under) TIMED FINALS

Sunday, January 20, 2019

Warm-up: 11:50 AM; Meet Start: 1:00 PM

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
57	10 & Under 50 Butterfly	58
59	11-12 50 Butterfly	60
61	10 & Under 100 Freestyle	62
63	11-12 100 Freestyle	64
65	10 & Under 50 Backstroke	66
67	11-12 50 Backstroke	68
69	10 & Under 100 Breaststroke	70
71	11-12 100 Breaststroke	72
73	10 & Under 100 IM	74
75	11-12 100 IM	76
	5 Minute Break (if timeline permits)	
77	10 & Under 200 Freestyle Relay	78
79	11-12 200 Freestyle Relay	80

ALL 12 & UNDER RELAYS WILL SWIM IN THE AFTERNOON.

ORDER OF EVENTS

Session #8 (11 & Over) TIME TRIALS
Monday, January 21, 2019
Warm-up: 8:30 AM; Meet Start: 9:30 AM

<u>Mixed (Women & Men)</u>	<u>Event</u>
101	Open 200 Freestyle
102	Open 50 Freestyle
103	Open 50 Backstroke
104	Open 50 Breaststroke
105	Open 50 Butterfly
106	Open 200 Backstroke
107	Open 100 Freestyle
108	Open 100 Backstroke
109	Open 100 Breaststroke
110	Open 100 Butterfly
111	Open 100 IM
112	Open 200 Breaststroke
113	Open 200 IM
114	Open 400 IM
115	Open 200 Butterfly
116	500 Freestyle
117	1650 Freestyle

SWIMMERS ARE REQUIRED TO PROVIDE TWO TIMERS AND A COUNTER (if applicable) FOR ALL TIME TRIALS

NOTES:

- **ALL EVENTS WILL BE PRE-SEEDED.**
- **EVENTS AND HEATS MAY BE LIMITED AND/OR COMBINED AT THE MEET REFEREE'S DISCRETION. THE 200'S OF EACH STROKE WILL NOT BE COMBINED.**
- **SIGN-UPS BEGIN FRIDAY @ 5:30 PM AND END SUNDAY @ 6:30 PM.**



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

2019 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: Mark Frank

275 Convention Drive

Cary, NC 27511

Email: meets@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