



2020 CAT/TAC Tar Heel States Meet



Hosted by the TAC TITANS and CAT Swim Teams

March 27 – 29, 2020

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

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

Sanction #NC20066 Revised 3/2/20

MEET DIRECTOR Jennifer Riley jriley@tactitans.org		MEET ENTRY COORDINATOR Starr Husketh starr.husketh@chemtek.us	
MEET REFEREE Linda Hughes lahughes@nc.rr.com	ADMIN REFEREE Starr Husketh starr.husketh@chemtek.us		MEET MARSHAL Michael Gibbons mgibbons@triangleaquatics.org

FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, 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 with Swim Innovation wedge blocks and backstroke ledges. Hytek Meet Manager 7.0 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)

(except for 200 Butterfly, 500 & 1650 Freestyle)

*** There will be a D Final heat for 15&Over events ONLY WHEN THE ENTRY TOTAL FOR 15&Over swimmers exceeds 90 in a particular event.**

TIMED FINALS:

ALL 12 & UNDER EVENTS

14 & Under Swimmers may NOT enter events in which they have achieved the “2020 Age Group Sectionals” qualifying time standard (see page 5).

The **13 & OVER 200 Butterfly** and **12 & UNDER 200 IM** on Friday will be PRE-SEEDED and swum FAST to SLOW. Positive check-in is NOT required.

The **OPEN 500 Freestyle** (Friday) and **13 & OVER 1650 Freestyle** (Sunday) will be DECK-SEEDED and swum FAST to SLOW. Positive check-in is required (see deadlines).

The number of heats for the **13 & OVER 1650 Freestyle** 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. There will be an AM/PM option. Times for the 1650 must be provable (we will verify all 1650 times. LC times are allowed for entry, but will be seeded last in rank order.

All 12 & UNDER EVENTS, 200 Butterfly, 500 Freestyle and 1650 Freestyle are timed finals events. All other events will be conducted on a prelims/finals basis.

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

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	12:20 PM	1:30 PM	12 & Under
7	Sunday Finals	4:50 PM	6:00 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, March 27, 2020.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Tuesday, March 17, 2020	4:00 PM	Entry Deadline
Friday, March 27, 2020	4:00 PM	Official Briefings (60 minutes prior to the start of each session)
Friday, March 27, 2020	5:00 PM	OPEN 500 FREE Positive Check-in Deadline
Friday, March 27, 2020	4:45 PM	Coaches/General Meeting
Sunday, March 29, 2020	8:30 AM	13 & Over 1650 FREE Positive Check-in Deadline

RELAY CARDS are due to the Admin Table NO LATER THAN THE START OF EACH SESSION in which the relay will be swum.

MAAPP

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

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.

ELIGIBILITY

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

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.

Deck changes are strictly prohibited.

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.

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.

TECHNICAL SUIT BAN for 12&Unders

Per NCS Rule 210.2 12&U athletes may not 12 & Under athletes may not compete in Technical Suits at this meet. A Technical Suit is one that has the following components: Any male or female suit with bonded or taped seams regardless of fabric or silhouette; or Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

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.

ENTRIES

Teams MUST declare their intent to attend this meet by contacting the Meet Director NO LATER THAN Tuesday, February 25, 2020. Otherwise, acceptance of entries cannot be guaranteed. Meet will be capped at 1,100 swimmers. [ENTRIES will not be accepted before Tuesday, March 10, 2020 at 8:00 AM and not after Tuesday, March 17, 2020 at 4:00 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: All Swimmers may swim a maximum of **3 individual events plus 1 relay (if applicable)** per day; **8 total individual events** for the meet.

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, MARCH 17, 2020 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 **FRIDAY, MARCH 20, 2020 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	\$ 8.00 per event
Relays	\$ 15.00 per relay
Time Trial Events	\$10.00 per event
NCS Travel Fund	\$ 3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$18.00 per swimmer, including relay only swimmers
Late Entry Fee	Double the fee

TIME STANDARDS **14 & Under Swimmers may NOT enter events in which they have achieved the “2020 Age Group Sectional” qualifying time standard.**

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 13&O 200 Butterfly and 12&U 200 IM on Friday will be pre-seeded and swum fast to slow.

The OPEN 500 Freestyle, and 13&O 1650 Freestyle will be deck-seeded and swum fast to slow.

“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, March 27, 2020	5:00 PM	Open 500 Freestyle
Sunday, March 29, 2020	8:30 AM	13 & Over 1650 Freestyle

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 to the Admin Table NO LATER THAN THE START OF EACH SESSION in which the relay will be swum.

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

Ribbons will be awarded to 12 & Under Swimmers: Individual: 1st – 8th place ribbons
Relay: 1st – 3rd place ribbons

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 60 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 will be offered after finals on Saturday and Sunday only.
Only events offered in the Order of Events for the meet (Fri – Sun) will be offered for Time Trials.

Distance events (greater than 400 yards) will ONLY be offered on Saturday and may be limited to one heat (8 swimmers) per event.

PLEASE NOTE:

A swimmer **MUST** be pre-registered in at least one event during the meet (Friday – Sunday) to swim in Time Trials.

Swimmers are eligible to swim a **maximum of 4 Time Trials** (no more than 2 per session). Time trials count toward daily limits and must not exceed entry limits mandated by USA Swimming.

Time Trial entry fees are **\$10.00 per event and payable in cash** to the Admin Referee.

Sign-ups at the Clerk of Course table will begin Saturday and Sunday **at 9:30am and end each day at the start of finals.**

Events and heats may be limited and/or combined at the Meet Referee's Discretion.

All USA Swimming Rules will apply to Time Trials.

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, March 27, 2020

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

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
1	13 & Over 200 Butterfly*	2
3	12 & Under 200 IM*	4
5	Open 500 Freestyle**	6

*The 13 & OVER 200 Butterfly and 12 & UNDER 200 IM will be PRE-SEEDED and swum FAST to SLOW. Positive check-in is NOT required.

**The OPEN 500 FREE will be DECK-SEEDED and swum FAST to SLOW. Positive check-in is required.

Swimmers will only be required to provide one person to count laps for the Open 500 Free

ORDER OF EVENTS

Session #2 (13 & Over) PRELIMS/FINALS

Saturday, March 28, 2020

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	15 & Over 200 Breaststroke	8
9	13-14 200 Breaststroke	10
11	15 & Over 50 Freestyle	12
13	13-14 50 Freestyle	14
15	15 & Over 100 Backstroke	16
17	13-14 100 Backstroke	18
19	15 & Over 200 Freestyle	20
21	13-14 200 Freestyle	22
23	15 & Over 400 IM	24
25	13-14 400 IM	26

Session #3 (12 & Under) TIMED FINALS

Saturday, March 28, 2020

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

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
27	10 & Under 50 Breaststroke	28
29	11-12 50 Breaststroke	30
31	10 & Under 50 Freestyle	32
33	11-12 50 Freestyle	34
35	10 & Under 100 Backstroke	36
37	11-12 100 Backstroke	38
39	10 & Under 200 Freestyle	40
41	11-12 200 Freestyle	42
43	10 & Under 100 Butterfly	44
45	11-12 100 Butterfly	46
	5 Minute Break (if timeline permits)	
47	10 & Under 200 Medley Relay	48
49	11-12 200 Medley Relay	50

ALL 12 & UNDER RELAYS WILL SWIM IN THE AFTERNOON.

ORDER OF EVENTS

Session #5 (13 & Over) PRELIMS/FINALS

Sunday, March 29, 2020

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>
51	15 & Over 100 Butterfly	52
53	13-14 100 Butterfly	54
55	15 & Over 100 Freestyle	56
57	13-14 100 Freestyle	58
59	15 & Over 200 Backstroke	60
61	13-14 200 Backstroke	62
63	15 & Over 100 Breaststroke	64
65	13-14 100 Breaststroke	66
67	15 & Over 200 IM	68
69	13-14 200 IM	70
	5 Minute Break (if timeline permits)	
71	13 & Over 1650 Freestyle**	72

**** The number of heats for the 13 & OVER 1650 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. There will be an AM/PM option. TIMES MUST BE PROVABLE. LC times are allowed but will be seeded last in rank order. Swimmers will be required to provide one person to count laps.**

Session #6 (12 & Under) TIMED FINALS

Sunday, March 29, 2020

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

<u>Girls/Women</u>	<u>Event</u>	<u>Boys/Men</u>
73	10 & Under 50 Butterfly	74
75	11-12 50 Butterfly	76
77	10 & Under 100 Freestyle	78
79	11-12 100 Freestyle	80
81	10 & Under 50 Backstroke	82
83	11-12 50 Backstroke	84
85	10 & Under 100 Breaststroke	86
87	11-12 100 Breaststroke	88
89	10 & Under 100 IM	90
91	11-12 100 IM	92
	5 Minute Break (if timeline permits)	
93	10 & Under 200 Freestyle Relay	94
95	11-12 200 Freestyle Relay	96

ALL 12 & UNDER RELAYS WILL SWIM IN THE AFTERNOON.



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

2020 CAT/TAC Tar Heel States 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: mfrank@triangleaquatics.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$ 8.00 per event	
Relay Entries		\$ 15.00 per relay	
Time Trial Events		\$10.00 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$ 21.00 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