



# 2020 TAC Titans July Intrasquad Meet

Hosted by the TAC TITANS Swim Team

July 17–19, 2020

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

## CONDITION OF SANCTION

As a condition of this sanction, the TAC Titans Swim Team agrees to comply and to enforce all COVID-19 health and safety mandates and guidelines (including face coverings, social distancing, and mass gatherings) of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions, and the TAC Titans Meet Plan detailed below.

## ASSUMPTION OF RISK DISCLAIMER

The TAC Titans Swim Team has taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

## COVID 19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

## TAC TITANS COVID-19 MEET PLAN

All meet participants – coaches, officials, spectators, vendors, and athletes (between events) must wear face coverings and comply with mandated social distancing and mass gathering rules.

Swimmers for each session will enter the building through the main entrance upstairs and proceed to the stadium where they should social distance throughout the entire stadium seating area.

Swimmers will setup their spot in the stadium. NO CHAIRS ON THE POOL DECK. SWIMMERS SHOULD ONLY BRING THEIR TOWEL AND A WATER BOTTLE/DRINK ON DECK. SNACKS SHOULD REMAIN IN THEIR SPOT IN THE STADIUM.

When told to begin warmup, swimmers will enter the pool deck via both set of stairs and will go to their assigned warmup pool/lanes

A MAXIMUM OF THREE (3) SWIMMERS PER LANE FOR ALL WARMUPS AND WARMDOWNS

Swimmers who are not in the pool swimming in an event or warming up or down must exit the pool deck via the WEST STAIRS only and go directly to the stadium to await the call for their next event.

When entering the pool for a scheduled event, the swimmers should use the EAST STAIRS ONLY.

AGAIN – EAST STAIRS ENTER / WEST STAIRS EXIT

There is absolutely no parking in front of the building or in the drop-off pickup lanes. This rule applies to coaches, staff and parking space owners as well. This area is designated for parents to congregate with social distancing practices so that they can meet with their swimmers. We are working on a solution for having a TV monitor with the live stream in a tent outside so parents can follow the action.

Restroom facilities in the TAC lobby are for parents only. These will be closely monitored by TAC staff. Deck restrooms are for meet personnel only – no swimmers. Locker room restrooms are for swimmers and cannot be used for changing or showering.

Meet personnel for each session are as follows (All Meet Personnel MUST wear masks at all times with the Announcer as the exception during the meet):

- Four (4) Meet Marshals (TITANS Parents): Three (3) individuals will be on deck and responsible for maintaining three (3) swimmers per lane for all warmup/warmdown. The fourth individual will be responsible for maintaining social distancing in the stadium and not permitted to enter the pool deck. Meet Marshals must be in position 15 minutes before the start of warmups and work through the entire session.
- Nine (9) Timers (TITANS Parents): One timer per lane with a button and watch and one (1) backup timer. Timers should not enter the pool deck until five minutes prior to the start of the session (not the warmup).
- One (1) Announcer (TITANS Parent): Act as Clerk of Course to announce when swimmers should be entering the pool deck. Announcer should not enter the pool deck until five minutes prior to the start of the session (not the warmup).

TAC Personnel for each session are as follows (All TAC Staff MUST wear masks at all times with lifeguards on stand as the exception):

- One (1) Facility Supervisor
- One (1) Lifeguard Supervisor
- One (1) Meet Tech
- One (1) Timing Operator
- One (1) Customer Service Specialist
- Three (3) Lifeguards
- One (1) Video Operator

Official's Meeting for ALL SESSIONS will be via a Zoom Meeting on Thursday, July 16<sup>th</sup> at 7pm. It will be recorded for those who can't attend live and attendance will be monitored to ensure that all officials participate.

Officials for each session are as follows:

- One (1) Meet Ref
- One (1) Deck Ref
- One (1) Starter
- One (1) AO
- Four (4) Stroke and Turn

This will total 27 Meet Personnel in the building and 24 on deck for the meet. According to the Executive Order for Phase 2 operations, TAC is allowed to have 186 in the water at any time and an additional 33 per thousand sq ft on deck. This leaves plenty of capacity for coaching staff.

Volunteer Check-in will be outside the main entrance to TAC.

There will be no vendor or sponsor tables for this meet.

|   |  |
|---|--|
| MEET DIRECTOR<br>Jennifer Riley<br><a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a> | MEET ENTRY COORDINATOR<br>Jennifer Riley<br><a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a> |
| MEET REFEREE<br>Christian Haxholdt<br><a href="mailto:chr@haxusa.com">chr@haxusa.com</a>          | MEET MARSHAL<br>John Payne<br><a href="mailto:jpayne@tactitans.org">jpayne@tactitans.org</a>               |

## FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of 7 to 12 feet that can be configured for separate 8-lane and 10-lane, 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above the deck offers bleacher seating with backs, tables, and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Daktronics OmniSport 2000 Pro Swimming timing system with HD video scoreboard. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center. Meet participant parking is available across from the swimmer drop-off loop and 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 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 meet personnel will be required to wear wristbands or lanyards on the pool deck. Please check-in at the clerk of course.

\*All events are TIMED FINALS - 9 sessions (1 Fri, 4 Sat and 4 Sun) - Sessions may need to be combined at the discretion of Meet Management

\*The meet will be pre-seeded slow to fast (with the exception of the 500 free) and no deck entries will be allowed

\*There will be no relays, awards or scoring

#### IMPORTANT INFORMATION

\*Swimmers will be allowed in the building no more than 15 minutes prior to their warm-up time and must leave the building immediately after their last swim of the session

\*Access to the building will be the front door only

\*Only swimmers and essential personnel will be allowed on deck. Swimmers will be able to exit via the front door if they need to see their parents. This door will be monitored

\*Swimmers may only access the locker rooms to use the bathroom (no changing or showering)

\*The pool area will be cleared and completely sanitized within 30 minutes of the start of warm-ups of each session

\*We will use volunteers timers, one per lane with a button and watch

\*Sessions may need to be combined at the discretion of Meet Management

\*Times achieved in this meet will have limited validity (not valid for entry times for meets outside of NCS LSC – ex. Sectional, National level meets)

\*No parents allowed in the facility with the exception of monitored use of the lobby bathrooms

## SCHEDULE:

| Session | Day              | Warm-up             | Meet Start         | Age Group                 |
|---------|------------------|---------------------|--------------------|---------------------------|
| 1       | Friday (15&O)    | 5:15 PM             | 6:15 PM            | OPEN (intended for 15&O)  |
| 2       | Saturday(12&U)   | 8:00 AM             | 9:00 AM            | OPEN (intended for 12&U)  |
| 3       | Saturday (13-14) | Not before 12:45 PM | Not before 1:30 PM | OPEN (intended for 13-14) |
| 4       | Saturday(15&O)   | Not before 4:45 PM  | Not before 5:45 PM | OPEN (intended for 15&O)  |
| 5       | Sunday(12&U)     | 8:00 AM             | 9:00 AM            | OPEN (intended for 12&U)  |
| 6       | Sunday(13-14)    | Not before 12:45 PM | Not before 1:30 PM | OPEN (intended for 13-14) |
| 7       | Sunday (15&O)    | Not before 4:45 PM  | Not before 5:45 PM | OPEN (intended for 15&O)  |

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, July 10, 2020](#).

## DEADLINE AND MEETING SUMMARY:

| Day, Date                      | Time    | For   |
|--------------------------------|---------|---|
| Wednesday, July 15, 2020       | 5:00 PM | Entry Deadline  |
| July 16, 2020                  | 7:00 PM | Official Briefing – general meeting (ZOOM meeting and will be recorded if unable to attend)   |
| July 16-18, 2020 (Fri and Sat) | 3:00 PM | Official Briefings (ZOOM meeting for Sat will be on Fri; ZOOM meeting for Sun will be on Sat) |
| Friday, July 17, 2020          | 4:45 PM | Coaches/General Meeting   |

## 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.

#### 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.

Parents or legal guardians will have access and visibility to their minor children in the following ways:

- Swimmers may exit the front door if they need access to their parents

#### ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. (specifically with North Carolina Swimming LSC), prior to the entry deadline and all 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.**

#### 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.

#### 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 Friday, July 10, 2020. Otherwise, acceptance of entries cannot be guaranteed. Meet will be capped at 150-175 swimmers per session.

ENTRIES will not be accepted before Friday, July 10, 2020 at 8:00 AM and not after Wednesday, July 15, 2020 at 8:00 PM. Please DO NOT send entries if you have not previously contacted the Meet Director.

“NT” entry times WILL be allowed at this meet.

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.

ENTRY LIMITATIONS

Individual Events:

15&Over may swim a maximum of 2 events per session and no more than 6 events for the meet. 14&Under may swim a maximum of 3 individual events per session and no more than 6 events for the meet.

Relays:

THERE WILL BE NO RELAYS AT THIS MEET.

SESSIONS WHICH INCLUDE 12& UNDER SWIMMERS WILL BE LIMITED TO 4-HOUR SEEDED TIMELINES.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator MUST receive entries no later than Wednesday, JULY 15, 2020 at 8:00 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 Wednesday, JULY 15, 2020 at 8:00 PM. There will be NO ON DECK ENTRIES OR CHANGES ACCEPTED.

ENTRY FEES

|                             |   |                                    |
|-----------------------------|---|------------------------------------|
| Make checks payable to: TAC |   | <b>ALL FEES ARE NON-REFUNDABLE</b> |
| Individual Events           | \$ 8.50 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                                      |                                    |
|                             |   |                                    |

|                                 |   |
|---------------------------------|---|
| 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.   |
| CHECK-IN                        | There are no positive check-in events in this meet  |
| 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 <a href="http://www.triangleaquatics.org/events/event-results/">http://www.triangleaquatics.org/events/event-results/</a> 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 <a href="http://www.ncswim.org">www.ncswim.org</a> .   |
| 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. <u>Coaches who are not current in all required certifications will not be allowed on deck.</u></p> |
| OFFICIALS/TIMERS/<br>VOLUNTEERS | 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 via ZOOM Meeting at the date and time listed in the Deadline and Meeting Summary.  |
| HOSPITALITY/<br>CONCESSIONS     | <u>There will be no hospitality, only water/soda and pre-wrapped snacks will be provided for essential personnel on deck. Outside concessions will be available.</u>  |
| 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.

Session #1  
 (OPEN – intended for 15&Over)  
 TIMED FINALS Friday, July 17, 2020  
 Warm-up: 4:30 PM; Meet Start: 5:15 PM

| <u>15Mixed</u> | <u>Event</u>  |
|----------------|---------------|
| 1              | OPEN 500 Free |
| 2              | OPEN 200 IM   |
| 3              | OPEN 50 Free  |

\*500 free will be seeded fast to slow

Session #2  
 (OPEN – intended for 11-12)  
 TIMED FINALS Saturday, July 18, 2020  
 Warm-up: 6:30 AM; Meet Start: 7:00 AM

| <u>Mixed</u> | <u>Event</u>  |
|--------------|---------------|
| 4            | OPEN 50 Back  |
| 5            | OPEN 100 IM   |
| 6            | OPEN 50 Free  |
| 7            | OPEN 100 Back |
| 8            | OPEN 50 Fly   |

Session #3  
 (OPEN – intended for 13-14)  
 TIMED FINALS Saturday, July 18, 2020  
 Warm-up: Not before 10:00 AM;  
 Meet Start: Not before 10:45 AM

| <u>Mixed</u> | <u>Event</u>    |
|--------------|-----------------|
| 9            | OPEN 200 IM     |
| 10           | OPEN 100 Fly    |
| 11           | OPEN 200 Free   |
| 12           | OPEN 100 Breast |
| 13           | OPEN 100 Back   |

Session #4  
 (OPEN – intended for 10&Under)  
 TIMED FINALS Saturday, July 18, 2020  
 Warm-up: Not before 1:00 PM;  
 Meet Start: Not before 1:30 PM

| Mixed | Event         |
|-------|---------------|
| 14    | OPEN 50 Back  |
| 15    | OPEN 100 IM   |
| 16    | OPEN 50 Free  |
| 17    | OPEN 100 Back |
| 18    | OPEN 50 Fly   |

Session #5  
 (OPEN – intended for 15&Over)  
 TIMED FINALS Saturday, July 18, 2020  
 Warm-up: Not before 4:15 PM;  
 Meet Start: Not before 5:00 PM

| Mixed | Event           |
|-------|-----------------|
| 19    | OPEN 100 Fly    |
| 20    | OPEN 200 Free   |
| 21    | OPEN 100 Breast |
| 22    | OPEN 100 Back   |

Session #6  
 (OPEN – intended for 11-12)  
 TIMED FINALS Sunday, July 19, 2020  
 Warm-up: 6:30 AM;  
 Meet Start: 7:00 AM

| Mixed | Event           |
|-------|-----------------|
| 23    | OPEN 100 Free   |
| 24    | OPEN 50 Breast  |
| 25    | OPEN 100 Fly    |
| 26    | OPEN 100 Breast |

Session #7  
 (OPEN – intended for 13-14)  
 TIMED FINALS Sunday, July 19, 2020  
 Warm-up: Not before 10:00 AM;  
 Meet Start: Not before 10:45 AM

| Mixed | Event           |
|-------|-----------------|
| 27    | OPEN 50 Free    |
| 28    | OPEN 200 Back   |
| 29    | OPEN 100 Free   |
| 30    | OPEN 200 Breast |
| 31    | OPEN 200 Fly    |

Session #8  
 (OPEN – intended for 10&Under)  
 TIMED FINALS Sunday, July 19, 2020  
 Warm-up: Not before 1:00 PM;  
 Meet Start: Not before 1:30 PM

| Mixed | Event           |
|-------|-----------------|
| 32    | OPEN 100 Free   |
| 33    | OPEN 50 Breast  |
| 34    | OPEN 100 Fly    |
| 35    | OPEN 100 Breast |

Session #9  
 (OPEN – intended for 15&Over)  
 TIMED FINALS Sunday, July 19, 2020  
 Warm-up: Not before 4:15 PM;  
 Meet Start: Not before 5:00 PM

| Mixed | Event           |
|-------|-----------------|
| 36    | OPEN 200 Back   |
| 37    | OPEN 100 Free   |
| 38    | OPEN 200 Breast |
| 39    | OPEN 200 Fly    |

## THIS PAGE IS FOR COACHES ONLY

### 2020 July Intrasquad 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: [jriley@tactitans.org](mailto:jriley@tactitans.org)

|              |  |
|--------------|--|
| Team Name    |  |
| Club Code    |  |
| Coach        |  |
| Coach Phone  |  |
| Coach Email  |  |
| Team Address |  |

| Item   | Total Number | Cost per             | Total |
|--|--------------|----------------------|-------|
| Individual Entries                                   |              | \$ 8.50 per event    |       |
| Relay Entries  |              | \$ 15.00 per relay   |       |
| Swimmers (\$3 Travel Fund & \$18 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

DATE