



**Sprint into Long Course  
Hosted by New Wave Swim Team  
April 27-28, 2024**

**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 #NC24071***

<b>MEET DIRECTOR</b>	<b>MEET ENTRY COORDINATOR</b>
John Roy 919-906-7946 coachjohn@bellsouth.net	John Roy PO Box 181012 Raleigh, NC 27619 919-906-7946 coachjohn@bellsouth.net
<b>MEET REFEREE</b>	<b>MEET MARSHAL</b>
Corley Strunk 919-386-9318 Corley.strunk@gmail.com	Shannon Yoder (female) Jason VanOlst (male)

**FACILITY and HOST TEAM REQUIREMENTS** New Wave Swim Team has discussed specific health and safety procedures with the venue management. At this time, the facility and New Wave Swim Team have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

**FACILITY** The Triangle Aquatic Center (TAC) provides 3 indoor pools and 1 outdoor pool with supporting amenities including a Spectator Stadium and Atrium with capacity of up to 2000, full-service café, performance recovery center, hospitality gallery, classroom and wireless internet. Select swim gear can be purchased from the front desk.

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. Paddock Starting Blocks with Swim Innovation decks complete with Foot Wedge and optional non-mechanical backstroke ledges (at the meet referee’s discretion) are available for all competition lanes. The competition lanes are a minimum of 7-feet wide. The 25-yard program pool allows for up to ten (10) warm-up/warm-down lanes at any time. There is a Swiss Timing Quantum timing system with HD video scoreboard, two buttons and two watches will be used for backup. WAVE will ensure the correct competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. TAC’s Operations and Lifeguard staff will provide basic medical coverage throughout the facility and is fully supported by Wake County EMS.

The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Meet participant parking is available across from the swimmer

drop-off loop and in a fenced are lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department and at 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

**MEET FORMAT**

Timed Finals

- 1) All events will be swum as timed finals.
- 2) All events will be swum combined girls and boys.
- 3) All events will be swum slowest to fastest.
- 4) Meet management reserves the right to add breaks, if necessary, to provide for adequate rest between events for the athletes.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	1:30 PM	2:45 PM	open
2	Sunday	7:15 AM	8:30 AM	open

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	For:
Wednesday, April 17	6:00 PM	Entry deadline
Saturday, April 27	2:20 PM	Coaches/General Meeting if needed
Saturday, April 27	2:00 PM	Officials Briefing
Sunday, April 28	7:45 AM	Officials briefing

**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

**TECHNICAL SUIT BAN for 12&Us**

Per USA Swimming Rule 102.8.1F, 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.

**MAAPP**

All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

**SAFE SPORT**

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas.

Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

**ELIGIBILITY**

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet.

**MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

WAVE welcomes 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 WAVE'S ability to accommodate all requests.

**ENTRIES**

Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet.

**ENTRY LIMITATIONS**

All swimmers are limited to four (4) individual events per day. The Meet Director will limit the number of athletes to comply with the 4-hour session rule. Entries will be accepted on first received basis until the 4-hour limit is reached

**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 by the date and time listed in the Deadline and Meeting Summary No late entries will be accepted. There will be no on deck entries.

**ENTRY FEES**

<b>Make checks payable to: WAVE Swimming; All fees are non-refundable</b>	
Individual Event	\$8.50 per event
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$15.00
Late Entry Fee	N/A

**SEEDING**

The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

**CHECK-IN**

All events will be pre-seeded.

**SCRATCHES**

No penalties.

**SCORING**

This meet will not be scored.

**AWARDS**

There will be no awards.

**RESULTS**

Results will be emailed to coaches within 24 hours of completion. Results will be available via Meet Mobile.

**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 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.

**OFFICIALS/TIMERS/  
VOLUNTEERS**

WAVE welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email prior to the meet. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by the Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the "Deadline and Meeting Summary" above. Meetings will be in-person prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a mask (if necessary) and a writing utensil.

**HOSPITALITY/  
CONCESSIONS**

There will be hospitality provided to coaches and officials.

**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.

**WAIVER/RELEASE**

As a team entered in this meet, upon entry you are verifying that all 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. New Wave Swim Team, Triangle Aquatic Center, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

**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.

**ORDER OF EVENTS**

**Saturday, April 27, 2024**

**Session 1: 1:30-2:40 pm warm-up**

**2:45 pm Competition begins**

<b>1</b>	<b>Open 100 M Breaststroke</b>
<b>2</b>	<b>Open 50 M Butterfly</b>
<b>3</b>	<b>Open 50 M Backstroke</b>
<b>4</b>	<b>Open 100 M Freestyle</b>

**Sunday, April 28, 2024**

**Session 2: 7:15-8:25 am warm-up**

**8:30 am Competition begins**

<b>5</b>	<b>Open 100 M Butterfly</b>
<b>6</b>	<b>Open 50 M Breaststroke</b>
<b>7</b>	<b>Open 50 M Freestyle</b>
<b>8</b>	<b>Open 100 M Backstroke</b>

**2024 WAVE Sprint into Long Course**

**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to (checks payable to New Wave Swim Team):

New Wave Swim Team

ATTN: John Roy

PO Box 18012

Raleigh, NC 27619

Email to: [coachjohn@bellsouth.net](mailto:coachjohn@bellsouth.net)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$8.50 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$18.00 per swimmer	
<b>Total Fees Due</b>			

**Waiver, Acknowledgement and Liability Release:**

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

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SIGNATURE (Coach or Club Representative)

CLUB

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TITLE

DATE