



## 2024 TAC TITANS LC Qualifier Meet

Hosted by the TAC TITANS Swim Team

June 28-29, 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 #NC24123 and Time Trials Sanction #NC24123TT

MEET DIRECTOR Jennifer Riley <a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a>	MEET ENTRY COORDINATOR Jennifer Riley <a href="mailto:jriley@tactitans.org">jriley@tactitans.org</a>
MEET REFEREE Mike Trexler <a href="mailto:Mike_trexler@mac.com">Mike_trexler@mac.com</a>	MEET MARSHAL Matt Cardenas (m) Katy Davis (f)

#### FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools and 1 outdoor pool supporting amenities including a Spectator Stadium and Atrium with combined 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. TAC 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. 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 that will include automated touch pads, at least one (1) semi-automatic plunger and at least one (1) watch per lane along with an HD video scoreboard. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. The facility may charge a fee for admission to spectators. Meet participant parking is available across from the swimmer drop-off loop and in fenced area 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.

TAC's Operations and Lifeguard staff will provide basic medical coverage throughout the facility and is fully supported by Wake County EMS.

**MEET FORMAT****OPEN LONG COURSE METERS MEET**

All events are TIMED FINALS - 4 sessions (2 Friday – flighted sessions; 2 Saturday – Distance and Time Trials). Sessions may need to be combined at the discretion of Meet Management.

All events will swim slow to fast.

Saturday sessions and Distance session will be pre-seeded and swim slow to fast.

Swimmers are required to provide a timer and a person to count laps for all events in the distance session.

Swimmers are required to provide a timer for all time trial events.

**SCHEDULE**

Session	Day	Warm-up	Meet Start	Age
1	Friday AM – Flight 1	9:00AM	10:00AM	All
2	Friday PM – Flight 2 (must have achieved at least 1 “A” time in their current age group)			All
3	Saturday - Distance	9:00AM	10:00AM	All
4	Saturday – Time Trials	Immediately following Distance Session  Exact time will be communicated after the meet is seeded the week of the meet	1 hour after warm up start  Exact time will be communicated after the meet is seeded the week of the meet	All

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	Purpose
Wednesday, Jun 19, 2024	8:00PM	Entry Deadline
Friday, June 28, 2024	15 mins prior to meet start	Coaches/General Meeting
Fri & Sat, June 28 and 29, 2024	45 mins prior to meet start	Officials Briefing
Friday, June 28, 2024	Start of Meet	Time Trial Sign-ups begin
Saturday, June 29, 2024	Start of Distance Session	Time Trial Sign-ups end

**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, certified 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 (as of the last day of the meet), prior to the entry deadline. Entries listed as “Registration Applied For” will not be accepted. **THERE WILL BE NO ON DECK MEET OR USAS REGISTRATION (INCLUDING APT) AVAILABLE AT THIS MEET.**

#### **MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS**

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 TAC Titans’ ability to accommodate all requests.

## TIME STANDARDS

Friday Flight 1 – No time standard required. Swimmers will only swim in 1 session on Friday.

Friday Flight 2 – Must have achieved an “A” time in their current age group in at least 1 event (LC or SC) to swim in the session. They are NOT required to swim that event in the session. Swimmers will only swim in 1 session on Friday.

Saturday Distance - : It is recommended that coaches use the following parameters

- less than/equal to 10 seconds off the LC Champs cut in any of the following (400, 800 or 1500 Free or their SC equivalents)

Saturday Time Trial events - It is recommended that coaches use the following parameters

- 50s less than/equal to 1 second off the LC Champs cut
- 100s less than/equal to 2 seconds off the LC Champs cut
- 200s less than/equal to 4 seconds off the LC Champs cut

Coaches will use the HONOR SYSTEM in entering swimmers in the correct events/sessions.

## ENTRIES

Teams MUST declare their intent to attend this meet by contacting the Meet Director NO LATER THAN Friday, June 7, 2024. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before Friday, June 7, 2024 at 8:00 AM and may not be accepted after Wednesday, June 19, 2024 at 8:00 PM. Please DO NOT send entries if you have not previously contacted the Meet Director.

“NT” entry times WILL ONLY be accepted for Friday Flight 1 session.

All Distance Session entry times must be provable.

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: Swimmers may swim a maximum of 4 events per day (including time trials). On Friday swimmers may only swim in ONE session which will be determined by the time standard requirement above.

Relay events: There are 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 entries confirming receipt within 48 hours.

## ENTRY DEADLINES

The Meet Entry Coordinator MUST receive entries no later than Wednesday, June 19, 2024 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.

## ENTRY FEES

<b>Make Checks payable to: TAC</b>	<b>ALL FEES ARE NON-REFUNDABLE</b>
Individual Events	\$10.00 per event
Time Trial Events	\$12.00 per event
NCS Travel Fund	\$3.00 per swimmer

Facility Surcharge	\$20.00 per swimmer
Heat sheet fee	\$5.00 per swimmer
Late Entry Fee	Double entry fee

**SEEDING** The conforming time standard for this meet is long-course meters. Swimmers will be seeded and swim 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** There are no positive check-in events.

**SCORING** This meet will not be scored

**AWARDS** There are no awards at this meet.

**RESULTS** Results will be posted on the Triangle Aquatic Center website  
<https://www.triangleaquatics.org/events/event-calendar/>

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.swimnc.com](http://www.swimnc.com)

**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.**

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** 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. Officials who would like to work at the meet should contact the meet referee prior to the meet.

**HOSPITALITY/  
CONCESSIONS** TAC is proud to offer hospitality to all coaches and officials participating in the corresponding session of the meet. Hospitality is offered prior to and into the corresponding session, not after. TAC will also provide snacks and drinks on deck to coaches, officials and meet personnel.

**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 our 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. NOTE - we are unable to honor this request for exclusion from the live stream and subsequent recording of the event.

**TIME TRIALS**

Time Trials will be offered for all strokes of 50s, 100s, 200s and the 200 IM.

**PLEASE NOTE:**

A swimmer **MUST** be pre-registered in at least one event in a Friday session or Saturday Distance to swim a Time Trial. Swimmers are eligible to swim as many Time Trials as they choose within their total 4 individual event daily limit. Sign-ups for visiting teams may be done virtually via Google Form or in person at the admin table. Entry fees are \$12.00 CASH per event and must be paid prior to the close of sign-ups. TAC swimmers will sign up (during the sign-up period) and be billed via their Team Unify accounts. All USA Swimming rules will apply to Time Trials.

On the day of the meet, if a swimmer wishes to scratch an event in Saturday Distance session in order to swim a Time Trial, a coach **MUST** scratch **PRIOR** to the event start at the admin table. A "no-show" will count toward the total daily limit. Events and heats may be combined at the Meet Referee's discretion. **SWIMMERS ARE REQUIRED TO PROVIDE A TIMER FOR ALL TIME TRIALS.**

# ORDER OF EVENTS

See "DEADLINE AND MEETING SUMMARY" table above for warm-up and session start times.

## FRIDAY – FLIGHT 1

*(Swimmers who have not achieved at least 1 "A" time standard in their current age group will swim in Flight 1)*

Mixed (Girls/Boys)	Even
1	Open 200 Butterfly
2	Open 100 Backstroke
3	Open 50 Breaststroke
4	Open 200 Freestyle
5	Open 100 Butterfly
6	Open 50 Backstroke
7	Open 50 Freestyle
8	Open 50 Butterfly
9	Open 200 Backstroke
10	Open 100 Breaststroke
11	Open 200 IM
12	Open 100 Freestyle
13	200 Breaststroke

## FRIDAY – FLIGHT 2

*(All swimmers must have achieved at least 1 "A" time standard in their current age group to swim in Flight 2)*

Mixed (Girls/Boys)	Even
101	Open 200M Butterfly
102	Open 100M Backstroke
103	Open 50M Breaststroke
104	Open 200M Freestyle
105	Open 100M Butterfly
106	Open 50M Backstroke
107	Open 50M Freestyle
108	Open 50M Butterfly
109	Open 200M Backstroke
110	Open 100M Breaststroke
111	Open 200M IM
112	Open 100M Freestyle
113	Open 200M Breaststroke

## SATURDAY - DISTANCE

<b>Mixed (Women &amp; Men)</b>	<b>Event</b>
114	Open 400M IM
115	Open 400M Freestyle
116	Open 800M Freestyle
117	Open 1500M Freestyle

## SATURDAY – TIME TRIALS

<b>Mixed (Girls/Boys)</b>	<b>Event</b>
201	Open 50M Backstroke
202	Open 50M Freestyle
203	Open 50M Breaststroke
204	Open 50M Butterfly
205	Open 100M Backstroke
206	Open 100M Freestyle
207	Open 100M Breaststroke
208	Open 100M Butterfly
209	Open 200M Backstroke
210	Open 200M Freestyle
211	Open 200M Breaststroke
212	Open 200M Butterfly
213	Open 200M IM



**THIS PAGE IS FOR COACHES ONLY**

2024 TAC TITANS LC Qualifier Meet

Summary of Fees/Release Form

**Please complete and mail this form along with entry fees to:  
(make checks payable to 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		\$10.00 per event	
Time Trials Entries		\$12.00 per event	
Swimmers (\$3 Travel Fund & \$20.00 Facility Surcharge; Heat sheet \$5.00)		\$ 28.00 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 \_\_\_\_\_ CLUB

TITLE \_\_\_\_\_