



## 2024 TAC TITANS Turkey Squad Meet

Hosted by the TAC TITANS Swim Team

November 16-17, 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 #NC24198

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 Kevin Chignell <a href="mailto:kevinchignell@gmail.com">kevinchignell@gmail.com</a>	MEET MARSHAL Matt Cardenas (m) Kelsey Symm (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**

AGE GROUP SHORT COURSE YARDS INTRASQUAD MEET

3 timed-finals sessions – Saturday (2) and Sunday (1). There will be no time standards for this meet. All events will be timed finals and swim slow to fast.

**11&O 500 Free will be pre-seeded and swim slow to fast.**

**SCHEDULE**

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday AM	7:30 AM	9:00 AM	All ages
2	Saturday PM	3:30 PM	5:00 PM	All ages
3	Sunday AM	7:30 AM	9:00 AM	All ages

**DEADLINE AND MEETING SUMMARY:**

Day, Date	Time	Purpose
Wednesday, Nov 6, 2024	8:00PM	Entry Deadline
Saturday, Nov 16, 2024	15 mins prior to meet start	Coaches/General Meeting
Sat and Sun, Nov 16-17, 2024	45 mins prior to meet start	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, 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 TAC Titans and 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**

There are no time standards at this meet.

#### **ENTRIES**

Teams **MUST** declare their intent to attend this meet by contacting the Meet Director **NO LATER THAN** Friday, Oct 25, 2024. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before Friday, Oct 25, 2024 at 8:00 AM and may not be accepted after Wednesday, Nov 6, 2024 at 8:00 PM. Please **DO NOT** send entries if you have not previously contacted the Meet Director.

"NT" entry times **WILL** be accepted 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: Swimmers may swim a maximum of 3 events per session and 8 events for the meet.

Relay events: There are no relays at this meet.

Sessions which include 12&Under swimmers will be limited to 4-hour seeded timelines.

In the event the projected timeline for any session is too long once all entries are in, entries for some events will be limited (200 Free and 200 IM). Every effort will be made to permit a swimmer to select an alternate event if they are removed from a limited event, but cannot be guaranteed.

**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, Nov 6, 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
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

# ORDER OF EVENTS

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

## SATURDAY AM

Girls	EVENT	Boys
1	10 & Under 50 Backstroke	2
3	11 & Over 50 Backstroke	4
5	11 & Over 200 Backstroke	6
7	10 & Under 100 Breaststroke	8
9	11 & Over 100 Breaststroke	10
11	10 & Under 50 Freestyle	12
13	11 & Over 50 Freestyle	14
15	10 & Under 100 IM	16
17	11 & Over 100 IM	18
19	11 & Over 200 IM	20
21	11 & Over 500 Free	22

## SATURDAY PM

Girls	EVENT	Boys
23	10 & Under 50 Butterfly	24
25	11 & Over 50 Butterfly	26
27	11 & Over 200 Butterfly	28
29	10 & Under 100 Freestyle	30
31	11 & Over 100 Freestyle	32
33	10 & Under 100 Backstroke	34
35	11 & Over 100 Backstroke	36
37	10 & Under 200 IM	38

## SUNDAY AM

Girls	EVENT	Boys
39	10 & Under 50 Breaststroke	40
41	11 & Over 50 Breaststroke	42
43	11 & Over 200 Breaststroke	44
45	10 & Under 100 Butterfly	46
47	11 & Over 100 Butterfly	48
49	10 & Under 200 Freestyle	50
51	11 & Over 200 Freestyle	52

## THIS PAGE IS FOR COACHES ONLY

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Summary of Fees/Release Form

**Please complete and mail this form along with entry fees to:  
(make checks payable to TAC TITANS) Attn: Melissa Oman**

**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	
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 (coach or club representative) \_\_\_\_\_ CLUB

TITLE \_\_\_\_\_