



2025 WAVE, TAC, NSEA Tri Meet November 1-2, 2025

Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.
Sanction # NC25197

MEET DIRECTOR	MEET ENTRY COORDINATOR
John Roy 919-906-7946 coachjohn@bellsouth.net	John Roy PO BOX 18012 Raleigh, NC 27615 919-906-7946 coachjohn@bellsouth.net
MEET REFEREE	MEET MARSHALLS
Corley Strunk 919-386-9318 Corley.strunk@gmail.com	Shannon Yoder 919-358-0022 syoderbooks@gmail.com Zach Murray 336-402-4337 Zachrmurray@gmail.com

FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools and 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. The host will ensure required course dimensions. 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, two (2) semi-automatic plungers and two (2) watches 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 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.

Lifeguards will be on duty to provide first aid.

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

- 1) All events will be swum as timed finals.
- 2) All events will be swum combined girls and boys (mixed)
- 3) All events will be swum slowest to fastest with the exception of the 500 yard Free.
- 4) Swimmers in the 500 yard free must provide their own lap counters.
- 5) Meet management reserves the right to add breaks if necessary to provide adequate rest between events for swimmers.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	2:00 PM	3:00 PM	All ages
2	Sunday	8:00 AM	9:00 AM	All ages

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Wednesday, October 22	9:00 PM	Entry deadline
Saturday, November 1	2:15 PM	Official briefing
Saturday, November 1	2:15 PM	Check in 11 & over 400 IM
Saturday, November 1	2:50 PM If necessary	Coaches/General Meeting
Sunday, November 2	8:15 AM	Official briefing
Sunday, November 2	8:30 AM	Check in open 500 free

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. Swimmers from the following teams are eligible for this meet; WAVE-NC, TAC-NC and NSEA-NC There will be no on deck registration.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

WAVE Swimming 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 Swimming's ability to accommodate all requests.

ENTRIES

Please email entries using Hy-Tek Team Manager or compatible program. Entries must include the following: 1) a Hy-Tek Meet Manager compatible entry file 2) team entry report and 3) summary of fees/release form (see last page).

Please note that the Meet Director will strictly enforce the following entry rules:

1. All swimmers must be properly registered before the entry deadline. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.
2. Please list all coaches that will be in attendance. The NCS Registration chair will provide meet management with a list of current coach certifications. Coaches who are not current in all required certifications will not be allowed on deck.

ENTRY LIMITATIONS

All swimmers are limited to five (5) individual events per day, ten (10) for the meet.

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 Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: WAVE Swimming; All fees are non-refundable	
Individual Event	\$10.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$10.00 per swimmer
Late Entry Fee	\$15.00 per event

SEEDING The conforming time standard for this meet is short course yards. 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 A positive check-in, at the admin table, will be required for the following events:

- 11& over 400 IM
- Open 500 free

Check in for event will be as stated in the Deadline and Meeting Summary Swimmers that fail to check in will be scratched from the event and not seeded. In the positive check-in events, a swimmer who has checked in, been seeded, and fails to complete in said event, shall be barred from his/her next individual event.

SCRATCHES There will be no penalty for scratching pre-seeded events at the block.

SCORING The meet will not be scored.

AWARDS There will be no awards.

RESULTS Will be posted in the lobby and available via Meet Mobile. Each team will receive an email with a results file within 24 hours of the completion of the meet.

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.

**OFFICIALS/
TIMERS/
VOLUNTEERS** There will be a need for officials. WAVE Swimming welcomes and encourages 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.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

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 Marshall 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/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 of 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. WAVE Swimming, 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, November 1, 2025

Warm-up: 2:00 PM; Meet Start: 3:00 PM

Mixed	Event
1	11 & over 400 IM
2	Open 100 IM
3	Open 100 Backstroke
4	Open 200 Freestyle
5	Open 100 Fly
6	11 & over 200 Breaststroke
7	Open 50 Breast
8	Open 50 Freestyle

Sunday, November 2, 2025

Warm-up: 8:00 AM; Meet Start: 9:00 AM

Mixed	Event
9	Open 200 IM
10	Open 100 Freestyle
11	11 & over 200 Butterfly
12	Open 50 Butterfly
13	Open 100 Breaststroke
14	11 & over 200 Backstroke
15	Open 50 Backstroke
16	Open 500 Freestyle

WAVE Dual Meet Splash
Summary of Fees/Release Form

Complete and email or mail this form along with entry fees to (checks payable WAVE Swimming):

WAVE Swimming
ATTN: John Roy
PO BOX 18012
Raleigh, NC 27619
Email to: coachjohn@bellsouth.net

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Swimmers (Travel Fund & Facility Surcharge)		\$13.00 per swimmer	
Total Fees Due			

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. WAVE Swimming, 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE