



# Triangle Aquatics

## Triangle Distance Series #3

February 26, 2011  
Long Course Meters

**Sanction:** Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11032. Sanctioned by LMSC for NC for USMS, Inc. Sanction # 131-003.

**Host:** **Triangle Aquatic Center**

**Meet Series:** The Triangle Distance Series is a 3 meet series of distance freestyle events. TDS #1 is short course meters, TDS #2 is short course yards, and TDS #3 is long course meters. Participants who compete in all 3 meets of the series will receive a commemorative t-shirt.

Proceeds from the series will benefit the Make A Splash learn-to-swim program at TAC. Please visit [triangleaquatics.org](http://triangleaquatics.org) for more information.

**Facility:** **Triangle Aquatic Center**  
275 Convention Drive  
Cary, NC 27511  
(919) 459-4045

**Date:** **February 26, 2011**

**Times:** **Saturday: Warm-ups: 11:30 am**  
**Start: 12:00 pm**

The meet is anticipated to be one session. A second session may be added on Sunday morning as an option, based on the number of entries received.

**Classification:** This is an Open meet. All ages are welcome.  
All events will be swum as timed finals.  
The meet will be sanctioned separately as a USMS meet to be run concurrently with the NCS/USA swimming sanctioned meet.

**Competition Pool:** The Triangle Aquatic Center features a 50-meter pool with a variable depth ranging from 7 to 12 feet. The competition course is 8-lanes, each is 9-feet wide. An additional 25-yard pool is available for continuous warm-up/swim-down. The pool is equipped with anti-turbulent lane lines and Paragon starting blocks. The facility features a Daktronics Pro timing system and two digital matrix scoreboards. Stopwatches will also be used in each competition lane. Hy-Tek Meet Manager Pro software will be used. Locker rooms for changing are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Only meet volunteers, USAS and USMS registered athletes and current USA Swimming registered officials and coaches may be on deck.

**NO SPECTATORS ARE ALLOWED ON THE POOL DECK AT ANY TIME**

**Rules:** The meet will be conducted in accordance with the current USA Swimming Rules & Regulations and the NCS Official Handbook and NCS Safety Program, except where rules therein are optional and exceptions are herein stated.

**Format:** **Events are Timed Finals and will be swum as consolidated events (mixed genders). Men and women will be seeded together, and swum together, based on entry time.**

No time standards will be used.

All events will be pre-seeded.

A preliminary timeline based on the Psych sheet will be made available.

All events will be swum fastest to slowest.

Meet management reserves the right to limit the meet to the first **100** swimmers.

**Eligibility:** All participants must be registered with USA Swimming, Inc. or USMS.  
USAS - Age as of February 26, 2011 determines age for entire meet.  
USMS - Age as of December 31, 2011 determines age for entire meet.

**Scoring:** The TDS meets are NOT scored.

**Entries:** Please submit the appropriate Entry Form (page 5 or 6) – page 5 for USAS athletes, or page 6 for USMS athletes. Entries may be mailed to or dropped off at TAC.

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

- 1) Incomplete Entry Forms will not be accepted. Payment will not be returned.
- 2) No swimmer will be entered in the meet until payment is received.
- 3) There may be on-deck event entries taken at this meet, in open lanes only with double fees paid at time of entry. All deck-entered swimmers must be USA Swimming or USMS athlete members, and must show proof of registration.
- 4) All swimmers must be properly registered before February 26, 2011. The list of swimmers competing in the meet will be forwarded to the NCS Registration Chair for approval.
- 5) 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.
- 6) In order to effectively seed the meet **“NO TIME” (NT) entries WILL NOT** be accepted. Swimmers without a time should be entered with an estimated time.

**Please include a coach’s email address for communication purposes.**

**Entry Limits:** All swimmers will be limited to **one (1) event**.  
This meet may be limited to **100** swimmers, in order of entry receipt.

**Entry Deadline:** **Wednesday, February 16, 2011.** Entries will be accepted up to 7:00 pm. Late entries may be accepted, but only at the discretion of the Meet Director.

**Entry Fees:**

Individual Event:	\$2.50	per event
Facility Surcharge:	\$10.00	per swimmer
NCS Travel Fund:	\$3.00	per swimmer

Double entry fees will be charged for late entries, if accepted, including deck entries.  
A late entry is any entry received on or after 7:00pm on Wednesday, February 16, 2011.  
All fees are non-refundable unless events are cancelled.  
Late entries are limited to teams already entered in the meet, unless permission is granted by the Meet Director.

**No scratches to enter another event will be allowed.**

**A check made payable to the “Triangle Aquatic Center” must accompany entries.**

**Mail Entries to:** **Triangle Aquatic Center**  
275 Convention Drive  
Cary, NC 27511  
(919) 459-4045  
[meets@triangleaquatics.org](mailto:meets@triangleaquatics.org)

**NOTE:** All email correspondence should be directed to:  
Randy Roberts – [meets@triangleaquatics.org](mailto:meets@triangleaquatics.org)

**Meet Schedule:** Saturday 11:30 am Warm-up  
12:00 pm Start

**Warm-up:** **Guidelines will be published in the information packet. Packets will be available at the Clerk of Course upon presentation of current USAS or USMS credentials.** Lane assignments will be based on the number of participants from each club. Assignments will be posted and a copy available in the packet. Specific warm-up procedures will be described in the packet as well.

**Swim-down:** Swim-down lanes will be available throughout the meet.

**Order of Events:** Please see attached schedule – page 4.

**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. 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. Coaches must carry their coach certification cards at all times when on the pool deck and must hold current certifications and registration with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Coaches:** A packet will be available for all clubs at the start of warm-ups on Saturday. A current 2010 USA Swimming coach membership card will be required to obtain the packet and must be displayed prominently at all times on deck **by all coaches.**

There will be a coaches' meeting Saturday, February 26, 2011 at 11:50 am as announced by the Meet Referee.

**Officials:** There will be an officials' meeting Saturday, February 26, 2011 at 11:30 am and 30 minutes prior to the start of each of the other sessions as needed.

We welcome all certified and apprentice officials. If you know in advance that you will be volunteering for this meet, please notify the Meet Referee: TBD

***“All coaches and officials on deck must be registered and certified with USA Swimming. Meet Management will require all coaches and officials to show proof of certification / registration. Coaches and officials shall prominently display their registration cards while on deck.”***

#### **Meet**

**Management:** Meet Directors: Randy Roberts ([meets@triangleaquatics.org](mailto:meets@triangleaquatics.org))  
Meet Referee: Ronnie Roach  
Meet Marshall: Derek Wall  
Meet Entries: Randy Roberts ([meets@triangleaquatics.org](mailto:meets@triangleaquatics.org))

**Volunteers:** Volunteers are always welcomed. Please contact the Meet Director.

Each swimmer is responsible for providing a timer and a counter for the 800 Freestyle and 1500 Freestyle events.

TAC 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 TAC's ability to accommodate all requests.

USA SWIMMING, INC., NORTH CAROLINA SWIMMING, INC, TRIANGLE AQUATIC CENTER AND ALL EMPLOYEES AND REPRESENTATIVES OF THESE ORGANIZATIONS SHALL BE HELD FREE AND HARMLESS FROM ANY AND ALL LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THIS EVENT.



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Triangle Distance Series #3  
February 26, 2011  
Long Course Meters

Saturday, February 26, 2011

Session 1

Warm-up: 11:30 am  
Start: 12:00 pm

<u>EVENT #</u>	<u>AGE GROUP</u>	<u>EVENT</u>
1	OPEN	*800 Free
2	OPEN	*1500 Free
3	OPEN	400 Free

\*Each swimmer is responsible for providing a timer and a counter for her/his event.



# Triangle Aquatics

## Triangle Distance Series #3

### February 26, 2011

### Long Course Meters

### Meet Entry Form – USA Swimming

Saturday, February 26, 2011  
Session 1  
Warm-up: 11:30 am  
Start: 12:00 pm

Held under the sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc. Sanction # NC11032.

Event: **ONE** event per swimmer.

	Entry Time	Event Fee \$2.50	Facility Fee and NCS Travel Fee \$13.00	Total \$15.50
800 Free	_____	_____	_____	_____
1500 Free	_____	_____	_____	_____
400 Free	_____	_____	_____	_____

\*Each swimmer is responsible for providing a timer and a counter for her/his event.

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Printed name: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent's signature if under 18: \_\_\_\_\_

Coach: \_\_\_\_\_ Coach's email: \_\_\_\_\_

Club: \_\_\_\_\_

USA Swimming membership #: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Birth date: \_\_\_\_\_ Age on Feb 26, 2011: \_\_\_\_\_ Gender: F M (circle one)

Email: \_\_\_\_\_ T-shirt size: (circle one) YL S M L XL

A check for all applicable fees must accompany this Entry Form to be considered a valid entry.



# Triangle Aquatics

## Triangle Distance Series #3

### February 26, 2011

### Long Course Meters

#### Meet Entry Form – US Masters Swimming

Saturday, February 26, 2011  
 Session 1  
 Warm-up: 11:30 am  
 Start: 12:00 pm

Event: **ONE** event per swimmer.

Sanctioned by LMSC for NC for USMS, Inc. Sanction # 131-003.

	Entry Time	Event Fee \$15.50	One Event Registration \$20.00	Total \$15.50 (or \$35.50)
800 Free	_____	_____	_____	_____
1500 Free	_____	_____	_____	_____
400 Free	_____	_____	_____	_____

\*Each swimmer is responsible for providing a timer and a counter for her/his event.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule Book Article 203.1)

Printed name: \_\_\_\_\_

Signature: \_\_\_\_\_

Coach: \_\_\_\_\_ Coach's email: \_\_\_\_\_

Club: \_\_\_\_\_

USMS membership #: \_\_\_\_\_

If not USMS registered, must complete the One Event Registration Form, and include the \$20.00 fee with meet entry fee.

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Birth date: \_\_\_\_\_ Age on Dec 31, 2011: \_\_\_\_\_ Gender: F M (circle one)

Email: \_\_\_\_\_ T-shirt size: (circle one) YL S M L XL

A check for all applicable fees must accompany this Entry Form to be considered a valid entry.