



## 2015 Cinco de Mayo Long Course Meet

Hosted by the TAC TITANS

May 1-3, 2015

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 #NC15084**

MEET DIRECTOR	MEET ENTRY COORDINATOR
DeAnna Wahlers <a href="mailto:meets@tactitans.org">meets@tactitans.org</a>	DeAnna Wahlers <a href="mailto:meets@tactitans.org">meets@tactitans.org</a>
MEET REFEREE	MEET MARSHALL
Mark Frank 919-796-9908 <a href="mailto:mfrank2417@gmail.com">mfrank2417@gmail.com</a>	Jordan Kirk 919-459-4045 <a href="mailto:jkirk@triangleaquatics.org">jkirk@triangleaquatics.org</a>

### FACILITY

The Triangle Aquatic Center (TAC) provides 3 indoor pools and supporting amenities including a full-service café, a swim shop, classroom and wireless internet. The 50-meter competition pool with bulkhead offers a total of 8 50-meter competition lanes with a depth of seven to twelve feet that can be configured for separate 8-lane and 10-lane 25-yard competition courses. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. The competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4 to 10 warm-up/warm-down lanes at any time. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above the deck offers bleacher seating with backs, tables and open seating. The facility may charge a fee for admission to the spectator seating area overlooking the pool. There is a Daktronics OmniSport 2000 Pro Swimming timing system with two matrix scoreboards. The aquatic facility is conveniently located just off I-40 at exit 291 and adjacent to Cary's largest mall, the Cary Towne Center. Parking in the TAC lot is reserved for officials and coaches only. Meet participant parking is available 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.

### MEET FORMAT

**THIS IS A TIMED FINAL MEET**

Session	Day	Warm-up	Meet Start	Age Group
1	Friday, May 1, 2015	4:00 PM	5:00 PM	Open
2	Saturday, May 2, 2015	7:00 AM	8:00 AM	12 and Under
3	Saturday, May 2, 2015	12:00 PM	1:00 PM	13 and Over
4	Sunday, May 3, 2015	7:00 AM	8:00 AM	12 and Under
5	Sunday, May 3, 2015	12:00 PM	1:00 PM	13 and Over

#### DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For
Tuesday, April 21, 2015	5:00 PM	Entry deadline
Friday, May 1, 2015	3:45 PM	Coaches/General Meeting
Friday, May 1, 2015	4:00 PM	Official Briefing (all briefings are one hour prior to the start of the session)
Friday, May 1, 2015	4:30 PM	Positive check-in for all Friday night distance events
Sunday, May 3, 2015	12:30 PM	Positive check-in for 13 & Over 400 Free

#### 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.

#### RACING STARTS

Any swimmer entered in the meet, unaccompanied by an USA Swimming member coach, must be certified by an 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.

#### 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.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

#### ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. 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.**

#### SWIMMERS WITH DISABILITIES

The TITANS 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 the TITANS ability to accommodate all requests.

<b>ENTRIES</b>	<p>Entries should be submitted in Hy-tek format via email. 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.</p> <p><b>All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.</b></p>												
<b>ENTRY LIMITATIONS</b>	Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 9 individual events and 2 relays for the meet.												
<b>ENTRY VERIFICATION</b>	An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.												
<b>ENTRY DEADLINES</b>	<p><b>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 but will be charged the Late Entry Fee of \$12.00 per event. THERE WILL BE NO ON DECK ENTRIES OR CHANGES ACCEPTED.</b></p>												
<b>ENTRY FEES</b>	<table border="1"> <thead> <tr> <th colspan="2">Make checks payable to: TAC TITANS; All fees are non-refundable</th></tr> </thead> <tbody> <tr> <td>Individual Event</td><td>\$ 6.00 per event</td></tr> <tr> <td>Relays</td><td>\$ 12.00 per relay</td></tr> <tr> <td>NCS Travel Fund</td><td>\$ 3.00 per swimmer, including relay only swimmers</td></tr> <tr> <td>Facility Surcharge</td><td>\$ 15 per swimmer, including relay only swimmers</td></tr> <tr> <td>Late Entry Fee</td><td>\$ 12.00 per event</td></tr> </tbody> </table>	Make checks payable to: TAC TITANS; All fees are non-refundable		Individual Event	\$ 6.00 per event	Relays	\$ 12.00 per relay	NCS Travel Fund	\$ 3.00 per swimmer, including relay only swimmers	Facility Surcharge	\$ 15 per swimmer, including relay only swimmers	Late Entry Fee	\$ 12.00 per event
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<b>SEEDING</b>	<p>The conforming time standard for this meet is long course meters. Swimmers will be seeded and swim fastest to slowest on all distance events (400 Meters and longer). The remainder of the events will swim slowest to fastest. All non-conforming times will be seeded last in rank order.</p>												
<b>CHECK-IN</b>	<p>A positive check-in, located at the clerk of course table, will be required for the following events:</p> <ul style="list-style-type: none"> <li>Friday Night - 400 IM, 12 &amp; Under 400 Free, and 1500 Free</li> <li>Sunday - 13 &amp; Over 400 Free</li> </ul> <p>Check in for these events will be 4:30 PM on Friday and 12:30 PM on Sunday. Swimmers that fail to check in will be scratched from the event and not seeded.</p>												
<b>SCORING</b>	This meet will not be scored.												
<b>AWARDS</b>	There will be no awards for this meet.												
<b>RESULTS</b>	Results will be posted on the TAC website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-tek backups either on a memory stick or via email attachment.												
<b>COACHES</b>	<p>All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of</p>												

certification/registration and shall prominently display their registration cards at all times while on deck. 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 that will be in attendance. The 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**

There will be a need for officials. The TITANS 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 certification/registration. Officials shall prominently display their registration cards at all times while on deck. 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. Each briefing will begin one hour prior to the start of the session.

#### **SWIMMERS WILL NEED TO PROVIDE THEIR OWN TIMERS AND LAP COUNTERS FOR ALL FRIDAY NIGHT EVENTS.**

#### **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. 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 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.

## ORDER OF EVENTS

**Friday, May 1, 2015**

**Warm-up: 4:00 PM; Meet Start: 5:00 PM**

Girls/Women	Event	Boys/Men
1	400 Meter IM	2
3	12 and under 400 Meter Freestyle	4
5	1500 Meter Freestyle	6

**Saturday, May 2, 2015**

**Warm-up: 7:00 AM; Meet Start: 8:00 AM**

Girls/Women	Event	Boys/Men
7	10 and under 50 Meter Butterfly	8
9	11-12 50 Meter Butterfly	10
11	10 and under 50 Meter Backstroke	12
13	11-12 50 Meter Backstroke	14
15	10 and under 200 Meter Freestyle	16
17	11-12 200 Meter Freestyle	18
19	10 and under 100 Meter Breaststroke	20
21	11-12 100 Meter Breaststroke	22
23	10 and under 100 Meter Freestyle	24
25	11-12 100 Meter Freestyle	26
27	10 and under 200 Meter Medley Relay	28
29	11-12 200 Meter Medley Relay	30

**Saturday, May 2, 2015**

**Warm-up: 12:00 PM; Meet Start: 1:00 PM**

Girls/Women	Event	Boys/Men
31	13 and older 200 Meter IM	32
33	13 and older 100 Meter Freestyle	34
35	13 and older 200 Meter Backstroke	36
37	13 and older 100 Meter Butterfly	38
39	13 and older 200 Meter Breaststroke	40
41	13-14 200 Meter Medley Relay	42
43	15 and older 200 Meter Medley Relay	44

**Sunday, May 3, 2015**  
**Warm-up: 7:00 AM; Meet Start: 8:00 AM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>45</b>	<b>10 and under 50 Meter Freestyle</b>	<b>46</b>
<b>47</b>	<b>11-12 50 Meter Freestyle</b>	<b>48</b>
<b>49</b>	<b>10 and under 50 Meter Breaststroke</b>	<b>50</b>
<b>51</b>	<b>11-12 50 Meter Breaststroke</b>	<b>52</b>
<b>53</b>	<b>10 and under 100 Meter Butterfly</b>	<b>54</b>
<b>55</b>	<b>11-12 100 Meter Butterfly</b>	<b>56</b>
<b>57</b>	<b>10 and under 100 Meter Backstroke</b>	<b>58</b>
<b>59</b>	<b>11-12 100 Meter Backstroke</b>	<b>60</b>
<b>61</b>	<b>10 and under 200 Meter IM</b>	<b>62</b>
<b>63</b>	<b>11-12 200 Meter IM</b>	<b>64</b>
<b>65</b>	<b>10 and under 200 Meter Freestyle Relay</b>	<b>66</b>
<b>67</b>	<b>11-12 200 Meter Freestyle Relay</b>	<b>68</b>

**Sunday, May 3, 2015**  
**Warm-up: 12:00 PM; Meet Start: 1:00 PM**

<b>Girls/Women</b>	<b>Event</b>	<b>Boys/Men</b>
<b>69</b>	<b>13 and older 50 Meter Freestyle</b>	<b>70</b>
<b>71</b>	<b>13 and older 100 Meter Breaststroke</b>	<b>72</b>
<b>73</b>	<b>13 and older 200 Meter Butterfly</b>	<b>74</b>
<b>75</b>	<b>13 and older 200 Meter Freestyle</b>	<b>76</b>
<b>77</b>	<b>13 and older 100 Meter Backstroke</b>	<b>78</b>
<b>79</b>	<b>13-14 200 Meter Freestyle Relay</b>	<b>80</b>
<b>81</b>	<b>15 and older 200 Meter Freestyle Relay</b>	<b>82</b>
<b>83</b>	<b>13 and older 400 Meter Freestyle</b>	<b>84</b>

## 2015 Cinco de Mayo Long Course Meet

### Summary of Fees/Release Form

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

TAC TITANS

Attn: DeAnna Wahlers

275 Convention Drive

Cary, NC 27511

Email: [dwahlers@tactitans.org](mailto:dwahlers@tactitans.org)

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$ 6.00 per event	
Relay Entries		\$ 12.00 per relay	
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. 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 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