



2022 TAC July Qualifier Meet

Hosted by TAC TITANS

July 10, 2022

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 #NC22119 and Time Trials Sanction #NC22119TT

MEET DIRECTOR	MEET ENTRY COORDINATOR
Jennifer Riley jriley@tactitans.org	Jennifer Riley jriley@tactitans.org
MEET REFEREE	MEET MARSHAL
Mark Frank mfrank@triangleaquatics.org	Mark Frank mfrank@triangleaquatics.org

**CONDITION OF
SANCTION**

As a condition of this sanction, The TAC Titans agree to comply with and to enforce all COVID-19 health and safety mandates and guidelines of USA Swimming, North Carolina Swimming, the State of North Carolina, local jurisdictions in effect at the time of the meet. Further, the meet will be conducted in accordance with individual facility requirements as detailed in the TAC Titans Meet Plan below. Meets conducted in violation of these requirements and safety plans are subject to having the sanction revoked and will not be issued sanctions for future meets during the COVID-19 sanctioning period.

**ASSUMPTION OF RISK
DISCLAIMER**

The TAC Titans have taken enhanced health and safety measures for athletes, coaches, officials, spectators, and others participating in this meet. You must follow all safety instructions in the following meet sanction. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. Senior citizens and those with underlying medical conditions are especially vulnerable. By attending this meet, you assume all risks related to exposure to COVID-19.

COVID-19 RELEASE

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU
VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-

19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, NORTH CAROLINA SWIMMING, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

**NCS FACE COVERING
STATEMENT**

NCS recommends the proper use of face coverings at all NCS activities and expects all participants, coaches, officials, volunteers, and spectators to comply with all club and facility specific COVID-19 safety requirements and guidelines from USA Swimming, North Carolina Swimming, the State of North Carolina, and local jurisdictions.

PARENTAL ACCESS

Parents needing access to their athlete during the meet in a closed-deck environment can contact their children directly via cellphone and arrange to meet the Front Desk. Should parents be unable to contact their child directly, they should see the Meet Marshal located at the deck entrance in the Lower lobby. In the case of an emergency, please call and/or text the Facility Director at 919.459.4045.

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 competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. 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 Daktronics OmniSport 2000 Pro Swimming timing system with 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.

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.

MEET FORMAT

OPEN LONG COURSE METERS MEET

All events are TIMED FINALS - 3 Sunday sessions (Timed Finals, Distance and Time Trials). Sessions may need to be combined at the discretion of Meet Management.

Timed finals Session #1 will be pre-seeded and swim slow to fast.

Distance Session #2 will be deck entered and swim fast to slow.

The number of heats for ALL EVENTS \geq 400 yards may be limited to stay within the 4-hour session timeline limit.

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.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday Timed Finals	7:00AM	8:30AM	All
2	Sunday Distance	Immediately following session #1	Approximately 10 minutes following the conclusion of Session #1	All
3	Sunday Time Trials	Immediately following session #2	Approximately 10 minutes following the conclusion of Session #2	All

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, Jun 30, 2022	8:00PM	Entry Deadline
Sunday, Jul 10, 2022	45 mins before meet start	Official Briefing
Sunday, Jul 10 2022	15 mins before meet start	Coaches/General Meeting
Sunday, Jul 10, 2022	9:30AM	Time Trial Sign-ups begin
Sunday, Jul 10, 2022	Start of session #2	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 applicable 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 the MAAPP policy 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 TAC TITANS 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 who is 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. 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. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet. There are no time standards to enter this meet.

SWIMMERS WITH DISABILITIES

TAC 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 TAC TITANS's ability to accommodate all requests.

ENTRIES

As an invitational meet, teams MUST contact the Meet Director as soon as possible and NO LATER THAN Friday, June 24, 2022, to express their interest in attending. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before Friday, June 24, 2022, at 8:00 AM and not after Thursday, June 30, 2022, at 8:00 PM. Please DO NOT send entries if you have not previously contacted the Meet Director.

"NT" entry times WILL NOT 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.

All relay only swimmers including alternates must be listed and pay the NCS Travel Fund and Facility Surcharge.

ENTRY LIMITATIONS

Individual events: Swimmers may swim a maximum of 3 events in session #1 and no more than 6 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

- 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.
- TIME STANDARDS** It is recommended that coaches use the following parameters when entering swimmers in all events:
- 50s less than/equal to 1 second off the SC Champs cut
 - 100s less than/equal to 2 seconds off the SC Champs cut
 - 200s less than/equal to 4 seconds off the SC Champs cut
 - 400 IM less than/equal to 10 seconds off the SC Champs cut
 - Distance Free less than/equal to 10 seconds off the SC Champs cut in any of the following (400, 800 or 1500 Free)

ENTRY FEES

Make checks payable to: TAC TITANS ; All fees are non-refundable	
Individual Event	\$9.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Late Entry Fee	Double the IE

- SEEDING** The conforming time standard for this meet is long course meters. 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** Positive check in deadline for the distance session will be the start of Session #1
- SCRATCHES** There will be no penalty for scratching pre-seeded events at the block.
- 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 <http://www.triangleaquatics.org/events/event-results/> 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.ncswim.org .
- 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. TAC 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 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 at the date and time listed in the Deadline and Meeting Summary.

**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 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 (if available). 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. 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. 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.

TIME TRIALS

Time Trials will be offered for all strokes of 50s, 100s, 200s and the 200/400 IM.

PLEASE NOTE:

A swimmer **MUST** be pre-registered in at least one event in Session #1 or #2 to swim a Time Trial. Swimmers are eligible to swim as many Time Trials as they choose within their total 6 individual event daily limit. Sign-ups may be done virtually via Google Form or in person at the admin table. Entry fees are \$10.00 CASH per event and must be paid prior to the close of sign-ups. All USA Swimming rules will apply to Time Trials.

On the day of the meet, if a swimmer wishes to scratch an event in Session #1 or #2 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

SUNDAY

Session #1 – OPEN warm-up: 7:00am; meet start: 8:30am

Mixed (Girls/Boys)	Even
1	Open 400 IM
2	Open 200 Butterfly
3	Open 100 Backstroke
4	Open 50 Breaststroke
5	Open 200 Freestyle
6	Open 100 Butterfly
7	Open 50 Backstroke
8	Open 200 Breaststroke
9	Open 50 Freestyle
10	Open 200 Backstroke
11	Open 50 Butterfly
12	Open 100 Breaststroke
13	Open 200 IM
14	Open 100 Freestyle

Session #2 – Distance – OPEN warm-up: N/A; immediately following Session #1

Mixed (Women & Men)	Event
15	Open 400 Freestyle
16	Open 800 Freestyle
17	Open 1500 Freestyle

Session #3 – Time Trials - OPEN warm-up: N/A; immediately following Session #2

<u>Mixed (Girls/Boys)</u>	<u>Event</u>
101	Open 50 Backstroke
102	Open 50 Freestyle
103	Open 50 Breaststroke
104	Open 50 Butterfly
105	Open 100 Backstroke
106	Open 100 Freestyle
107	Open 100 Breaststroke
108	Open 100 Butterfly
109	Open 200 Backstroke
110	Open 200 Freestyle
111	Open 200 Breaststroke
112	Open 200 Butterfly
113	Open 200 IM
114	Open 400 IM

**2022 TAC July Qualifier 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:

Mark Frank

275 Convention Drive

Cary, NC 27511

Email to: jriley@tactitans.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$9.00 per event	
Swimmers (Travel Fund \$3 & Facility Surcharge \$20)		\$23.00 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. 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.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE