2014 TAC TITANS January Prep Meet

Hosted by Triangle Aquatic Center

Friday January 10th, 2014

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 #NC14028

MEET DIRECTOR	MEET ENTRY COORDINATOR
J.P. Lefever jlefever@triangleaquatics.org 275 Convention Drive Cary, NC 27511 919-459-4045	J.P. Lefever jlefever@triangleaquatics.org 275 Convention Drive Cary, NC 27511 919-459-4045
MEET REFEREE	**MEET MARSHALL**
Ronnie Roach 919-459-4045 rroach@triangleaquatics.org	Jordan Kirk jkirk@triangleaquatics.org

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 pool has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Paragon starting blocks will be used for the start of all events. Competition lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 10 warm- up/swim-down lanes; we anticipate a minimum of six (6) warm-up/warm-down lanes during the meet. The separate warm water instruction pool is fully enclosed and remains open to the public during meet competitions. Spectator seating for 1,000 above deck offers bleacher seating with backs, tables and open seating. There is a Daktronics Omni Sport 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.

MEET FORMAT This will be an invitational meet.

Session	Day	Warm-up	Meet Start
1	Friday January 10, 2014	5:30 PM	6:30 PM

ENTRY DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday January 2, 2014	5:00 PM	Entry deadline
Friday January 10, 2014	6:15 PM	Official Briefing
Friday January 10, 2014	6:00 PM	Coaches/General Meeting

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.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

ELIGIBILITY General: All swimmers must be registered with USA Swimming, Inc. Swimmers must be registered prior to entry deadline. Registrations will be checked according to NCS rules

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.

ENTRIES 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. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge. Entries must be submitted no later than 5:00pm on Thursday January 2nd 2014.

ENTRY LIMITATIONS Swimmers may swim a maximum of 4 individual events and 1 Relay per day.

ENTRYVERIFICATION 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 host but will be charged the Late Entry fee of $8.00 per event. On-deck entries may be accepted at the discretion of the meet host but will be charged the Late Entry fee of $8.00 per event.

ENTRY FEES

Make checks payable to: TAC TITANS; All fees are non-refundable	
Individual Event	$ 5.00 per event
NCS Travel Fund	$ 3.00 per swimmer, including relay only swimmers
Facility Surcharge	$ 10 per swimmer
Relay Fee	$ 12.00 per relay
Late Entry Fee	$ 8.00 per event

SEEDING The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim Slowest to Fastest on all Friday night events. All non-conforming times will be seeded last in rank order.

SCORING This meet will not be scored.

AWARDS Ribbons are to be awarded to first though third place in all individual and relay events. All awards should be picked up prior to leaving the meet.

RESULTS Results will be posted on TAC TITANS 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.

COACHES All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of 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.

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.

HOSPITALITY There will be no hospitality for this meet.

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.

ORDER OF EVENTS

Warm-up: 5:30 PM; Meet Start: 6:30 PM

Order of Events Friday, January 10th - Start at 6:30 PM		
Girls/Women	Event	Boys/Men
1	OPEN 200Y Medley Relay	2
3	OPEN 200 Free	4
5	8 & Under 25 Breast	6
7	10 & Under 50 Breast	8
9	11 & Over 50 Breast	10
11	10 & Under 100 Back	12
13	11 & Over 100 Back	14
15	8 & Under 25 Free	16
17	10 & Under 50 Free	18
19	11 & Over 50 Free	20
21	OPEN 100 Fly	22
23	10 & Under 100 IM	24
25	OPEN 200 IM	26
27	10 & Under 100 Breast	28
29	11 & Over 100 Breast	30
31	8 & Under 25 Back	32
33	10 & Under 50 Back	34
35	11 & Over 50 Back	36
37	10 & Under 100 Free	38
39	11 & Over 100 Free	40
41	8 & Under 25 Fly	42
43	10 & Under 50 Fly	44
45	11 & Over 50 Fly	46
47	OPEN 200Y Free Relay	48

TITANS January Prep 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: J.P. Lefever
Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511
Email: jlefever@triangleaquatics.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		$ 5.00 per event	
Swimmers (Travel Fund & Facility Surcharge)		$ 13.00 per swimmer	
Relay Entry Fee		$12.00 per relay	
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.

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SIGNATURE (Coach or Club Representative) CLUB

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TITLE DATE