



Speedo Champions Series
Eastern Section of the Southern Zone
Spring SC Championship
 Hosted by **TAC TITANS**
March 7 - 10, 2019
Triangle Aquatic Center
275 Convention Drive
Cary, NC 27511

Held under the Sanction of USA Swimming, Inc.

Issued by **NCS Sanction #NC19028 ; Time Trials Sanction #NC19028TT**

MEET DIRECTOR	MEET ENTRY COORDINATOR	MEET MARSHAL
Lana Sanders mymeetentry@gmail.com 919-696-0642	Lana Sanders mymeetentry@gmail.com 919-696-0642	Mark Frank
MEET REFEREE	ADMINISTRATIVE REFEREE	OFFICIALS CONTACT
John Jewell jmj2@ec.rr.com 910-297-1640	Tom Donahue tdonahue@pfgnc.com	John Jewell jmj2@ec.rr.com 910-297-1640

HOST **TAC Titans**
www.triangleaquatics.org

FACILITY AND POOLS The Triangle Aquatic Center (TAC) provides 3 indoor pools. 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 lanes are a minimum of 7 feet wide. The 25-yard program pool allows for 4-10 warm-up/warm-down lanes at any time. There is a Daktronics OmniSport 2000 Pro Swimming timing system with HD video scoreboard, Paddock starting blocks and MM7 will be used.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Per USA Swimming and Safe Sport Rules...ONLY meet volunteers, 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 volunteers will be required to wear wristbands or lanyards on the pool deck. Please check in at the volunteer table in the lobby.

NO SPECTATORS ARE ALLOWED ON DECK AT ANY TIME

TAC amenities include a full-service café, a swim shop, classroom and wireless internet. 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. 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 coaches and officials only.** Meet participant parking is available in the shopping mall lot adjacent to the pool. Illegally parked vehicles may be ticketed or towed by the local Police Department at the owner's expense.

SCHEDULE

Session	Day	Warm-up	Meet Start
*	Wednesday (For other hours, teams may contact Mark Frank (mfrank@triangleaquatics.org) to arrange for lanes.)	*	*
1	Thursday	7:30-11:00 AM	*
*	General Meeting Thursday	5:00 PM	*
2	Thursday Finals	4:30-5:45 PM	6:00 PM
3	Friday Preliminaries	6:30-8:50 AM	9:00 AM
4	Friday Finals	4:00-5:15 PM	5:30 PM
5	Saturday Preliminaries	6:30-8:50 AM	9:00 AM
*	Sectional Meeting Saturday	30 min. after Prelims	*
6	Saturday Finals	4:00-5:15 PM	5:30 PM
7	Sunday Preliminaries	6:30-8:50 AM	9:00 AM
8	Sunday Finals	4:00-5:15 PM	5:30 PM

ELIGIBILITY

Open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs that are in good standing with the Section and USA Swimming registered swimmers. All USA Swimming registered clubs in the following LSCs are eligible to join the Eastern Section: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia. Swimmers and clubs from outside these LSC boundaries are eligible to participate provided they meet the summer USA Junior National qualifying standards, become registered associate club members of the Eastern Section, and are registered with USA Swimming. Entries from swimmers from non-member clubs may be accepted into the meet but, prior to entry deadline, must pay the club registration fee. This fee may be paid with entry fees with a separate check made payable to **North Carolina Swimming Regional Fund** or the check can be mailed to the address provided in the ESSZ emails. Fees are \$25 for membership applications received prior to 1/1/19 and \$100 for membership fees received on that date or later.

All swimmers must be members of USA Swimming. Each club is responsible for the proper registration of its swimmers and coaches. The person signing the entry form accepts all responsibility for compliance. Each coach attending the meet must be listed on the coach contact form. All coaches must be properly certified members of USA Swimming throughout the meet. Swimmers attending the meet without a coach must arrange to be supervised by a USA Swimming member coach from another team. There will be no on deck USA Swimming registration available at this meet.

ENTRY TIME STANDARDS AND QUALIFYING PERIOD

All swimmers must have met the current spring meet time standards in short course yards or long course meters in EACH event entered. Times must have been achieved between the first day of the ESSZ Summer Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

All disability swimmers must have met the current Can Am standards in short course yards or long course meters for EACH event entered. Times must have been achieved between the first day of the ESSZ Summer Senior Sectional meet approximately 18 months prior and the entry deadline for the current meet.

The qualifying period for the current meet is **Thursday, July 13, 2017 until Monday, March 4, 2019)**

Swimmers must enter in the course in which they achieved the time standard (SCY/LCM). Swimmers will be seeded in the order of SCY/LCM. Faster times achieved after the entry deadline will not be accepted as updates to previously entered times.

PROOF OF TIMES

Swimmers who do not equal or better the applicable Eastern Section Southern Zone Senior Championship qualifying time in any individual event at the championship meet must be able to prove that they have previously achieved the qualifying time. Any OME entry time from the SWIMS database will constitute proof unless an override entry time is used. Swimmers unable to provide proof of time will be assessed a \$25 fine for each

event they cannot prove. Proof of times is due by May 1. Fines are doubled to \$50 per occurrence regardless of provability after June 1. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned, approved, or observed competition. In the event a swimmer does not pay this fine, neither the swimmer nor the swimmer's team will be eligible to enter future Eastern Section Southern Zone Championships until such time as the fee is paid. Teams with outstanding fines should come prepared to pay prior to participation in the meet. Fines will be deposited with no further need of proofs from those previous meets. All fines collected go to the ESSZ Travel Fund.

**ENTRY
PROCESS
AND
DEADLINES**

An events file for organizing entries will be posted on www.triangleaquatics.org and www.NCSwim.org by January 21, 2019 or via email request to the entry coordinator at mymeetentry@gmail.com.

The entry deadline for this meet is Monday, **March 4, 2019** at 3:00 PM.

OME will be used for all entries including relays and relay only swimmers. OME will close Monday of meet week, **March 4, 2019** at 3:00 PM. OME will open no later than Monday, **January 21, 2019**. Coaches can update entry times in OME until it closes. Questions or problems with OME should be directed to **Lana Sanders at mymeetentry@gmail.com**.

Entry requests received after OME closes will be considered late and accepted only as described below in LATE ENTRIES and only for open lanes in existing heats.

**ENTRY
VERIFICATION**

A psych sheet will be issued to the person submitting the entry by **3:00 PM on Tuesday** of meet week. Coaches have until **3:00PM on Wednesday** of meet week to identify any missing entries, time corrections, or other entry errors and email corrections to the entry coordinator at mymeetentry@gmail.com. Any changes after that point will be made at the discretion of the Meet Referee only.

ENTRY LIMIT

Swimmers may enter as many events for which they qualify but may swim a maximum of three (3) individual events per day including Time Trials. **The swimmer is responsible for scratching from oversubscribed events.** Scratches must be received by the Admin Referee by the relevant scratch deadline in order not to count toward a swimmer's event limit. Otherwise, swimmers will be automatically scratched from events over the three event daily limit.

Each team will be limited to two relay team entries per event.

ENTRY FEES

Make checks payable to the host team. All fees are non-refundable. Payment in full is due no later than the General Meeting.

Individual Event	\$10.00 per event
Relays	\$15.00 per relay
NCS Travel fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Time Trials events	\$10.00/20.00 per event
Late Entry Fee (double)	\$20.00/\$30.00

PAYMENT Payment must be made by check payable to the host team and is due in full no later than the General Meeting on Thursday. Any alternate payment arrangements must be negotiated with the Meet Director. Teams should bring copies of OME rosters and receipts for verification.

LATE ENTRIES Late entries for event will be accepted at the meet at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for late entries. Late entries will be accepted at the meet up until the time that the Clerk of Course closes before each session (see schedule under SCRATCH AND POSITIVE CHECK IN DEADLINES). Late entry fees will be doubled for individual and relay events-- \$20.00 per individual event and \$30.00 per relay—and payable in cash upon entry. Late entered swimmers must present proof of current USA Swimming registration if they are not already entered in the meet. No on deck registration will be available.

RULES The meet will be conducted in accordance with USA Swimming Rules and Regulations except where the rules are optional and exceptions are stated.

SAFE SPORT Coaches are advised to supervise their swimmers closely 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. No running or horseplay will be tolerated. Access to the main locker rooms is restricted to swimmers only. Anyone failing to comply with a safety request may forfeit his or her privilege to participate.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the blocks. Main locker rooms are reserved for participating swimmers only.

Deck changes are prohibited.

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. The swimmer must also declare to the Meet Director a coach of record and who will represent the swimmer at the meet.

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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas. Spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and /or spectators are present.

BREAKS Breaks are noted in the Order of Events. Additional breaks may be inserted at the discretion of the Meet Referee.

SEEDING

The conforming time standard for this meet is short course yards (SCY). Swimmers who have achieved the long course meter (LCM) cut must enter with that time. Swimmers will be seeded in the order of SCY/LCM. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined at the discretion of the Meet Referee.

SCRATCH AND POSITIVE CHECK IN PROCEDURES

This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.

Swimmers who do not intend to swim an event, or must scratch down to the three events per day limit, or need to make room for a time trial should scratch by the indicated deadline. Scratch cards should be completed and deposited in the scratch box at Clerk of Course by the appropriate deadline. While there will be no penalty for failure to compete in preliminary heats of events 200M or less, swimmers and coaches should remember that late entries will only be accepted for empty lanes. Therefore, all coaches are asked to declare any scratches to the Clerk of Course before the deadlines to insure full heats and the best competition opportunities possible for all athletes.

A positive check in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in may not be seeded in the event:

- 1000 Freestyle
- 400 Individual Medley
- 500 Freestyle
- 1650 Freestyle
- All Relays

SCRATCH AND POSITIVE CHECK IN DEADLINES

EVENT	DAY	TIME
Scratches from Thursday events (email and text scratches to the Administrative Referee are accepted)	Thursday	5:00PM
Positive check in 1000 Freestyle	Thursday	5:00PM
Positive check in 800 Free Relay*	Thursday	5:00PM
Scratches from Friday events	Thursday	7:00PM
Positive check in for 400 IM and 400 Free Relay*	Friday	8:00AM
Scratches from Saturday events	Friday	7:00PM
Positive check in 500 Free	Saturday	8:00AM
Positive check in 400 Medley Relay*(AM/PM option)	Saturday	11:00AM
Positive check in 1650 Free (AM/PM option)	Saturday	11:00AM
Scratches from Sunday events	Saturday	7:00PM

*Relay cards are due at least one hour before the relay is scheduled to swim but may be changed up until the relay swims.

**SCRATCH
PENALTIES**

According to the scratch rule, a swimmer who has been properly checked in for a positive check in deck seeded event, been seeded, and fails to compete in said event, shall be barred from that swimmer's next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit. There is no penalty for failure to compete in relay events.

A swimmer initially qualifying for an A, B, C, or D Final who neither scratches with the Administrative Referee nor declares his or her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked in swimmer fails to compete in Finals, that swimmer shall be barred from further competition unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 50, top 70 on Sunday, and have no intention of swimming in Finals should indicate this by scratching.

FORMAT

Individual Events: All individual events 500 Y or less will be conducted as preliminaries and finals including the 400 IM and the 500 Free, which will be deck seeded after positive check in. The 1000 Freestyle and the 1650 Freestyle will be conducted as timed finals and will be deck seeded after positive check in.

Finals: There will be a **Championship A Final**, a **Consolation B Final**, a **Bonus C Final**, and a **Bonus D Final, which will be limited to 18&Us**, for all prelim/final events. The Finals heats will be swum in the following order: D Final, C Final, B Final, and A Final. The A and B Finals will be scored. Championship A Finalists are invited to the Ready Room 5 minutes before their event for parading. D, C, and B Finalists should report to the blocks. Alternates should report to the starter prior to the D Final and will swim in the D or C Final should no shows occur.

1000 Free:

- The 1000 Free events will be conducted as timed finals and will be deck-seeded after positive check in. The fastest three heats of women will swim first, slow to fast, followed by the fastest three heats of men swum slow to fast, then with remaining heats swum fast to slow alternating women and men. If two pools are used, no alternating will occur. Swimmers must provide their own counters and may be required to provide their own timers.

400 IM:

- The 400 IM events will be deck-seeded after positive check in. The fastest **two** preliminary heats will be circle seeded. The fastest **four** women's heats will swim first slow to fast, then the fastest **four** men's heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men. If two pools are used, no alternating will occur.

500 Free:

- The 500 Free events will be deck-seeded after positive check in. The fastest **two** preliminary heats will be circle seeded. The fastest **four** women's heats will swim first slow to fast, then the fastest **four** men's heats will swim slow to fast, then the remaining heats will swim fast to slow alternating women and men. If two pools are used, no alternating will occur. Swimmers must provide their own counters.

1650 Free:

- The 1650 Free events will be conducted as timed finals and will be deck-seeded after positive check in. Swimmers may indicate AM/PM preference. The fastest heat of positively checked in swimmers of each gender who **select PM** will swim in the Finals session. The remaining heats will swim at the end of the Preliminary session after the last heat of the 400 Medley Relay, fast to slow alternating women and men. If two pools are used, no alternating will occur. Swimmers must provide their own counters. Swimmers in the morning session may be required to provide their own timers.

Relays: All relays will be deck seeded after positive check in and conducted as timed finals.

- Heats of the 800 Free Relay will swim fastest two heats of women slow to fast, followed by fastest two heats of men slow to fast, with remaining heats swum fast to slow alternating women and men. If two pools are used, no alternating will occur.
- The fastest two heats of each gender in the 400 Freestyle Relay will swim in Finals on Friday, slow to fast, both women's heats then both men's heats. Remaining heats will swim in the Preliminary session 10 minutes after the last heat of 400 IM, slow to fast, all women then all men. There is no AM/PM option for these relays.
- The fastest two heats of each gender in the 400 Medley Relay **selecting PM** will swim in Finals on Sunday, slow to fast, both women's heats then both men's heats. Remaining heats will swim in the Preliminary session 10 minutes after the last heat of 200 IM, slow to fast, all women then all men.

The Meet Referee may combine heats and events as necessary and assign events to separate pools. If two pools are used, genders will not alternate.

SCORING

The top 16 places in all events will score points as follows:

- Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. A and B Finalists must attain the ESSZ time standard for the individual event in order to score team or individual points.
- Relay events will score double.

AWARDS	<ul style="list-style-type: none"> • Individual & Relay Awards: Medals for 1st through 8th place for individuals and 1st through 3rd for relay events. Winners should report to the podium to receive their awards according to the schedule announced at the General Meeting. • Team Awards: Plaques for 1st through 6th place combined teams. • Individual High Point: Plaques for highest scoring woman and man.
RESULTS	Results will be posted on www.triangleaquatics.org/events/event-results within 24 hours of the meet's conclusion and teams will be emailed their results. MeetMobile and LiveResults will be used as facility internet connectivity permits.
WARM-UP PROCEDURES	In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm up procedures. Open morning warm up will be offered from 6:30-8:30 AM. Specific warm ups will be offered at 8:30 in the main competition pool during which at least two lanes will be assigned as pace lanes and at least two lanes will be assigned as one-way race start lanes. Meet Management reserves the right to change warm up times according to the number of entries. During the competition, there will be at least 9 (nine) lanes available for continuous warm-up/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach. No equipment in the competition pools during scheduled warm-ups. (including but not limited to snorkels, kickboard, fins, or pull buoys.)
TIME TRIALS	<p>Time Trials will be offered after all Preliminary and Finals sessions, time permitting. Time Trials count toward a swimmer's three events per day event limit. Relay only swimmers are not eligible to swim time trials.</p> <p>Sign up deadlines on days when Time Trials are offered will be 10:30 AM for Time Trials after Preliminaries and 6:00 PM for Time Trials after Finals. The 1650 and 1000 Frees may be Time Tried after one Preliminary session to be determined by the Meet Referee. The order in which time trial events will be conducted will follow National event order (e.g., that day's events, followed by next day, etc., finishing up with the previous day's events). However, in the session that distance frees are offered, they will be the last events of the session.</p> <p>Time Trial fees are \$10.00 per individual event and \$20.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the session conclusion.</p>
GENERAL MEETING	The General Meeting will be held at 5:00 PM on Thursday in the Hospitality Room on the upper level. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting.
ESSZ BUSINESS MEETING	The sectional meeting will be held no more than 30 minutes after the conclusion of the Preliminary session on Saturday in the Hospitality Room on the upper level. All member

teams are expected to attend. Agenda items include bidding for upcoming championship meets and other ESSZ business.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Deck Pass is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show proof of current certification/registration and coaches must display their meet credentials if issued by the host team or have easy access to their printed or virtual USA Swimming membership card at all times while on deck. There may be a coaches' meeting after Friday warm ups or other meetings at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

TIMERS

Volunteer timers from visiting teams are welcome.

OFFICIALS

Officials will be required to show proof of current USA Swimming membership and certification. Deck Pass is acceptable proof of USA Swimming membership. There will be an officials' meeting 1 hour prior to each session in the officials' room. All USA Swimming certified officials are welcome.

All officials should complete the online Application to Officiate found on the Southern Zone website, <https://www.teamunify.com/TabGeneric.jsp?tabid=43797&team=szlsc>

Officials who wish to work as S&T judges are encouraged to fill out the online Application to Officiate form but are not required to do so in order to officiate at the meet.

CJs/Starters/Referees: Officials who are interested in being considered for assigned positions should complete the online Application to Officiate by **Feb 1**.

National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 all positions by USA Swimming. Officials wishing to be evaluated should complete the second part of the online Application to Officiate. Officials interested in being evaluated for DR/SR/CJ should submit their request by **Feb 1**. Officials wishing to be evaluated for S&T are asked to submit their online Application to Officiate by **Feb 28**. Officials are required to work a minimum of 4 sessions to be evaluated. Evaluation requirements can be found at www.USASwimming.org.

Uniform for this meet is white collared shirts over blue bottoms and white shoes. Long pants or skirts are preferred for Finals.

MEET COMMITTEE

A meet committee will consist of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director, and ESSZ Chair or their designees.

HOSPITALITY/ CONCESSIONS

There will be a hospitality area open to all coaches and officials. Refreshments and snacks will be provided for volunteers on deck. A full-service café is available for spectators.

SWIMMERS WITH DISABILITIES

The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. 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 including the need

for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests.

**BAD
WEATHER**

In case of an "Act of God" or bad weather scenario that jeopardizes a session, meet management will make the final decision how the meet will safely proceed.

COMMENTS

Any comments regarding the conduct of the meet or problems that are not resolved in a satisfactory fashion should be communicated in writing to the ESSZ Chair.

TRAVEL INFO

The Cary area is served by RDU as well as nearby airports in Greensboro and Charlotte.

**IMAGE
RELEASE**

All participants agree to be filmed and photographed by the host team's 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 team, NCS, ESSZ, or Southern Zone websites 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.



Preferred Hotels - Please Support Our Sponsors Who Support Swimming



1128 Ledsoe Lane, Cary 27511
Distance: 1.6 miles
919.977.7244
Group Pricing Information
Michelle Matulonis
shca.sm@cmchotels.com



1722 Walnut Street, Cary 27511
Distance: 1.6 miles
919.481.1200
Group Pricing Information
Charlotte Hedgepeth
bwca.dos@cmchotels.com



201 Ashville Ave., Cary 27518
Distance: 4.5 miles
919.859.5559
Group Pricing Information
Jody Rumble
jrumble@chartwellhospitality.com



710 Corporate Center Dr., Raleigh 27607
Distance: 2 miles
919.233.2205
Group Pricing Information
Cathy Gilbert
cathy.gilbert@hyatt.com



5630 Dillard Drive, Cary 27518
Distance: 2.5 miles
919.851.1220
Group Pricing Information
Sabrina Cangelosi
scangelosi@holidayinnandsuitescary.com



1716 Walnut Street, Cary 27511
Distance: 1.6 miles
919.481.4011
Group Pricing Information
Latesha Evans
ffca.sm@cmchotels.com



350 Ashville Ave, Cary 27518
Distance: 4.5 miles
919.852.4318
Group Pricing Information
Shimp Naik
shimp@comfordsuitesrp.com



10962 Chapel Hill Rd, Morrisville 27560
Distance: 9.2 miles
919.388.5355
Group Pricing Information
Nicole Taffi
nicole.taffi@hyatt.com

Preferred Restaurants - Please Support Our Sponsors Who Support Swimming



Click on any Logo to find out the restaurant's location, hours, phone number and menu. All of our partners offer a wide array of individual and group meals to take care of all of your hungry swimmers.



Visit the Poolside Grill in the TAC lobby.



Speedo Champions Series ESSZ Spring SC Senior Championships
FINALS ORDER OF EVENTS

Thursday

Warm-up: 4:30 Finals Start: 6:00

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
1	10:48.89	9:38.09	1000 Freestyle*	9:04.79	10:14.29	2
			10 minute break			
3	NQT	NQT	800 Free Relay*	NQT	NQT	4

*Positive check in deck seeded event.

Friday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:00 Finals Start: 5:30

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
5	1:56.99	2:13.59	200 Freestyle	2:03.29	1:48.29	6
7	1:08.89	1:19.39	100 Breaststroke	1:11.49	1:02.49	8
9	59.99	1:08.19	100 Butterfly	1:01.29	54.39	10
11	4:40.59	5:20.79	400 Ind. Medley*	4:57.69	4:19.09	12
			10 minute break			
13	NQT	NQT	400 Free Relay*,**	NQT	NQT	14

*Positive check in deck seeded event. **Fastest two heats of relays swim in Finals.

Saturday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:00 Finals Start: 5:30

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
15	2:11.59	2:29.29	200 Butterfly	2:16.39	2:01.29	16
17	24.89	28.69	50 Freestyle	26.09	22.49	18
19	2:29.09	2:51.39	200 Breaststroke	2:35.69	2:16.09	20
21	1:00.89	1:10.59	100 Backstroke	1:03.99	55.29	22
23	5:10.89	4:40.29	500 Freestyle*	4:22.49	4:52.59	24

*Positive check in deck seeded event.

Sunday

Warm-up: 6:30 Prelims Start: 9:00 Warm-up: 4:00 Finals Start: 5:30

Women's Event	Event Qualifying Standard		Event	Event Qualifying Standard		Men's Event
	SCY	LCM		LCM	SCY	
25	54.29	1:01.89	100 Free	57.19	49.19	26
27	17.49.09	18.28.69	1650 Free*			
29	2:10.99	2:31.69	200 Backstroke***	2:18.69	2:00.29	28
			1650 Free*	17:23.89	17.03.99	30
31	2:12.79	2:31.99	200 Ind. Medley	2:19.79	2:00.99	32
			10 minute break			
33	NQT	NQT	400 Med Relay**	NQT	NQT	34

*Positive check in deck seeded event. AM/PM option. Top 8 selecting PM swim in Finals. Other heats swim at the end of Prelims after the last heat of 400 Medley Relay.

** Positive check in deck seeded event. AM/PM option. Top 16 selecting PM swim in Finals. Other heats swim at the end of Prelims 10 minutes after the last heat of 200 IM.

***Note that 29 swims before 28 in Prelims.

ESSZ Senior SC Championships Coach Contact, Entry Summary/Payment, Waiver Forms

Complete the coach contact form, the entry summary/payment form, and the waiver form. Mail forms along with entry fee checks payable to **TAC Titans to: Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511**. You may email forms to mymeetentry@gmail.com.

Coach Contact Form

Team Name	
Club Code-LSC	
Head Coach	
Head Coach Phone	
Head Coach Email	

Please list all coaches attending this meet to assist with meet communications.

Coach Name	Cell Phone	Email

ESSZ Senior SC Championships Event Summary/Payment, Waiver, and Liability Release:

Team Name:		Club Code/LSC:
Head Coach:		
Coach Cell Phone:	Coach Email:	
Team Address:		

Entry Summary:	Total Swimmers	Total Individual Entries	Total Relay Entries	
Women				
Men				
Total				
Fees per swimmer	\$23.00	\$10.00	\$15.00	
Total Fees Due	\$	\$	\$	\$

MAKE CHECKS PAYABLE TO TAC Titans. All forms and payment must be received for entries to be considered complete.

Mail to: Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511. You may email forms to mymeetentry@gmail.com.

ESSZ Membership: Is your club a 2019 member of the Eastern Section of the Southern Zone? Yes / No

Waiver 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 [LSC] 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., the Eastern Section of the Southern Zone, USA Swimming Southern Zone, 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)

TITLE/CLUB/DATE