



2023TAC TITANS Distance Intrasquad Meet

Hosted by the TAC TITANS Swim Team

May 6, 2023

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 #NC23108

MEET DIRECTOR Jennifer Riley jriley@tactitans.org	MEET ENTRY COORDINATOR Jennifer Riley jriley@tactitans.org
MEET REFEREE Linda Hughes lahughes@nc.rr.com	MEET MARSHAL John Payne (m) Claire White (f)

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 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.

TAC TITANS COVID-19 MEET PLAN

- 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.
- FACILITY and HOST TEAM REQUIREMENTS** The TAC TITANS have discussed specific health and safety procedures with the venue management. At this time the facility and the TAC Titans have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.
- 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 1 outdoor pool supporting amenities including a Spectator Stadium and Atrium with combined 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 Swiss Timing Quantum 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 fenced area 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 SHORT COURSE YARDS INTRASQUAD TIMED FINALS MEET
Saturday TIMED FINALS (1 session). There will be no time standards for this meet. Swimmers must provide their own timers.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	7:00am	8:15am	All Ages

Meet Management reserves the right to combine sessions, limit entries, events, add heats and to adjust warm-up and meet start times to optimize the schedule. Any changes will be communicated via email to participating coaches by Monday May 1, 2023.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	Purpose
Wednesday, April 26, 2023	8:00pm	Entry Deadline
Saturday, May 6, 2023	8:00am	Coaches/General Meeting
Saturday, May 6, 2023	30 minutes prior to the start of each session	Officials briefing

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 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 MAAPP 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 host team 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 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 without the use of a backstroke ledge. When unaccompanied by a member-coach, 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 TAC and USA Swimming, Inc., prior to the entry deadline and all Adult Athletes must hold current APT certification to compete. Entries listed as "Registration Applied For" will not be accepted. **THERE WILL BE NO ON DECK REGISTRATION AVAILABLE AT THIS MEET.**

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

The TAC Titans welcome 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 TAC Titans' ability to accommodate all requests.

ENTRIES

Teams MUST declare their intent to attend this meet by contacting the Meet Director NO LATER THAN Friday, April 16, 2023. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before Friday, April 16, 2023 at 8:00 AM and may not be accepted after Wednesday, April 26, 2023 at 8:00 PM. Please DO NOT send entries if you have not previously contacted the Meet Director.

"NT" entry times WILL 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.

ENTRY LIMITATIONS

All swimmers may swim a maximum of 2 events per day and 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 entries confirming receipt within 48 hours.

ENTRY DEADLINES

The Meet Entry Coordinator MUST receive entries no later than Wednesday, April 26, 2023 at 8:00 PM. Late entries may be accepted at the discretion of the Meet Director but will be charged the Late Entry Fee of DOUBLE THE INDIVIDUAL EVENT FEE.

ENTRY FEES

Make Checks payable to: TAC	ALL FEES ARE NON-REFUNDABLE
Individual Events	\$10.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Late Entry Fee	Double entry fee

SEEDING	The conforming time standard for this meet is short-course yards. Swimmers will be seeded and swum fastest to slowest, unless otherwise indicated. All non-conforming times will be seeded last in rank order.
CHECK-IN	There are no positive check-in events in this meet.
SCRATCHES	No penalties for scratches.
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	<p>All coaches on deck must be registered and certified with USA Swimming.</p> <p>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.</p> <p>PLEASE EMAIL THE MEET DIRECTOR A LIST OF ALL COACHES WHO WILL BE IN ATTENDANCE NO LATER THAN THE MONDAY BEFORE THE MEET STARTS.</p> <p>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.</p>
OFFICIALS/TIMERS/ VOLUNTEERS	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. Officials who would like to work at the meet should contact the meet referee prior to the meet.
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	<p>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.</p> <p>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/warm-down. There is to be no diving or horseplay in this area.</p>

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all 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 our 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.

ORDER OF EVENTS**SATURDAY****Session #1 – TIMED FINALS****Warm-up: 7:00AM; Meet Start: 8:15AM**

MIXED	EVENT
1	OPEN 1000 Freestyle
2	OPEN 1650 Freestyle

THIS PAGE IS FOR COACHES ONLY

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Summary of Fees/Release Form

**Please complete and mail this form along with entry fees to:
(make checks payable to TAC TITANS) Attn: Mark Frank**

275 Convention Drive; Cary, NC 27511

Email: jriley@tactitans.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$10.00 per event	
Swimmers (\$3 Travel Fund & \$20.00 Facility Surcharge)		\$ 23.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release: I, the undersigned coach or team representative, verify that all 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 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 _____ CLUB _____

TITLE _____