



2026 TAC TITANS January Intrasquad Meet

Hosted by the TAC TITANS Swim Team

January 11, 2026

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 #NC26032

MEET DIRECTOR Jennifer Riley jriley@tactitans.org		MEET ENTRY COORDINATOR Jennifer Riley jriley@tactitans.org
MEET REFEREE Mike Trexler mike_trexler@mac.com		MEET MARSHAL Matt Cardenas (m) Kelsey Symm (f)

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 1000, full-service café, performance recovery center, hospitality gallery, classroom, and wireless internet. Select swim gear can be purchased from the vending machine in the lobby provided by Kiefer Aquatics.

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. TAC will ensure the correct competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight and properly positioned and anchored. 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. Additional warmup and warm down lanes will be made available during the meet. There is a Swiss Timing Quantum timing system that will include automated touch pads, at least one (1) semi-automatic plunger and at least one (1) watch per lane along with an 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.

TAC's Operations and Lifeguard staff will provide basic medical coverage throughout the facility and is fully supported by Wake County EMS.

MEET FORMAT OPEN SHORT COURSE YARDS MEET

All events are TIMED FINALS - 1 session Sunday.

All events will be pre-seeded and swim SLOW to FAST.

Session	Day	Warm-up	Meet Start	Age Group
1	Sunday Timed Finals	9:00 AM	10:00 AM	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, January 5, 2026.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	Purpose
Wednesday, January 1, 2026	10:00PM	Entry Deadline
Sunday, January 11, 2026	15 minutes prior to meet start	Technical Meeting with Coaches
Sunday, January 11, 2026	45 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 suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric and which extends past the hips.

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, certified 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 Titans, 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 MEET SIGNUP AVAILABLE AT THIS MEET. ALL SWIMMERS MUST BE CURRENT WITH USAS (INCLUDING 18+ APT) AS OF THE ENTRY DEADLINE.**

TIME STANDARDS

There are no time standards for 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. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

ENTRIES

Teams MUST declare their intent to attend this meet by contacting the Meet Director NO LATER THAN Friday, December 19, 2025. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before Friday, December 19, 2025 at 8:00 AM and may not be accepted after Wednesday January 1, 2026 at 10:00 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 Individual events: Swimmers are limited to 4 events for the meet.

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 January 1, 2026, at 10:00 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	\$12.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$25.00 per swimmer
Heat sheet fee	\$5.00 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 swim slowest to fastest, unless otherwise indicated. All non-conforming times will be seeded last in rank order.

CHECK-IN All events will be pre-seeded.

SCRATCHES There is no positive check in events for this meet.

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 <https://www.triangleaquatics.org/events/event-calendar/> 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.swimnc.com.

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 virtual membership card upon request. There will be a technical 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 technical meetings. Coaches are responsible for all information discussed at meetings.

PLEASE EMAIL THE MEET DIRECTOR A LIST OF ALL COACHES WHO WILL BE IN ATTENDANCE NO LATER THAN THE MONDAY BEFORE THE MEET STARTS.

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**

All officials on deck must be registered and certified with USA Swimming and should be prepared to show proof of credentials to the meet referee 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

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.

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.

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. NOTE - we are unable to honor this request for exclusion from the live stream and subsequent recording of the event.

ORDER OF EVENTS

See "DEADLINE AND MEETING SUMMARY" table above for warm-up and session start times.

SUNDAY

Session #1

Girls	Event	Boys
1	100 Free	2
3	50 Back	4
5	100 Fly	6
7	50 Breast	8
9	100 Back	10
11	50 Free	12
13	100 Breast	14
15	50 Fly	16

THIS PAGE IS FOR COACHES ONLY

2026 TAC TITANS January Development Intrasquad Meet

Summary of Fees/Release Form

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

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		\$12.00 per event	
Swimmers (\$3 Travel Fund & \$25.00 Facility Surcharge; heat sheet fee \$5.50)		\$ 33.50 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 (coach or club representative)

CLUB

TITLE