

VISITING TEAM INTERACTIVE FACILITY GUIDE

Be Sure You Know...

- Acquaint yourself and your swimmers to the facilities rules and regulations.
- Parking on-site is strictly enforced as is for coaches, officials, and staff only. Ample parking for swimmers and spectators is available in the adjacent mall parking lot.
- Your Meet Director is DeAnna Wahlers-
dwahlers@tactitans.org
- Your Meet Referee is John Jewell - jmj2@ec.rr.com

Inside this Guide:

Facility Rules and Regulations 2

Weather Policy 2

Live Streaming Services - FLOSPORTS TV 2

Parking at the Meet 2

The Blitz - What You Need to Know 3

Meet Schedule 3

Deck Seating Map 3

Preferred Hotel Partners 4

Cary 411 4

Preferred Restaurant Partners 4

2017 North Carolina Short Course Age Group Championships

Short Course Season 2016-2017

Welcome to the Triangle Aquatic Center

The Triangle Aquatic Center (TAC) is conveniently located off Interstate 40 at Exit 291 and adjacent to Cary's largest shopping mall, Cary Towne Center. The facility is 72,000 sq. ft. and is the largest nonprofit public aquatic facility in North Carolina.

[CLICK HERE](#) for an interactive map for TAC, the surrounding areas, and to get directions.

To meet the various aquatic needs of the Triangle area, the facility includes:

- Three pools - a 50-meter Competition Pool, a 25-yard Program Pool as well as an Instructional Pool
- Comfortable spectator seating with capacity for up to 1,000 people
- Space for up to 600 swimmers on deck
- Fresh and Healthy Cafe

- Swim Gear Swim Shop
- Dryland Fitness area
- Gallery / Hospitality Suite with seating for 100+
- Pool-level Classroom with seating for 50
- Administrative offices
- Handicapped Accessible

To meet competition needs, the pool can be configured as 8 long-course lanes or 18 short-course lanes and can support up to 23 short-course training lanes. The pool ranges in depth from 7 feet to 12 feet at the short-course competition end. Water temperature is maintained between 79 - 81°. Daktronics timing systems with separate admin stations are used in each pool.

Our new 28' VIVILED Video Scoreboard has full color video capabilities and can show results for two separate events.



About the NC Age Group Short Course Championships



Once again this year, TAC is proud to host our state's 14&U short course championship featuring the top age group swimmers from across North Carolina.

Age Group Champs consists of 10 sessions – timed finals on Thursday then prelims and finals all Friday-Sunday for 13&O swimmers, and timed finals sessions in the afternoon each

day for the 12&U's.

Additionally, the 11-12 swimmers will get the chance to swim the 400 IM and the 200 distance events (not freestyle) in finals.

Results will be posted following each event and will be available on the TAC website ([CLICK HERE](#)) and on Meet Mobile.

Guest Policies and Rules



If you or your swimmer(s) have any question(s) about the facility, please don't hesitate to ask a TAC Staff Member

Remember... We're here to help!

- Smoking and smokeless tobacco is prohibited in or around the building.
- Possession of illegal drugs, beer, and alcoholic beverages is prohibited on the premises.
- Harassment is not tolerated by the Triangle Aquatic Center (TAC). The term "harassment" includes, but is not limited to, slurs, jokes and other verbal, graphic, or physical contact relating to an individual's race, color, sex, religion, national origin, citizenship, age, or handicap. "Harassment" also includes sexual favors, unwelcome or offensive touching, and other verbal, graphic, or physical conduct of a sexual nature.
- Abuse and/or misuse of TAC property and equipment is unacceptable. Violators will be held financially responsible for damages and losses. Violators will be asked to leave the premises and action may result in entry privileges being suspended or revoked.
- Guests are fully responsible for personal items that are lost, stolen, or damaged at TAC.
- Guests may not display actions that TAC Staff deem unsportsmanlike or rude.
- Misuse, moving, or altering any portion of TAC property is prohibited.
- Persons with infectious diseases are prohibited from using the facility. Open wounds must be covered. No one with an open wound will be allowed in the swimming pools.
- For your convenience, a building supervisor is on duty at all times. Any question regarding the facilities or programs can be directed to the supervisor.
- Please police your area on deck and cleanup after each session.

Weather Policy



In the event that severe weather approaches the area, the Triangle Aquatic Center staff will closely monitor local radar and weather reports. If necessary, the pools will be closed and guests will be asked to exit the water. The facility

will remain closed until conditions allow for reopening the pools.

Triangle Aquatic Center staff cannot predict whether the pools will be closed when severe weather is predicted, nor can they predict when the

pools will reopen after a severe weather closure.

The Meet Director will contact your team's head coach in the event of closure due to inclement weather. Information will also be posted on the TITANS website.

Live Streaming Subscription Available

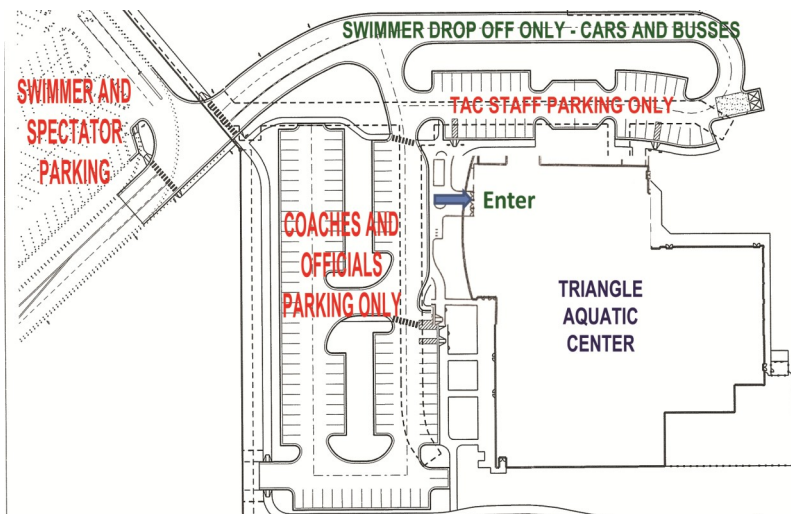


TAC is proud to announce our partnership with FloSports TV for this meet. FloSports will be offering live streaming for the entire meet and is available via

subscription. Live streaming will allow family and friends who are unable to attend the meet the chance to watch their loved ones swim for a state

championship. Additionally archived footage for each event will be available to subscribers.

[CLICK HERE](#) for more information or to subscribe.



Parking at the Meet

Parking on-site at TAC is for Coaches, Officials and Staff only. All swimmers and spectators must park in the mall parking lot directly adjacent to the facility.

Swimmer drop-off is permitted and clearly marked. After drop-off, please immediately exit the facility parking area and park in the mall lot.

Coaches and Officials **MUST** show their credentials to the parking attendant when they arrive to be able to park on-site. When you check in, you will be issued a parking pass for the remainder of the meet, which needs to be placed on your dash. You must have a parking pass to park at the facility.

Age Group Champs - What You Need To Know

- Please be sure to review the Meet Information posted on the NCS website. [CLICK HERE](#) for that document.
- We will be live streaming this event with FloSports so that family and friends who can't attend may watch their loved ones compete. [CLICK HERE](#) for more information or to subscribe
- Your team will be emailed the warm up schedule, timeline and psych sheet the week of the meet. Warm up schedules and assignments will be also posted on deck and the psych sheet will be posted on the TITANS website. Additionally, finals heat sheets will be posted on the TITANS website.
- Heat sheets will be on sale at the front desk \$15, which includes all prelim and timed finals events.
- Coaches and volunteers must register at the coaches check-in table upstairs in the lobby when they arrive. Coaches - be sure to have your Deck Pass and/or credentials with you.
- Hospitality for this meet will be in the Upstairs Gallery for Coaches and Officials only. Hospitality will be open Thursday from 4:15-7:00pm and Friday-Sunday from 6:30am-7pm. Light snacks and drinks will be available at any time during the meet.
- Coaches - the General Meeting will be held Thursday at 4pm. It is in your best interest to attend.
- Officials - Official's Briefings will be held one hour prior to each session. This is an OQM meet providing you the opportunity for national certification. Those who wish to be evaluated must apply prior to the meet. Please [CLICK HERE](#) to apply.

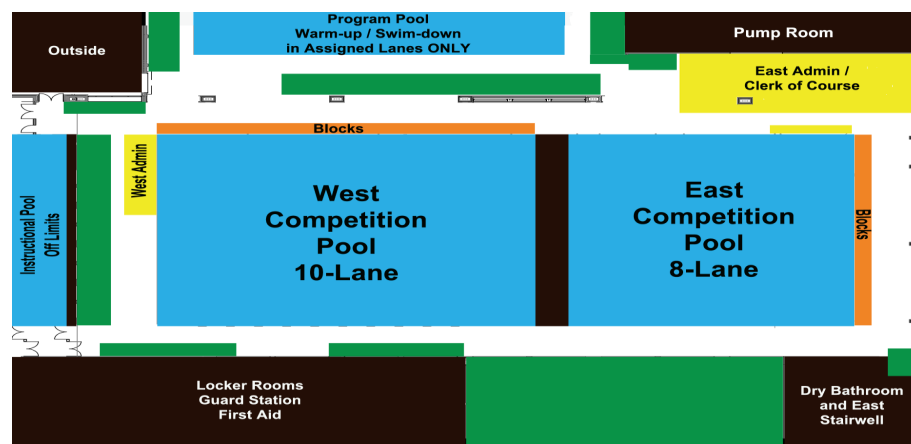


Meet Schedule

Session	Day	Warm-ups	Meet Starts	Age Groups
1	Thursday	4:30pm	5:30pm	11&O
2	Friday	7:00am	8:30am	13-14
3	Friday	12:00pm	1:00pm	11-12
4	Friday	4:30pm	5:30pm	11&O
5	Saturday	7:00am	8:30am	13-14
6/7	Saturday	12:00pm	1:00pm	12&U
8	Saturday	4:30pm	5:30pm	11&O
9	Sunday	7:00am	8:30am	13-14
10/11	Sunday	12:00pm	1:00pm	12&U
12	Sunday	4:30pm	5:30pm	11&O

Afternoon session start times may change after entries are processed. The Meet Referee and Age Group chair will determine after entries have closed when the extra heats will swim for each event and will announce their decision at the General Meeting.

Deck Seating:
All Areas in GREEN



Cary



Emergency Services dial 911

Cary Police:

120 Wilkinson Ave, 27513
919.469.4012

WakeMed Hospital –Cary

1900 Kildaire Farm Rd, 27518
919.350.8000

NextCare Urgent Care

1110 Kildaire Farm Rd, 27511
919.481.0277

Area Shopping



Visit **Swim Gear** in the TAC lobby.

Cary Towne Center

Right out our front door!
919.467.0145

Crossroads Plaza

213 Crossroads Blvd, 27518
919.233.0185

Area Activities



1111 Walnut St, 27511
919.234.0722



151 High House Rd, 27511
919.468.8684

Cary Youth Theatre

Cary Arts Center
101 Dry Ave, Cary, 27511
919.469.4069

Playthrough Gaming Convention 2017

Raleigh Convention Center
500 S Salisbury, Raleigh, 27601
919.996.8500

Cary Ice House

1410 Buck Jones Rd, 27511
919.460-2756



Preferred Hotels - Please Support Our Sponsors Who Support Swimming



1128 Ledsome Lane, Cary, NC 27511

Distance: 1.6 miles

919.977.7244

Group Pricing Information

Taralyn Pinder

shca.dos@cmchotels.com



201 Ashville Ave., Cary, NC 27518

Distance: 4.5 miles

919.859.5559

Group Pricing Information

Mark Goodell

doscary@mckibbon.com



6115 Corporate Ridge Rd, Raleigh, NC 27607

Distance: 2.5 miles

919.847.3383

Group Pricing Information

Sabrina Cangelosi

adosrdu@chdinvestments.net



1722 Walnut Street, Cary, NC 27511

Distance: 1.6 miles

919.481.1200

Group Pricing Information

Nicole Taffi, Director of Sales

bwca.dos@cmchotels.com



710 Corporate Center Dr., Raleigh, NC 27607

Distance: 2 miles

919.233.2205

Group Pricing Information

Cathy Gilbert, Director of Sales

cathy.gilbert@hyatt.com



1716 Walnut Street, Cary, NC 27511

Distance: 1.6 miles

919.481.4011

Group Pricing Information

Taralyn Pinder

shca.dos@cmchotels.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.

Please visit Splash Café located in the TAC lobby.

