

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 Lana Sanders - mymeetentry@gmail.com
- Your Meet Referee is Colleen Gillan - Csgillan9@gmail.com

Inside this Guide:

Facility Rules and Regulations	2
Weather Policy	2
Parking at the Meet	2
Spring Sectionals - What You Need to Know	3
Meet Schedule	3
Deck Seating Map	3
Preferred Hotel Partners	4
Cary 411	4
Preferred Restaurant Partners	4

2018 ESSZ Spring Short Course Championship

Short Course Season 2017-2018

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 and a Walk-In Instructional Pool
- Comfortable spectator seating with capacity for up to 1,000 people
- Space for up to 600 swimmers on deck
- The Poolside Grill

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



About the 2018 ESSZ Spring SC Championship



The Triangle Aquatic Center (TAC) and the TAC TITANS are the proud host of this year's

ESSZ Spring Short Course Championship, March 8-11. This event featuring the top senior level swimmers from across North Carolina, South Carolina, Georgia, Tennessee, Alabama, Kentucky, West Virginia and Mississippi.

Senior Champs consists of seven sessions – timed finals on Thursday then prelims and finals Friday-Sunday, with time trials offered after each prelim and

final session, time permitting.

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.

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

Enjoy your time at Sectionals!



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!

Guest Policies and Rules

- 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.
 - Foul and abusive language is unacceptable.
 - 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.

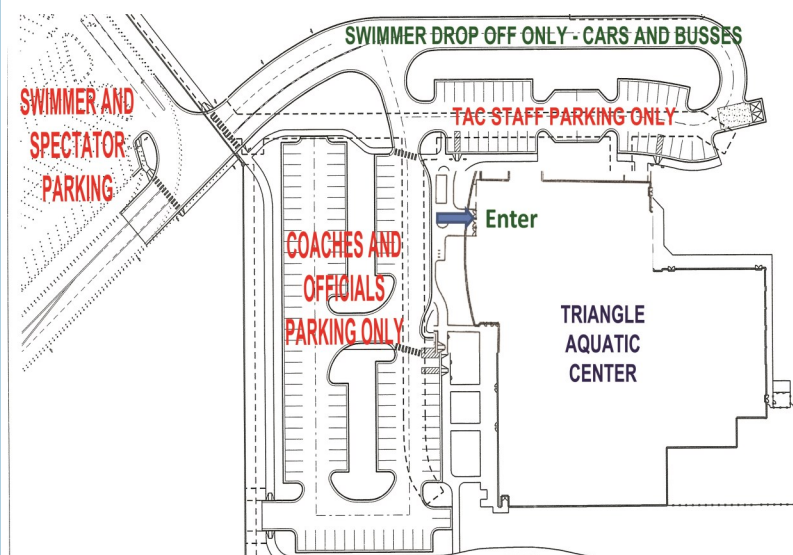


Weather Policy

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.

When and if severe weather will affect pool operations is impossible to predict. Therefore, 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 TAC and TITANS websites.



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.

Spring Sectionals - What You Need To Know

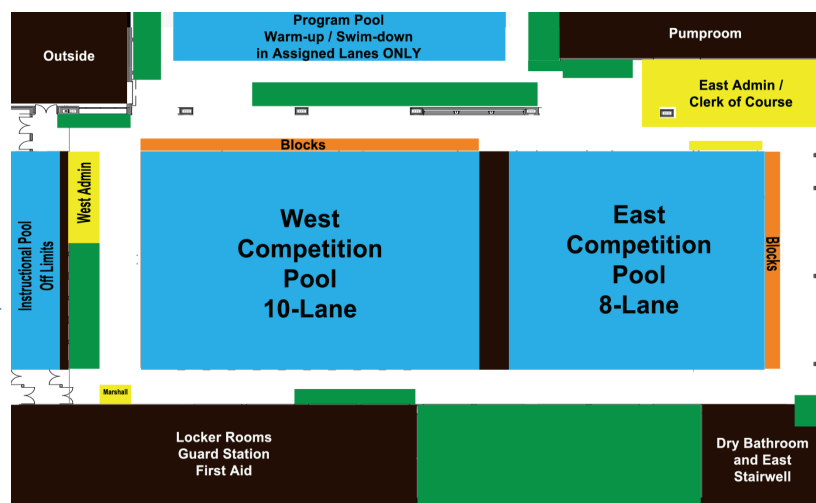
- Please be sure to review the **Meet Information** posted on the **NCS website**. [CLICK HERE](#) for that document.
- Your team will be emailed the warm up schedule, timeline and psych sheet the week of the meet. Warm up schedules and assignments will be also posted on deck and the psych sheet will be posted on the TITANS website. Additionally, finals heat sheets will be posted on the TITANS website.
- Coaches must register at the coaches check-in table upstairs in the lobby when they arrive. 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 4pm -6:30pm on Thursday and 6am-1pm, then 3:30pm-6pm Friday through Sunday. Light snacks and drinks will be available at any time during the meet.
- The General meeting will be held Thursday at 5pm. Sectional Meeting is Saturday 30 minutes after Prelims. Coaches, it is in your best interest to attend these meetings.
- Please familiarize yourself with USA Swimming Scratch Rules as they will be in effect at this meet.
- Time Trials will be offered after each prelim and final session. The cost for a time trial is \$10 for individual events and \$20 for relays.
- Heat sheets will be on sale in Spectator Seating for each day's Prelim session. The cost of the heat sheet will be \$5 per day.



Meet Schedule

Session	Day	Session	Warm Up	Meet Start
1	Thursday	Timed Finals	4:30-5:45 PM	6:00 PM
2	Friday	Preliminaries	6:30-8:50 AM	9:00 AM
3	Friday	Finals	4:00-5:15 PM	5:30 PM
4	Saturday	Preliminaries	6:30-8:50 AM	9:00 AM
5	Saturday	Finals	4:00-5:15 PM	5:30 PM
6	Sunday	Preliminaries	6:30-8:50 AM	9:00 AM
7	Sunday	Finals	4:00-5:15 PM	5:30 PM

Deck Seating: All Areas in GREEN





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

Jason Mraz in Concert

Memorial Auditorium
2 E. South St., Raleigh 27601
919.996.8700

Triangle Glides - Segway tours

323 Blake Street, Raleigh, 27601
919.828.1988

Exhibition: North Carolina and World War I

NC Museum of History
5 E. Edenton St., Raleigh 27601
919.807.7900



Preferred Hotels - Please Support Our Sponsors Who Support Swimming



1128 Ledsome Lane, Cary 27511

Distance: 1.6 miles

919.977.7244

Group Pricing Information

Macey Fox

shca.sm@cmchotels.com



201 Ashville Ave., Cary 27518

Distance: 4.5 miles

919.859.5559

Group Pricing Information

Mark Goodell

doscary@mckibbon.com



5630 Dillard Drive, Cary 27518

Distance: 2.5 miles

919.851.1220

Group Pricing Information

Sabrina Cangelosi

scangelosi@holidayinnandsuitescary.com



120 Sage Commons Way, Cary 27513

Distance: 6.5 miles

919.678.0005

Group Pricing Information

Crystal Sears

csears@shglt.com



1722 Walnut Street, Cary 27511

Distance: 1.6 miles

919.481.1200

Group Pricing Information

Charlotte Hedgepeth

bwca.dos@cmchotels.com



HYATT PLACE™

710 Corporate Center Dr., Raleigh 27607

Distance: 2 miles

919.233.2205

Group Pricing Information

Cathy Gilbert

cathy.gilbert@hyatt.com



1716 Walnut Street, Cary 27511

Distance: 1.6 miles

919.481.4011

Group Pricing Information

Michele Matulonis

ffca.sm@cmchotels.com



930 & 1014 Airport Blvd, Morrisville 27560

Distance: 9.0 miles

919.451.1265

Group Pricing Information

Ashleigh Dippolito

ashleigh.dippolito@dalyseven.com

Preferred Restaurants - Please Support Our Sponsors Who Support Swimming



LUCKY 32
SOUTHERN KITCHEN



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.

