

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 Rob Stevens - robstevens@triad.rr.com

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2020 Speedo ESSZ Short Course Senior Sectionals

Short Course Season 2019-2020

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 1,200 people
- Space for up to 800 swimmers, coaches and volunteers on deck

- The Poolside Grill
- 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 Speedo ESSZ Short Course Senior Sectionals



The Triangle Aquatic is once again the proud host of the Speedo ESSZ Short Course Senior Sectionals, March 5-8, 2020. Sectionals will feature over 600 swimmers from across the Southern Zone and the U.S. competing for team and individual bragging rights.

The meet begins on Thursday, March 5th with a timed finals session. Friday through Sunday features morning Prelims and

evening Finals. Time Trials will be offered following each session.

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

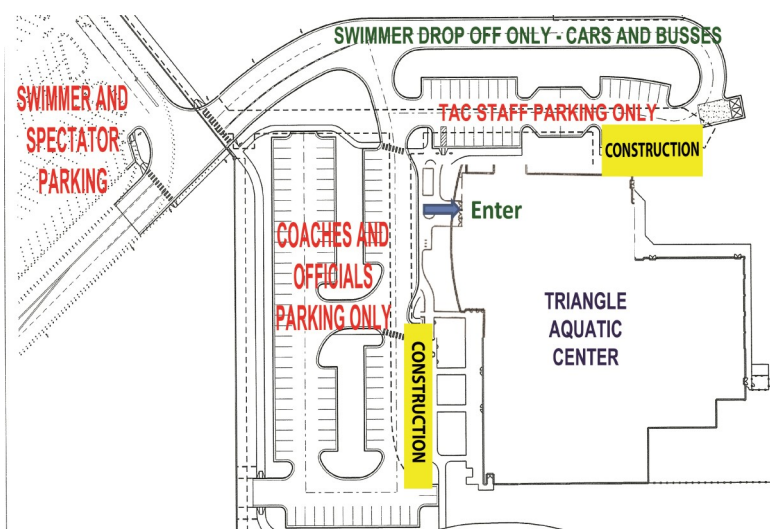
In the event that severe weather approaches the area, the Triangle Aquatic Center staff will closely monitor local radar and weather reports. If necessary, the pools will be closed and guests will be asked to exit the water. The facility will remain closed until conditions allow for reopening

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.

Senior Sectionals - What You Need To Know

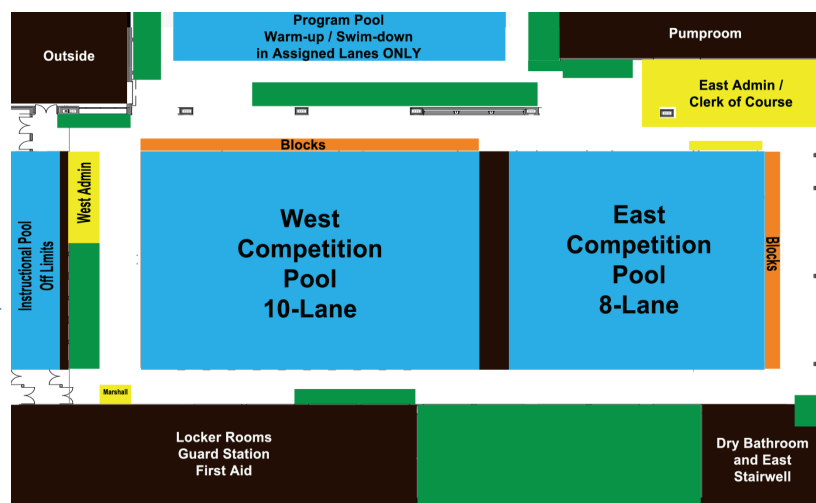
- Please be sure to review the Meet Information posted on the NCS website. [CLICK HERE](#) for that document.
- You will be emailed the warm up schedule, timeline and psych sheet the week of the meet. Warm up schedules and assignments will be also posted on deck and the psych sheet will be posted on the TITANS website. Additionally, finals heat sheets will be posted on the TITANS website.
- All 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. **YOU MUST REGISTER BEFORE COMING ON DECK.**
- Hospitality for this meet will be in the Upstairs Gallery for Coaches and Officials only. Hospitality will be open Thursday from 4-7pm, Friday through Sunday 6:45am-7pm. Light snacks and drinks will be available at any time during the meet.
- The General meeting will be held Thursday at 5pm. It is in your best interest to attend.
- Please familiarize yourself with the Scratch Penalties as is written in the meet sanction.
- Swimmers need to provide a lap counter for all distance events.
- Heat sheets will be on sale in Spectator Seating for \$5, which includes all preliminary events. Finals heat sheets will be posted online on the TAC TITANS website.



Meet Schedule

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

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 and Tri** 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

Marvelous Music Series

Jeff Boyer—"Fun with Energy"
Cary Arts Center
101 Dry Avenue, Cary 27511
(919) 469-4069

Triangle Glides - Segway tours

323 Blake Street, Raleigh, 27601
919.828.1988

Rodgers and Hammerstein Celebration - NC Symphony

Meymandi Concert Hall
2 E. South Street, Raleigh, 27601
919.733.2750



Preferred Hotels - Please Support Our Sponsors Who Support Swimming



1128 Ledsome Lane, Cary 27511

Distance: 1.6 miles

919.977.7244

Group Pricing Information

Michelle Matulonis

shca.sm@cmchotels.com



201 Ashville Ave., Cary 27518

Distance: 4.5 miles

919.859.5559

Group Pricing Information

Monica Sheve

monica.sheve@hilton.com



5630 Dillard Drive, Cary 27518

Distance: 2.5 miles

919.851.1220

Group Pricing Information

Pamela Stewart

pstewart@holidayinnandsuitescary.com



350 Ashville Ave, Cary 27518

Distance: 4.5 miles

919.852.4318

Group Pricing Information

Shimp Naik

shimp@comfortsuitesrp.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

Chris Moore

ffca.sm@cmchotels.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.

