

**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 Epic Games parking lot.
- Your Meet Director is Lana Sanders - [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com)
- Your Meet Referee is Mark Frank - [mfrank2417@gmail.com](mailto:mfrank2417@gmail.com)

**Inside this Guide:**

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

# 2024 North Carolina Short Course Senior Championships

Short Course Season 2023-2024

## Welcome to the Triangle Aquatic Center

The Triangle Aquatic Center (TAC) is conveniently located off Interstate 40 at Exit 291 and adjacent to the upcoming Epic Games headquarters. The facility is 84,000 sf. 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:

- Four pools - a 50M Competition Pool, an outdoor 50M pool, a 10 lane/25-yard Program Pool as well as a 4-lane Instructional Pool
- Comfortable spectator seating with capacity for up to 1,100 people with an additional Atrium area with space for 500
- Space for up to 750 swimmers on deck with bleacher seating for up to 500

- The Poolside Grill and The Physical Therapy Network located in the TAC lobby
- 5000 sq ft Fitness Center and a 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 competition lanes or 18 short-course competition 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°. Swiss Timing Quantum timing system with separate admin stations are used in each pool. Paddock Starting Blocks with Swim Innovation decks complete with Foot Wedge and optional non-

mechanical backstroke ledges are available for all competition lanes.

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

TAC partners with ten area hotels and a variety of local restaurants (see back page) to provide an outstanding guest experience for all events at our facility.



## About the NCS Short Course Senior Championships



The Triangle Aquatic Center is once again the proud host of North Carolina's premier short course senior-level swimming event. Senior Championships will feature over 650 of our state's top swimmers competing for team and individual bragging rights.

The meet begins on Thursday, February 22th with a timed finals session. Friday through Sunday features morning

Prelims and evening Finals. Timed Trials will be offered after each session, at the discretion of the meet Referee

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 Champs!



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

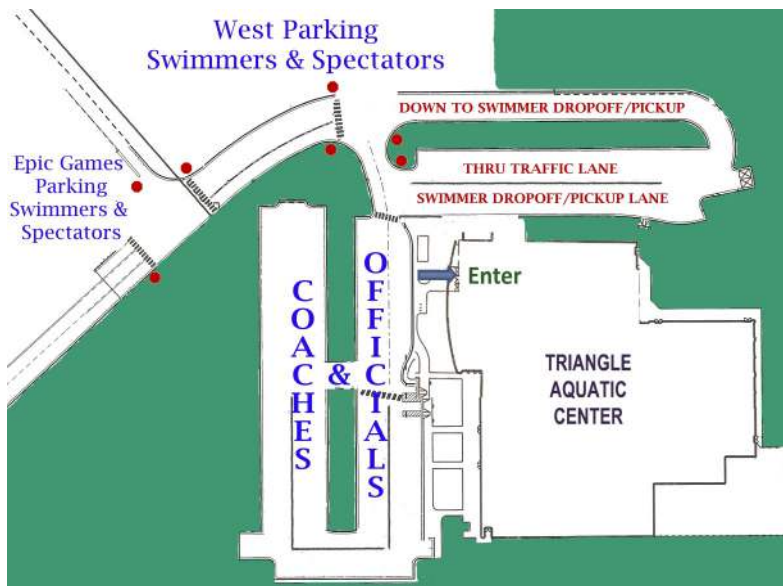
In the event that severe weather approaches the area, the Triangle Aquatic Center staff will closely monitor local radar and weather reports. If necessary, the pools will be closed and guests will be asked to exit the water. The facility will remain closed until conditions allow for reopening

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 Epic Games 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 Epic Games 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.**

## NCS Senior Champs - 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.
- 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 3-7pm, Friday through Sunday 6:45am-7pm. Light snacks and drinks will be available at any time during the meet.
- TAC and the TITANS are sponsoring a Coaches and Officials Reception immediately following Friday Finals. All are welcome to attend.
- The Virtual General Meeting will be held Wednesday at 8pm. The link will be sent to the coaching staffs
- Please familiarize yourself with NCS Scratch Rule as it will be in effect at this meet.
- Swimmers need to provide a lap counter for all distance events.
- Entry fees for time trials will be due at sign up. Time trials count towards a swimmer's individual 3-event limit for each day, but not the meet limit. Swimmers may swim two Time Trial events must provide their own timers and lap counters.



## Meet Schedule

Session	Day	Session	Warm Up	Meet Start
1	Thursday	Timed Finals	3:30-4:50 PM	5:00 PM
2	Friday	Preliminaries	7:00-8:50 AM	9:00 AM
3	Friday	Finals	4:30-5:50 PM	6:00 PM
4	Saturday	Preliminaries	7:00-8:50 AM	9:00 AM
5	Saturday	Finals	4:30-5:50 PM	6:00 PM
6	Sunday	Preliminaries	7:00-8:50 AM	9:00 AM
7	Sunday	Finals	4:00-5:20 PM	5:30 PM

**At the sole discretion of the Meet Referee and Operations Vice Chair, sessions may be altered to accommodate inclement weather situations.**

## TAC-TV Live Streaming Service—CLICK HERE TO SUBSCRIBE



The Triangle Aquatic Center is proud to offer our in-house live streaming service for all events at our Center. TAC-TV live streaming is a subscription service available to purchase for the 2023 NCS Senior Championship.

All sessions of this meet will be streamed via our TITANS YouTube Channel. To purchase

a subscription, go to [www.triangleaquatics.org/tactv](http://www.triangleaquatics.org/tactv).

Subscription services are managed through YouTube. A TAC-TV is a monthly-recurring subscription at a cost of \$9.99 per month. To purchase a subscription, you must first follow the TITANS on YouTube then make your subscription purchase of the live events.

TAC-TV allows you to follow the action of every swim on your personal device. Please note that you should ideally use

Wi-Fi or your own personal Hot Spot to view a live stream (cellular network service can be unreliable). TAC Wi-Fi does not service the parking areas around our building.

Catch all of the action from the comfort of your home with missing a single event. TAC-TV offers professional streaming broadcasts complete with graphic overlays so you can easily follow your favorite athlete in the water.

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

**FastMed Urgent Care**

3429 Ten-Ten Rd, Cary 27518  
919.362.5871

**Area Shopping and Activities**



Visit **Kiefer Aquatics** at:

1231 NW Maynard Rd, Cary 27513  
919.439.8678



**Fenton at Cary**

201 Fenton Gateway Dr, 27511  
919.701.5300

**Crossroads Plaza**

213 Crossroads Blvd, 27518  
919.233.0185

**Beethoven Symphony No. 5 with the North Carolina Symphony**

Meymandi Auditorium  
2 E. South Street, Raleigh, 27601

**Raleigh City of Oaks Walking Tour**

Raleigh Convention Center  
500 S. Salisbury Street, Raleigh, 27601

**Raleigh Haunted Footsteps**

**Ghost Tour**

Wake County Courthouse  
316 Fayetteville St., Raleigh, 27601



**Preferred Hotels - Please Support Our Sponsors Who Support Swimming**



1128 Ledsome Ln, Cary 27511  
Distance: 1.6 miles  
919.977.7244

Group Pricing Information  
Michelle Christie  
[shca.sc@cmchotels.com](mailto:shca.sc@cmchotels.com)



201 Ashville Ave, Cary 27518  
Distance: 4.5 miles  
919.859.5559

Group Pricing Information  
Madison Rosario  
[rosarium@gfhotels.com](mailto:rosarium@gfhotels.com)



2020 Hospitality Ct., Morrisville 27560  
Distance : 9.2 miles  
919.467.9444

Group Pricing Information  
Melissa Lee  
[melissa.lee@sonesta.com](mailto:melissa.lee@sonesta.com)



350 Ashville Ave, Cary 27518  
Distance: 4.5 miles  
919.852.4318

Group Pricing Information  
Shimp Naik  
[shimp@comfordsuitesrp.com](mailto:shimp@comfordsuitesrp.com)



500 Caiboo Ave, Cary 27518  
Distance: 3.5 miles  
919.239.4777

Group Pricing Information  
Ryan Tillquist  
[ryan.tillquist@parkshotels.com](mailto:ryan.tillquist@parkshotels.com)



5730 Dillard Dr, Cary 27518  
Distance: 2.5 miles  
919.277.9036

Group Pricing Information  
Ravin Maurer  
[cycs.sc@cmchotels.com](mailto:cycs.sc@cmchotels.com)



5630 Dillard Dr, Cary 27518  
Distance: 2.5 miles  
919.851.1220

Group Pricing Information  
Sabrina Parrish  
[sabrina@pavventures.com](mailto:sabrina@pavventures.com)



1716 Walnut St, Cary 27511  
Distance: 1.6 miles  
919.481.4011

Group Pricing Information  
Michelle Christie  
[shca.sc@cmchotels.com](mailto:shca.sc@cmchotels.com)



10040 Sellona St, Raleigh 27617  
Distance: 12.5 miles  
919.246.0107

Group Pricing Information  
Michelle Christie  
[shca.sc@cmchotels.com](mailto:shca.sc@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.

Visit the Poolside Grill in the TAC lobby.



SPORTS & SOCIAL  
Cary