



2024 TAC TITANS Polar Plunge Meet

Hosted by the TAC TITANS Swim Team

January 12-15, 2024

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 #NC24014 and Time Trials Sanction #NC24014TT

MEET DIRECTOR Jennifer Riley jriley@tactitans.org		MEET ENTRY COORDINATOR Jennifer Riley jriley@tactitans.org
MEET REFEREE Eric Hawkins eric.hawkins@esequence.com	ADMIN REF Linda Hughes lahughes@nc.rr.com	MEET MARSHAL Matt Cardenas (m) Katy Davis (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 2000, full-service café, performance recovery center, hospitality gallery, classroom, and wireless internet. Select swim gear can be purchased from the front desk.

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. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming, Inc. 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. The 25-yard program pool allows for up to ten (10) warm-up/warm-down lanes at any time. 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.

MEET FORMAT

AGE GROUP/SENIOR SHORT COURSE YARDS MEET

FRIDAY TIMED FINALS, SATURDAY & SUNDAY PRELIMS/FINALS:

13-14 – B & A Finals (top 16 swimmers)

15 & OVER – C, B & A Finals (top 24 swimmers)

TIMED FINALS: ALL FRIDAY EVENTS, ALL 12 & UNDER EVENTS and 13-14 and 15&O 400 IM, 500 free and 1000 free

TIME TRIALS:

11 & Over Swimmers
MONDAY MORNING ONLY

The 13-14 and 15&O 400 IM and 500 FREE will be swum as TIMED-FINALS and will swim fast to slow alternating girls and boys if the pools are split by age groups.

The 13 & OVER 1000 FREE will be swum as a TIMED FINAL and may be limited to the top 32. The fastest heat of each gender will swim in Sunday evening FINALS; all other heats will swim during Sunday morning PRELIMS alternating girls and boys if the pools are split by age group. There will be an AM/PM option.

13 & OVER RELAYS will be swum as TIMED FINALS during the evening FINALS only. There will be no AM/PM option.

Relay cards are due at the admin table no later than the start of each session for 13&O and no later than 45 mins prior to the start of the session for 12&U.

The number of heats for ALL EVENTS \geq 400 yards may be limited to stay within the 4-hour session timeline limit.

The morning PRELIMS SESSIONS will be split into two separate pools by either age group or gender depending on entries received. The split will be determined and communicated to coaches within a reasonable amount of time of entries being received.

SWIMMERS WILL BE REQUIRED TO PROVIDE A PERSON TO COUNT LAPS FOR THE 500 FREE AND 1000 FREE.

Session	Day	Warm-up	Meet Start	Age Group
1	Friday Timed Finals	3:30PM	5:00PM	All Ages
2	Saturday Prelims	7:15AM	8:45AM	13&O
3	Saturday 12&U	12:00PM	1:00PM	12&U
4	Saturday Finals	4:15PM	5:30PM	13&O
5	Sunday Prelims	7:15AM	8:45AM	13&O
6	Sunday 12&U	12:00PM	1:00PM	12&U
7	Sunday Finals	4:15PM	5:30PM	13&O
8	Monday Time Trials	7:45AM	8:45AM	11&O

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 8, 2024.

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	Purpose
Wednesday, Jan 3, 2024	10:00PM	Entry Deadline
Friday, Jan 12, 2024	15 mins prior to meet start	Coaches/General Meeting
Friday, Jan 12, 2024	45 mins prior to meet start	Positive check in deadline for 400 IM & 500 free
Friday Jan 12, 2024	5:30PM	Time trial sign up starts

Sunday, Jan 15, 2024	45 mins prior to meet start	Positive check in deadline for 1000 free
Sunday January 14, 2024	6:30PM	Time trial sign up ends
Fri-Mon, Jan 12-15, 2024	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 male or female suit with bonded or taped seams regardless of fabric or silhouette; or
- Any male or female suit with woven fabric extending to the knee or mid-thigh regardless of the seam type.

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 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 OR USAS REGISTRATION AVAILABLE AT 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.

ENTRIES

Teams **MUST** declare their intent to attend this meet by contacting the Meet Director **NO LATER THAN Friday, Dec 29, 2023**. Otherwise, acceptance of entries cannot be guaranteed.

ENTRIES will not be accepted before Friday, Dec 29, 2023 at 8:00 AM and may not be accepted after Wednesday, Jan 3, 2024 at 8:00 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 may swim 2 individual events on Friday and 3 individual events plus 1 relay per day on Saturday and Sunday. Swimmers may swim 4 time trials events on Monday.

Relay events: RELAYS **WLL ONLY BE SWUM IF THE TIMELINE PERMITS.**

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, Jan 3, 2024 at 8:00 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	\$9.00 per event
Relay Events	\$16.00 per event
NCS Travel Fund	\$3.00 per swimmer
Facility Surcharge	\$20.00 per swimmer
Time Trial Events	\$12.00 per event
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** Positive check in may be done at the Admin table and via GroupMe (see check in events and deadlines in Meeting and Deadline table above).
- Swimmers that fail to check in will be scratched from the event and not seeded. A swimmer who has checked in, been seeded, and fails to compete in said event, shall be barred from his/her next individual event.
- SCRATCHES** The current NCS Scratch Rule will be in effect during the course of this meet for prelims/finals and deck seeded events (see attachment). This will serve as the official guide for technical procedural rules, except when stated otherwise in the Meet Announcement. Coaches and swimmers are expected to be familiar with the rule. For ties that affect finals seeding, entry will be determined by a swim-off. Scratches for finals will be done either in person at the scratch table or virtually via the GroupMe app (coaches only). ALL SWIMMERS SHOULD SCRATCH FROM SUNDAY FINALS IF THEY HAVE NO INTENTION OF SWIMMING.
- SCORING** This meet will not be scored
- AWARDS** Heat prizes will be awarded for 12&U
- RESULTS** Results will be posted on the Triangle Aquatic Center website <http://www.triangleaquatics.org/events/event-results/> 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.ncswim.org.
- 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 Deck Pass virtual membership card upon request. There will be a coach/general 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 coaches' 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 will be required to show proof of such to the meet referee by displaying their registration card or be prepared to show their Deck Pass virtual membership card 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.

TIME TRIALS

Time Trials for 11&Over Swimmers will be offered on Monday morning.
All strokes of 50s, 100s, 200s, 200/400 IM, and 500 & 1650 Free will be offered.

PLEASE NOTE:

A swimmer **MUST** be pre-registered in at least one event during the meet (Friday – Sunday) to swim a Time Trial.

Swimmers are eligible to swim a maximum of 4 Time Trials.

Time Trial entry fees are \$12.00 per event and payable in cash to the Admin Referee. TAC swimmers will sign up and be billed via their accounts in Team Unify.

Sign-ups at the Clerk of Course table will begin on Friday at 5:30pm and end on Sunday at 6:30pm. The deadline for the mile is the end of prelims on Sunday.

Events and heats may be limited and/or combined at the Meet Referee's Discretion.

SWIMMERS ARE REQUIRED TO PROVIDE TWO TIMERS AND A COUNTER (if applicable) FOR ALL TIME TRIALS

ORDER OF EVENTS

FRIDAY

Session #1 – Timed Finals All Ages warm-up: 3:30pm; meet start: 5:00pm

Girls	EVENT	Boys
1	12&U 200 IM	2
3	13-14 400 IM	4
5	15&O 400 IM	6
7	12&U 500 Free	8
9	13-14 500 Free	10
11	15&O 500 Free	12

SATURDAY

Session #2 – PRELIMS 13&O warm-up: 7:15am; meet start: 8:45am

Session #4 – FINALS 13&O warm-up: 4:15pm; meet start: 5:30pm

Girls	EVENT	Boys
13	13-14 200 Breaststroke	14
15	15 & Over 200 Breaststroke	16
17	13-14 50 Freestyle	18
19	15 & Over 50 Freestyle	20
21	13-14 100 Backstroke	22
23	15 & Over 100 Backstroke	24
25	13-14 200 Freestyle	26
27	15 & Over 200 Freestyle	28
29	13-14 100 Butterfly	30
31	15 & Over 100 Butterfly	32
33	13 & Over 200 Medley Relay	34

Session #3 – TIMED FINALS 12&U warm-up: 12:00pm; meet start: 1:00pm

Girls	EVENT	Boys
35	10 & Under 200 Medley Relay	36
37	11-12 200 Medley Relay	38
39	10 & Under 50 Breaststroke	40
41	11-12 50 Breaststroke	42
43	10 & Under 100 Butterfly	44
45	11-12 100 Butterfly	46
47	10 & Under 50 Freestyle	48
49	11-12 50 Freestyle	50
51	10 & Under 100 Backstroke	52
53	11-12 100 Backstroke	54
55	10 & Under 200 Freestyle	56
57	11-12 200 Freestyle	58

SUNDAY

Session #5 – PRELIMS 13&O warm-up: 7:15am; meet start: 8:45am

Session #7 – FINALS 13&O warm-up: 4:15pm; meet start: 5:30pm

Girls	EVENT	Boys
59	13-14 200 Butterfly	60
61	15 & Over 200 Butterfly	62
63	13-14 100 Freestyle	64
65	15 & Over 100 Freestyle	66
67	13-14 200 Backstroke	68
69	15 & Over 200 Backstroke	70
71	13-14 100 Breaststroke	72
73	15 & Over 100 Breaststroke	74
75	13-14 200 IM	76
77	15 & Over 200 IM	78
79	13 & Over 200 Freestyle Relay	80
81	13 & Over 1000 Freestyle	82

Session #6 – TIMED FINALS 12&U warm-up: 12:00pm; meet start: 1:00pm

Girls	EVENT	Boys
83	10 & Under 200 Free Relay	84
85	11-12 200 Free Relay	86
87	10 & Under 50 Butterfly	88
89	11-12 50 Butterfly	90
91	10 & Under 100 Freestyle	92

93	11-12 100 Freestyle	94
95	10 & Under 50 Backstroke	96
97	11-12 50 Backstroke	98
99	10 & Under 100 Breaststroke	100
101	11-12 100 Breaststroke	102
103	10 & Under 100 IM	104
105	11-12 100 IM	106

MONDAY

Session #8 – TIME TRIALS 11&O warm-up: 7:45am; meet start: 8:45am

Mixed	EVENT
201	Open 200 Freestyle
202	Open 50 Freestyle
203	Open 50 Backstroke
204	Open 50 Breaststroke
205	Open 50 Butterfly
206	Open 200 Backstroke
207	Open 100 Freestyle
208	Open 100 Backstroke
209	Open 100 Breaststroke
210	Open 100 Butterfly
211	Open 100 IM
212	Open 200 Breaststroke
213	Open 200 IM
214	Open 400 IM
215	Open 200 Butterfly
216	500 Freestyle
217	1650 Freestyle

THIS PAGE IS FOR COACHES ONLY

2024 TAC TITANS Polar Plunge Meet

Summary of Fees/Release Form

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

275 Convention Drive; Cary, NC 27511

Email: iriley@tactitans.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$9.00 per event	
Relay Entries		\$16.00 per event	
Time Trial fee		\$12.00 per event	
Swimmers (\$3 Travel Fund & \$20.00 Facility Surcharge; \$5.00 heat sheet)		\$ 28.00 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 _____

208.3. INDIVIDUAL SCRATCH RULE Swimmers shall inform themselves of the meet starting time and shall report to the proper meet authorities promptly upon call. The meet announcement shall specify all mandatory check-in and scratch deadlines and procedures.

- .1 Pre-Seeded Meets - Any swimmer not reporting for or competing in an individual timed final event shall not be penalized.
- .2 Events Seeded on the Deck - Any swimmer entered in an individual event that is seeded on the deck, in whole or in part, who has checked in for that event, must swim in the event unless the swimmer notifies the clerk of course before the seeding for that event has begun that the swimmer wishes to scratch or as noted in 208.3.4 A or D. Failure to scratch prior to seeding and not swimming the event will result in the swimmer being barred from the next individual event in which the swimmer entered in the meet. Unless the meet announcement states otherwise, events seeded on the deck shall be closed for seeding no later than thirty (30) minutes prior to the start of the event except those individual events of 400 meters or longer may be closed for seeding up to twenty-four (24) hours before the expected start of the event if the check-in/scratch deadline occurs after the beginning of the meet and is announced in the meet announcement.
- .3 Preliminary and Finals Events
 - A. Any swimmer not reporting for or competing in a pre-seeded preliminary heat when finals are scheduled shall not be penalized. If the preliminary heat is seeded on the deck, then 208.3.2 applies
 - B. Any swimmer qualifying for an A final, scored or not scored, or B scored final race in an individual event who fails to compete in said A or B final race shall be barred from further competition for the remainder of the meet, except as noted in 208.3.4. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.
 - C. In the event of withdrawal or barring of a swimmer from competition, when possible, the Referee shall fill the A, B, or C final with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These and all other alternates and those qualifying for non-scoring B or C finals shall not be penalized if unavailable to compete
 - D. When the B or C final has not yet been swum and a barring or withdrawal is known in advance by the Referee, the Referee should re-seed the A, B, or C finals, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final. In order to prevent undue delay of the A, B, or C finals, the Referee may elect to fill the empty lane(s), without re-seeding, with the next qualified alternate, or if unavailable, the next qualified swimmer(s) who is/are present in the starting area and ready to swim
 - E. If a C or B final has already been swum, the A final of that event shall be swum without filling the empty lane(s)
- .4 Exception for Failure to Compete - No penalty shall apply for failure to compete in or scratch an individual event if:
 - A. The Referee is notified in the event of illness or injury and accepts the proof thereof.
 - B. The swimmers qualifying for an A final or B final race based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers of that final race that they may not intend to compete and also declares his final decision whether or not to scratch within thirty (30) minutes following his last individual preliminary heat, swim-off, or re-swim.
 - C. The swimmer was not named in any finals heat during the initial announcement of results
 - D. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.