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 and officials only. Ample parking for swimmers and spectators is available in the adjacent mall parking lor
- Your Meet Director is Jennifer Riley-

iriley@tactitans.org

 Your Meet Referee is Jon Fox -

<u>ifoxswim@gmail.com</u>

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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 Towne Center. The facility is 72,000 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:

- 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
- 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 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°. 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.

TAC will be under construction, expanding the Spectator Seating area, adding a new Fitness
Center and an outdoor 50m
Pool from October 2019September 2020. Please pay close attention to construction detours and equipment while on campus.







About the Big Southern Classic (BSC)



Once again this year, TAC is proud to host this prestigious early-season short course meet featuring nearly 1,000 swimmers from all across North Carolina, South Carolina and Virginia.

BSC consists of 7 sessions -Friday night timed finals, prelims and finals both Saturday and Sunday for 13&O swimmers, and timed finals sessions in the afternoon each day for the 12&U's.

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 BSC!



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

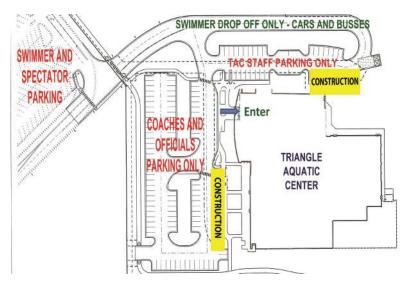
In the event that severe weather approaches the area, the Triangle Aquatic Center staff will closely monitor local radar and weather reports. If necessary, the pools will be closed and guests will be asked to exit the water. The facility will remain closed until conditions allow for reopening the

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.

BSC - 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.
- 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. The schedule is as follows: Friday: 3:45pm-7pm / Saturday and Sunday: 6:45am-7:30pm. Light snacks and drinks will be available at any time during the meet. Our featured meal will be Saturday Lunch with a Chili Cook-Off Contest provided by our TITAN families.
- The Coaches meeting will be held Friday at 4:45pm. It is in your best interest to attend.
- A positive check-in, located at the clerk of course table, will be required for the following events:

Friday by 4:30pm - 500Free Open Sunday by 8:30am - 1000Free (13&O)

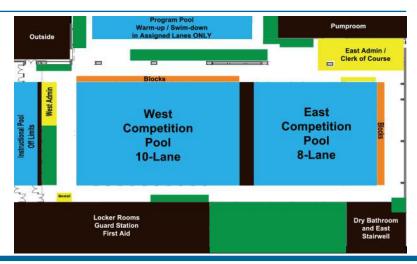
- Relay Cards are due to the Admin Table no later than the start of each session
- Please familiarize yourself with NCS Scratch Rule as it will be in effect at this meet.
- Swimmers need to provide a lap counter for all distance events.
- Heat sheets will be on sale in Spectator Seating for \$15, which includes all prelim and timed finals events.

Meet Schedule

Session	Day	Warm-up	Meet Start	Group
I	Friday Timed Finals	3:30 PM	5:00 PM	All Ages
2	Saturday Prelims	7:00 AM	8:30 AM	13 & Over
3	Saturday Timed Finals	Not before I2PM	Not before IPM	12 & Under
4	Saturday Finals	5:20 PM	6:30 PM	13 & Over
5	Sunday Prelims	7:00 AM	8:30 AM	13 & Over
6	Sunday Timed Finals	Not before I2PM	Not before IPM	12 & Under
7	Sunday Finals	5:20 PM	6:30 PM	13 & Over

Meet Management reserves the right to limit entries, events, and heats, scratch relays, and to adjust warm-up and meet start times to optimize the schedule. Any changes will be communicated via email to participating coaches by Friday, November 1, 2019.

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



1111 Walnut St, 27511 919.234.0722



151 High House Rd, 27511 919.468.8684

Marvelous Music Series

Violet Bell and Zoe & Cloyd Cary Arts Center 101 Dry Avenue, Cary 27511 (919) 469-4069

Triangle Glides - Segway tours 323 Blake Street, Raleigh, 27601 919.828.1988

Exhibit: Toy Boom!

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





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



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.











