

Visitor Guide

Welcome to the Triangle Aquatic Center

The Triangle Aquatic Center (TAC) is a premier local and national destination for swimmers training and competing at all levels. TAC is conveniently located just one mile off I-40, Exit 291. At 102,000 sq. ft., TAC is the largest nonprofit public aquatic facility in North Carolina.

In support of our mission *"To Develop Swimmers for Lifelong Success"*, our facility features:

- **Four pools:** an indoor 50M Competition Pool, an outdoor 50M Pool, a 10-lane/25-yard Program Pool, and a 4-lane warm-water Instructional Pool
- **Spectator Stadium** with seating for up to 1,000 guests
- **5,000 sq. ft. Atrium** multipurpose space for events and extension of the Spectator Stadium
- **Deck space** for up to 750 swimmers, including bleacher seating for 500
- **Poolside Grill** restaurant in the lobby
- **BEST Physical Therapy** onsite office
- **5,000 sq. ft. Fitness Center and Dryland Training area**
- **Gallery / Hospitality Suite** with capacity for 100
- **Classroom space** with seating for 50
- **Administrative offices**
- **Accessible parking and entryways**

The **50M Competition Pool** can be configured for 8 long-course lanes, 18 short-course lanes, or up to 23 training lanes. Pool depth ranges from 7–12 ft. at the competition end, and water temperature is kept between 79–81°F.

For meets, TAC provides:

- Swiss Timing Quantum timing system with dedicated admin stations for each pool
- Paddock Starting Blocks with Swim Innovation decks and Omega Blocks with Foot Wedges and optional non-mechanical backstroke ledges
- A 28' VIVILED Video Scoreboard with full-color video and dual-event display

TAC partners with local hotels and a variety of nearby restaurants (see last page) to enhance the guest experience.

Guest Policies and Rules

- Smoking, vaping, tobacco, and alcohol are prohibited.
- Illegal drugs are not permitted on the property.
- Harassment of any kind is not tolerated.
- Foul or abusive language is prohibited.
- Misuse, moving, or damage of TAC property or equipment is prohibited. Violators may be held financially responsible.
- Guests are responsible for their own belongings; TAC is not liable for lost or stolen items.
- Unsportsmanlike or disruptive behavior is not allowed.
- Individuals with infectious illnesses may not use the facility. Open wounds must be securely covered; swimmers with open wounds are not permitted in the pools.
- Lost and Found: everyday items are kept on the pool deck (East Stairwell); valuables are kept at the front desk.
- Locker rooms are for meet participants and TAC practice swimmers only.
- Restrooms:
 - **Spectators** shall use the restrooms in the TAC lobby and Atrium. A family restroom is also available in the Atrium.
 - Two on-deck single restrooms are reserved for use by **staff, coaches, officials, and volunteers**.
 - **Swimmers/Meet Participants** shall not use these restrooms for changing.
- A building supervisor is always on duty. Guests should contact staff with questions or concerns.

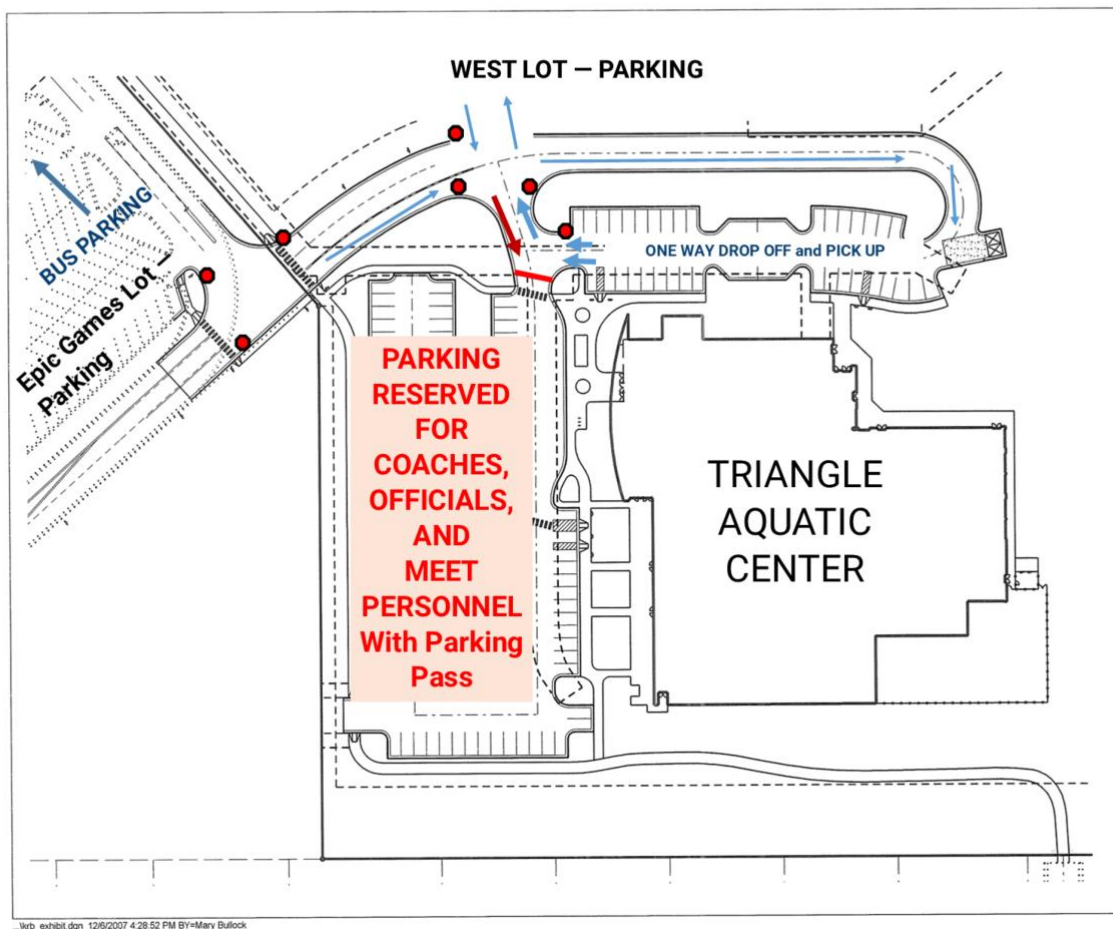
Weather Policy

The Triangle Aquatic Center is a grounded facility. TAC staff monitor local radar and weather reports during severe weather.

- If necessary, pools will be closed and guests will be asked to exit the water.
- Pools will reopen only when conditions are safe; staff cannot predict in advance when closures or reopenings will occur.
- In the event of a closure during a meet, the Meet Director will notify each team's head coach.
- Updates will also be posted on the TAC and TITANS websites.

Parking

- **Front Lot:** Reserved for coaches, officials, and staff only.
 - A parking pass (digital accepted) must be shown to the attendant.
 - Passes will be emailed by the Meet Director before the event.
- **Swimmers and Spectators:** Park in the West Lot (across from TAC, near the cell tower).
- **Overflow Parking:** Available in the Epic Games lot (across the street from the West Lot).
- **Buses:** Park in the Epic Games lot unless otherwise instructed. For some meets, buses may park behind the facility along the right side of the road, facing the exit.
- **Drop-off/Pick-up:** Use the designated Swimmer Drop-off and Pick-up Lanes only. This area is one-way traffic. Vehicles must exit immediately after drop-off.
- **Safety Reminder:** Do not drop off passengers on the road outside the lots or at intersections.



Visiting Teams – What You Need to Know

- Review the **Meet Information** posted on the NCS website.
- The **warm-up schedule, timeline, and psych sheet** will be emailed the week of the meet.
 - Open and specific warm-up schedules will also be posted on deck; the psych sheet will be posted on the TITANS website.
- Most events use **digital heat sheets**.
 - Depending on the event, printed spectator heat sheets may be sold at the front desk or posted on the TAC website.
 - Coaches and officials will receive a heat sheet at the admin table (East Pool) during warm-ups.
- **Coaches must check in** upstairs in the lobby (next to the elevator) when they arrive. Bring Deck Pass and/or SafeSport credentials. Coaches will receive a deck pass for use throughout the meet.
- **Hospitality** for coaches and officials is located in the Upstairs Gallery.
 - Hospitality opens 30 minutes before the first warm-up of the day and remains open throughout the meet. Light snacks and drinks are available all day.
- Swimmers must provide their own **lap counters** for distance events.
 - Parents serving as lap counters at USA Swimming SafeSport events must sign in at the marshal table before going on deck.

TAC-TV Live Streaming Service

TAC offers in-house live streaming for all hosted events through TAC-TV.

- All sessions are streamed on the [TAC TITANS YouTube Channel](#).
- Subscriptions are \$9.99/month and payment is **managed through YouTube**.
- To subscribe:
 1. Follow the [TAC TITANS YouTube Channel](#).
 2. Click JOIN to purchase your channel membership.

Important: Subscriptions renew monthly and must be cancelled through YouTube.

Cary NC Information

- Emergency Services: **911**
- Cary Police:
 - 120 Wilkerson Ave, 27513
 - (919) 469-4012
- WakeMed Hospital – Cary
 - 1900 Kildaire Farm Rd, 27519
 - (919) 350-8000
- WakeMed Urgent Care
 - 110 Kildaire Park Drive
 - (919) 235-6466
 - Open 8am to 8pm (7 days)
- Kiefer Aquatics
 - 1231 NW Maynard Rd, 27513
 - (919) 439-8678

Hotels

If you are attending a meet at TAC and need accommodations, we recommend booking (early) with our exclusive hotel partner, [CMC HOTELS](#). Click the link to access discounted rates and enjoy a comfortable and convenient stay during your visit.



Restaurants

Here are some of our community favorites – perfect for hungry swimmers! The Poolside Grill is located right here in the TAC lobby! Click the logos for locations, hours, menus, etc.

