**IMPORTANT NOTE**: You need to be a 2019 member of USMS to enter this swim meet. Go to [www.usms.org/reg/](http://www.usms.org/reg/) to join or renew your USMS membership.  No USMS one day registration allowed.

Sanctioned by LMSC for NC for USMS, Inc. Sanction #pending
Sanctioned by USA Swimming for observation. Sanction #pending

**Meet Director**: Mark Rubacky

Contact meetdirector@swimram.org for questions about meet registration and billing.

**Meet Referee**: TBD

REGISTRATION IS AVAILABLE ONLINE ONLY! IT'S MORE EFFECTIVE AND EASIER!

**Facility**: Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511, (919) 459-4045. This state-of-the-art, 72,000 square foot facility houses three pools. The competition pool ranges in depth from 7 to 12 feet, with 6-8 lanes configured as short-course. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement. Water temperature is maintained between 79-81 degrees. Two matrix scoreboards for results and competitor names are located above the pool. Spectator capacity within the facility is 1000 with room for additional seating of 600 on deck. Directions can be found via <http://www.triangleaquatics.org/about-tac/56-2/>.

**Timing System**:The primary timing system will be automatic timing (Daktronics Timing System). Times can be submitted for world records, USMS records, and USMS Top 10 consideration. Eligibility of times for USMS Top 10 and records will be contingent on verification of bulkhead placement.

**Rules**: Swimmers must be registered with USMS for 2019. USMS One Day Registration will not be allowed for this meet. USMS rules govern the meet. Swimmers are limited to 5 individual events per day. When warming up, you must enter the pool feet first except in sprint lanes. No equipment is allowed (paddles, fins, kickboards, etc).

**Fees and Deadlines:**

|  |  |  |
| --- | --- | --- |
| Fee | Amount | Deadline |
| Early Registration Fee | $25 | 2/15/19 |
| Registration Fee | $30 | 3/10/19 |
| Event Fee | $5 / event | 3/10/19 |
| Relay Event Fee | $5 / relay entry | 3/17/19 |

Online entries are required. Heat sheets will be posted after each event closes positive check-in. Deck entries will **NOT** be accepted.

**Scoring & Awards**: Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled. Award certificates will be available to each participant. Awards will be given to individuals with the highest points in each age group, male and female.  There will be team awards for first through third place for NC workout groups and first through thrid place for teams from outside NC.

**Seeding**: All events will be seeded by gender and time except the following events which will be seeded by time only: 1650, 1000 and 500 free. All events will be seeded from slow to fast except the 500 free, which will be seeded fast to slow. “No Time” is not allowed. The Meet Director reserves the right to combine genders in any other events. **Positive Check is required for 1650, 1000, 500 free, 400 IM.**  [You can checkin online](https://www.swimphone.com/meets/checkin.cfm?smid=9563) (Preferred) starting at 3:00 pm Friday March 15th, 2019.

**Relays**: Online relay entries will be accepted until the deadline for each relay event. We will not be doing paper entries for relays this year. Deadlines for relays are below, the meet director reserves the right to change these deadlines once the meet timeline is posted. Relays cost $5 per relay entry.

|  |  |  |
| --- | --- | --- |
| Event # | Event | Deadline |
| 3 | Mixed 400 Medley Relay | Sat. 12:00 noon |
| 8 | Womens 200 Medley Relay | Sat. 12:00 noon |
| 9 | Mens 200 Medley Relay | Sat. 12:00 noon |
| 14 | Mixed 800 Free Relay | Sat. 1:15 PM |
| 19 | Womens 400 Free Relay | Sat. 1:15 PM |
| 20 | Mens 400 Free Relay | Sat. 1:15 PM |
| 25 | Mixed 200 Medley Relay | Sat. 3:00 PM |
| 26 | Womens 800 Free Relay | Sat. 3:00 PM |
| 27 | Mens 800 Free Relay | Sat. 3:00 PM |
| 28 | Womens 400 Medley Relay | Sun. 8:30 AM |
| 29 | Mens 400 Medley Relay | Sun. 8:30 AM |
| 36 | Mixed 200 Free Relay | Sun. 9:00 AM |
| 43 | Mixed 400 Free Relay | Sun. 10:00 AM |
| 46 | Womens 200 Free Relay | Sun. 10:00 AM |
| 47 | Mens 200 Free Relay | Sun. 10:00 AM |

**Schedule**: March 16th and 17th, 2019. Saturday morning: Warm up at 8:00am; first heat of the 1650 starts at 8:45 am. Saturday afternoon: Warm up not before 11:30am; first heat of Women's 400 Free Relay starts not before 12:30pm. Sunday morning: Warm up 8:00am; first heat of the Women's 400 Medley Relay starts at 9:00am.

**Social**: TBD

**T-Shirt**: A commemorative T-shirt is available for $15.00 per shirt.  There will be a very limited number of shirts available at the event so pre-order your shirt with your entry to guarantee a shirt.

**Hotels**: The following hotels are willing to provide discounted rates to our swimmers from out of town:

**Events**
1650 yd Freestyle – Limited to first 24 entries
1000 yd Freestyle – Limited to first 40 entries
500 yd Freestyle - Seeded Fast to Slow