

# 2026 NC TAC ESSZ Age Group Sectionals Eastern Section of the Southern Zone



## Age Group Short Course Championship

Hosted by TAC Titans

March 19 - 22, 2026

Triangle Aquatic Center

275 Convention Drive

Cary, NC 27511



Held under the Sanction of USA Swimming, Inc.

Issued by LSC Sanction #NC26035; Time Trials Sanction #NC26035TT

| MEET DIRECTOR  | MEET ENTRY COORDINATOR   | MEET MARSHAL   |
|--|--|--|
| Lana Sanders<br><a href="mailto:mymeetentry@gmail.com">mymeetentry@gmail.com</a><br>919-696-0642 | Lana Sanders<br><a href="mailto:mymeetentry@gmail.com">mymeetentry@gmail.com</a><br>919-696-0642 | Kelsey Symm (female)<br>Matt Cardenas (male)                                     |
| MEET REFEREE   | ADMINISTRATIVE REFEREE   | ESSZ CHAIR AND MEMBERSHIP CHAIR  |
| Jon Fox<br><a href="mailto:jfoxswim@gmail.com">jfoxswim@gmail.com</a>                            | TBD  | Jay Dodson<br><a href="mailto:starcoachjay@gmail.com">starcoachjay@gmail.com</a> |

**CODE OF CONDUCT** Individuals, including spectators, not complying with any safety requirement in place for this competition, including capacity limitations, or with the USA SWIMMING code of conduct or individuals who otherwise impede the effective operation of the meet may be banned from the venue at the Meet Referee's or Facility Director's discretion.

**FACILITY** The Triangle Aquatic Center (TAC) provides 3 indoor pools and 1 outdoor pool with supporting amenities including a Spectator Stadium and Atrium with combined capacity of up to 1000, full-service café, performance recovery center, hospitality gallery, classroom, and wireless internet. Select swim gear can be purchased from the vending machine in the lobby provided by Kiefer Aquatics.

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. 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 that may be available during the meet. 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) stopwatch 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.

TAC will ensure the correct competition course dimensions. Prior to each session of competition, the facility host shall examine the bulkhead and shall confirm to the Meet Referee that the bulkhead is stable, straight, and properly positioned and anchored.

Meet participant parking is available across from the swimmer drop-off loop and in the fenced area lot adjacent to the pool. Illegally parked vehicles are liable to be ticketed or towed by the local Police Department at the owner's expense.

Per USA Swimming and Safe Sport Rules . . . . **ONLY** meet volunteers, USA Swimming registered athletes, and current USA Swimming registered officials and coaches may be on deck during warm-ups and/or competition. **NO SPECTATORS ARE ALLOWED ON THE COMPETITION POOL DECK AT ANY TIME.** **NO PERSON ON THE USA SWIMMING BANNED LIST MAY PARTICIPATE IN THE MEET IN ANY WAY.**

Locker rooms are reserved for athlete use **and must change only in restrooms designated for SWIMMERS ONLY.** Separate rest room facilities are available for officials, coaches, and volunteers. ALL coaches, officials, and meet personnel will be required to wear issued credentials.

TAC's Operations and Lifeguard staff will provide basic medical coverage throughout the facility and is fully supported by the Town of Cary or Wake County EMS.

The event will be livestreamed via TAC TV - [TAC TITANS - YouTube](#)

**ADMISSIONS:** The Facility will charge a fee for admission to spectators for this meet. Information will be posted. Paid Admission to the Spectator Stadium for this event will be available for each session of the meet. All session passes are available to purchase prior to the event at the link below: TBA

Day passes and single session passes are available to purchase at the gate each day.

## SCHEDULE

| Session                | Day                     | Warmups  | Meet Start |
|------------------------|-------------------------|----------|------------|
| <b>GENERAL MEETING</b> |                         |          | 2:00 PM    |
| 1                      | Thursday Finals (11-14) | 3:00 PM  | 4:15 PM    |
| 2                      | Friday Preliminaries    | 7:30 AM  | 9:00 AM    |
| 3                      | Friday (10 & U)         | 12:30 PM | 1:15 PM    |
| 4                      | Friday Finals           | 4:30 PM  | 5:30 PM    |
| 5                      | Saturday Preliminaries  | 7:30 AM  | 9:00 AM    |
| 6                      | Saturday (10 & U)       | 12:30 PM | 1:15 PM    |
| 7                      | Saturday Finals         | 4:30 PM  | 5:30 PM    |
| 8                      | Sunday Preliminaries    | 7:30 AM  | 9:00 AM    |
| 9                      | Sunday (10 & U)         | 12:30 PM | 1:15 PM    |
| 10                     | Sunday Finals           | 4:00 PM  | 5:00 PM    |

**\*\*Times may be adjusted as needed once entries are received.**

### ELIGIBILITY and SECTION MEMBERSHIP

ESSZ Sectional meets are open to the members of the Eastern Section of the Southern Zone—USA Swimming registered clubs and unattached swimmers who are in good standing with specified LSCs, the ESSZ, and USA Swimming and meet the entry requirements. All USA Swimming registered clubs and unattached swimmers in the following LSCs are eligible to join the ESSZ: Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Southeastern, and West Virginia. Teams and unattached swimmers may become annual members by paying the membership fee via check made payable to: NCS Regional Fund and mailed with the application to: 2026 ESSZ Membership, c/o Jonathan Watson, Treasurer, 6766 Chauncey Drive, Raleigh, NC 27615. Membership fees are \$50 prior to January 15, 2026 and \$150 after.

USA Swimming member athletes and clubs from outside these LSC boundaries are eligible to participate provided they 1) receive the approval to attend from the ESSZ Chair or delegate at least three months prior to the first day of the meet, 2) become registered associate members of the ESSZ prior to the meet entry deadline, and 3) meet the entry requirements. Associate membership fees of \$50 must be paid via check made payable to: NCS Regional Fund and mailed with the application to: 2026 ESSZ Membership, c/o Jonathan Watson, Treasurer, 6766 Chauncey Drive, Raleigh, NC 27615.

All forms are available on the ESSZ website: [USAS Eastern Section of the Southern Zone Home \(teamunify.com\)](#)

All swimmers must be registered with USA Swimming, Inc. and all Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to the entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on-deck registration available at this meet.

All coaches must be properly certified members of USA Swimming throughout the meet. Each club is responsible for the proper registration of its swimmers and coaches. The person signing the entry form accepts all responsibility for compliance. Each coach attending the meet must be listed on the coach contact form.

Swimmers attending the meet without a coach must arrange to be supervised by a USA Swimming member coach from another team in attendance and communicate this to the Meet Director.

#### **ENTRY LIMITS**

- 11 & Over may swim **3 (three)** events per day: 8 events max for the meet.
- 10 & Under may swim **4 (four)** events per day: 8 events max for the meet.

\*There are no Bonus entries.

- Time trial events will count against the swimmer's daily entry limit.
- Each team may enter any number of relays; however, a maximum of **2 (two)** relays per team can score.
- Sessions may be limited to 600 swimmers; however, Meet Management reserves the right to determine the final number based on the timeline.
- **Meet Management may adjust session events and session start times to accommodate timelines. If weather or facility issues deem necessary, the Meet Committee will review options and present to all Teams/Coaches for approval.**

#### **ENTRY QUALIFYING**

All ESSZ swimmers may enter events for which they have attained the current Sectional meet time standard in short course yards or long course meters. Qualifying times must be available in SWIMS and have been achieved at a USA Swimming sanctioned, approved, or observed meet. ESSZ teams with relay only swimmers must declare those swimmers on their meet roster.

All swimmers must enter in the course in which they achieved the time standard (SCY/LCM), **DO NOT CONVERT TIMES**. Faster times achieved after the entry deadline will not be accepted as updates to previously entered times.

- Swimmers who achieve the 400 Meter Free qualifying time may enter the 500 Yard Free event. [Enter with the LCM time](#).
- Swimmers who achieve the 800 Meter Free qualifying time may enter the 1000 Yard Free event. [Enter with the LCM time](#).
- Swimmers who achieve the 1500 Meter Free qualifying time may enter the 1650 Yard Free event. [Enter with the LCM time](#).

#### **FAILURE TO ATTAIN TIME STANDARDS**

ESSZ swimmers who compete but fail to equal or better the current ESSZ meet time standard in any individual event must be able to prove that they have previously achieved the current ESSZ meet qualifying time. The only acceptable proof-of-time will be official meet results from a USA Swimming sanctioned, approved, or observed competition. Any qualifying time from the SWIMS database used as an entry time will automatically constitute proof unless an override entry time is used. Swimmers unable to provide proof of time will be assessed a \$25 fine for each event they cannot prove. Proof of time is due by May 31.

Beginning June 1, fines are doubled to \$50 per occurrence regardless of provability.

In the event a swimmer does not pay an assessed fine, neither the swimmer nor the swimmer's team will be eligible to enter future ESSZ Sectional meets until such time as the fine is paid. Teams with outstanding fines must pay prior to the entry deadline of any Sectional meet in which they intend to compete. Fines will be deposited with no further need of proof. All fines collected go to the ESSZ Travel Fund.

#### **ENTRY PROCESS AND DEADLINES**

A TM event file will be posted on [swimnc.com](http://swimnc.com) by **January 12, 2026** or via email request to the entry coordinator at [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com)

**Entry deadline for this meet is Thursday, March 12, 2026 at 3:00 PM (eastern time).**

A psych sheet will be sent to the email the entry was received from and posted on the [swimnc.com](http://swimnc.com) website Friday, March 13 by 3:00 PM.

Coaches have until **3:00 PM on Monday, March 16<sup>th</sup>** to identify any missing entries, time corrections or other entry errors and email corrections to the entry coordinator at

[mymeetentry@gmail.com](mailto:mymeetentry@gmail.com). Any changes after that point will be made at the discretion of the Meet Referee only. Teams are responsible for errors in their entry file.

**ENTRY FEES**

**Make checks payable to the “TAC Titans”. All fees are non-refundable. Payment in full is due no later than the General Meeting.**

|                         |                           |
|-------------------------|---------------------------|
| Individual Event        | \$10.00 per event         |
| Relays                  | \$15.00 per relay         |
| NCS Travel fund         | \$ 3.00 per swimmer       |
| Facility Surcharge      | \$25.00 per swimmer       |
| Time Trials events      | \$10.00/\$20.00 per event |
| Late Entry Fee (double) | \$20.00/\$30.00           |

**PAYMENT**

**Payment must be made by check payable to the host team and is due in full no later than the General Meeting on Thursday or the first day of attendance.**

Any alternate payment arrangements must be negotiated with the Meet Director.

**LATE ENTRIES**

Late entries for events will be accepted at the meet at the discretion of the Meet Referee on a first come/first served basis only if open lanes are available and will be seeded with NT. No additional heats will be created for late entries. Late entry fees will be doubled for individual and relay events-- \$20.00 per individual event and \$30.00 per relay—and payable in cash upon entry. Late entered swimmers must present proof of current USA Swimming registration if they are not already entered in the meet. No on-deck athlete registration will be available.

**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. The NCS Scratch Rule will be in effect.

**TECHNICAL SUIT BAN** **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 suit with any bonded or taped seams regardless of its fabric or silhouette;
- Any suit which includes any woven fabric and which extends past the hips.

**MAAPP**

All Adult Participants 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 the MAAPP policy 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 workout rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. No running or horseplay will be tolerated. Access to the main locker rooms is restricted to swimmers only. **Only feet first entry into warm-up/warm-down lanes at all times except during specific warm-up periods while under the direct supervision of a certified coach.** 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, restrooms, locker rooms or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race. Main locker rooms are reserved for participating swimmers only.

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. **They must report to the Meet Director upon arrival to make sure everything has been received before they may warm-up or compete.**

Only swimmers, properly certified officials and coaches and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

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, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and or/ spectators are present.

**BREAKS**

Breaks are noted in the Order of Events. Additional breaks may be inserted at the discretion of the Meet Referee.

**SEEDING**

The conforming time standard for this meet is short course yards (SCY). Swimmers who have achieved the LCM cut must enter with that time. Swimmers will be seeded in the order of SCY/LCM/SCM. Swimmers will be seeded and swim from slow to fast unless otherwise indicated. Heats and events may be combined and, if two pools are used, assigned to specific pools at the discretion of the Meet Referee.

**POSITIVE CHECK IN PROCEDURES**

This meet will follow USA Swimming procedures specified in rule 207.11.6 except where exceptions are stated.

All events will be pre-seeded except for the 800 Free Relay, 500 Free, 400 IM, 1000 Free and 1650 Free. A positive check-in, located at the Clerk of Course, will be required for these events. Swimmers and relay teams who do not positively check in may not be seeded in the event.

**POSITIVE CHECK IN DEADLINES**

| EVENT                                     | DAY      | TIME    |
|---|----------|---------|
| Positive check in 13-14 800 Free Relay    | Thursday | 3:15 PM |
| Positive check in 11-12 400 IM            | Thursday | 3:15 PM |
| Positive check in 11-14 1000 Freestyle    | Thursday | 3:15 PM |
| Positive check in 13-14 400 IM            | Friday   | 9:00 AM |
| Positive check in 11-12 200 Backstroke    | Friday   | 9:00 AM |
| Positive check in 11-12 & 13-14 500y Free | Saturday | 9:00AM  |
| Positive check in 10 & U 500 Freestyle    | Saturday | 1:30 PM |
| Positive check in 11-12 200 Butterfly     | Sunday   | 9:00 AM |
| Positive check in 11-12 200 Breaststroke  | Sunday   | 9:00 AM |
| Positive check in 11-14 1650 Freestyle    | Sunday   | 9:00 AM |

**\*Relay cards are due at least one hour before the relay is scheduled to swim but may be changed up until the relay swims.**

**SCRATCH  
PENALTIES**

According to the scratch rule, a swimmer who is properly checked in for a positive check in/deck seeded event, been seeded, and fails to compete in said event, shall be barred from his/her next individual event unless excused by the Meet Referee. There is no penalty for failure to compete in pre-seeded preliminary heats of individual events except that an individual event from which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three events per day limit. There is no penalty for failure to compete in relay events.

A swimmer initially qualifying for Finals who neither scratches with the Administrative Referee nor declares his or her intent to scratch within 30 minutes after the announcement of qualifiers for that event is considered checked in. If a checked-in swimmer fails to compete in Finals, he or she shall be barred from further competition unless excused by the Meet Referee. In order to field full Finals heats, swimmers who qualify in the top 30 (top 50 on Sunday) and have no intention of swimming in Finals should indicate this by scratching.

**FORMAT****13-14:**

All individual events will be swum Prelim/Finals except the 1000 Free & 1650 Free.

**500 Free & 400 IM** will be deck seeded after positive check in. Preliminary heats will swim FAST to SLOW. The fastest 2 heats are circle seeded. Swimmers are responsible for providing a lap counter for the 500 Free.

**1000 Free** is a timed final event and will be deck seeded after positive check in. Heats will swim FAST to SLOW.

**1650 Free** is a timed final event and will be deck seeded after positive check in. Heats will swim FAST to SLOW with the FASTEST heat swimming in Finals.

The 1000 & 1650 Free will be swum combined (11-14) but scored separately as 11-12 and 13-14.

**11-12:**

All individual events will be swum Prelim/Finals except the 200's of stroke (Back, Breast & Fly), the 400 IM, 500 Free, 1000 Free and 1650 Free.

**200's of Strokes** are timed final events and will be deck seeded after positive check in. All heats of the 11-12 200 Back, Breast & Fly will swim during Prelims with the FASTEST heat of each gender swimming in Finals.

**400 IM** is a timed final event and will be deck seeded after positive check in. Heats will swim FAST to SLOW.

**500 Free** is a timed final event and will be deck seeded after positive check in. Heats will swim FAST to SLOW in the preliminary session with the FASTEST heat swimming in Finals. Swimmers are responsible for providing a lap counter.

**10 & Under:**

All individual events will be swum as Time Finals.

**500 Free** is a timed final event and will be deck seeded after positive check in and will swim FAST to SLOW. Swimmers are responsible for providing a lap counter.

**FINALS:** There will be a **Consolation B Final followed by a Championship A Final**.

The A and B Finals will be scored. Championship A Finalists are invited to the Ready Room 5 minutes before their event for parading. Alternates should report to the starter prior to the B Final and will swim in the B Final should no shows occur.

**RELAYS:** All Relays will be swum as Time Finals.

The 800 Free Relay will be deck seeded after positive check and will swim FAST to SLOW.

To enter 1 relay, a team needs at least 1 individual qualifier on the relay. To have 2 relay teams, a team needs at least 5 individual qualifiers in the meet. To have 3 relays teams, a team needs at least 9 individual qualifiers.

The Meet Referee may combine heats and events as necessary and assign events to separate pools. If two pools are used, genders may not alternate as indicated.

#### **SCORING**

The top 16 places in all events will score points as follows:

- Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Swimmers must attain the ESSZ time standard for the individual event to score team or individual points.
- Relay events will score double – Two (2) relay teams may score.

#### **AWARDS**

- Individual & Relay Awards: Medals for 1<sup>st</sup> through 8<sup>th</sup> place for individuals and 1<sup>st</sup> through 3<sup>rd</sup> for relay events.
- Team Awards: 1<sup>st</sup> through 6<sup>th</sup> place combined teams.
- Individual High Point: Awarded to the highest scorer in each gender and age group (10 & U, 11-12 and 13-14).

**Award breaks will be announced at the General meeting and reflected in the timeline.**

#### **RESULTS**

Results will be posted on [www.triangleaquatics.org/events/event-results](http://www.triangleaquatics.org/events/event-results) and [swimnc.com](http://swimnc.com) within 24 hours of the meet's conclusion and teams will be emailed their results files. Meet Mobile and Live Results may be used as facility internet connectivity permits.

#### **WARM-UP PROCEDURES**

In accordance with USA Swimming guidelines, there will be a published warmup procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warmup procedures. Warmup assignments will be emailed once all entries are received. A split warmup may be needed depending on the number of entries. Meet Management reserves the right to change warmup times according to the number of entries. During the competition, there will be at least **8 (eight)** lanes available for continuous warmup/down. There is to be no diving or horseplay in this area. Swimmers will enter the pool feet first except in lanes that are designated for one-way race starts under the direct supervision of a certified coach. No equipment in the competition pools during scheduled warmups (including but not limited to snorkels, kickboards, fins or pull buoys).

#### **TIME TRIALS**

Time trials will be offered after all Morning Preliminary sessions, **time permitting**. Time trials count toward a swimmer's three events per day individual event limit but not the meet limit. Entrants in Time Trials must be entered in the meet. Relay only swimmers are **not** eligible to swim time trials. All USA Swimming Rules will apply to Time Trials.

Sign up deadlines on days when Time Trials are offered will be 10:30 AM. The 1650 and 1000 Frees may be Time TRIaled after one Preliminary session to be determined by the Meet Referee. The order in which time trial events will be conducted will be by distance (50's, 100's, 200's, 400 and 500 or longer).

Time Trial fees are \$10.00 per individual event and \$20.00 for relays payable in cash at sign up. Swimmers must provide their own timers and counters for Time Trials. Time Trials will begin no later than 15 minutes after the session conclusion.

#### **GENERAL MEETING**

The General Meeting will be held at 2:00 PM on Thursday in the Hospitality Room on the upper level. Teams are responsible for knowing and complying with information distributed and decisions made at the General Meeting. There may be an additional coaches' meeting at the Meet Referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

|   |   |
|---|---|
| <b>COACHES</b>                                | All coaches on deck must be registered and certified with USA Swimming. USA Swimming app – Membership card is acceptable proof of USA Swimming membership. Meet Management will require all coaches to show proof of current certification/registration and coaches must display their meet credentials if issued by the host team or always have easy access to their printed or virtual USA Swimming membership card while on deck.   |
| <b>TIMERS</b>                                 | Volunteer timers from visiting teams are welcome. Please contact the Meet Director or stop by the check-in table.   |
| <b>OFFICIALS</b>                              | Officials will be required to show proof of the current USA Swimming membership and certification. USA Swimming app – Membership card is acceptable proof of USA Swimming membership. There will be an officials' meeting one (1) hour prior to each session in the officials' room.  |
|   | All USA Swimming certified officials are welcome. Those wishing to work as S&T Judges are invited to sign up for the ESSZ AG meet on the APPLICATION tab on the Southern Zone website, <a href="#">Southern Zone Swimming - Applications</a> or through the link on the NCSwimming website, <a href="#">www.swimnc.com</a> . However, S&T officials are not required to do so to officiate.   |
|   | CJs/Starters/Referees: Officials who are interested in assigned positions should complete the ESSZ AG form through this link: <a href="#">ESSZ AG Officials Sign Up Sheet</a> by <b>February 16</b> . The link is also on the NCSwimming website, <a href="#">www.swimnc.com</a> .  |
|   | The uniform for this meet is a white collared shirt over blue bottoms and white shoes. Long pants or skirts are preferred for Finals.   |
|   | <b>National Officials Evaluations: This meet has been approved as an Officials Qualifying Meet for N2 and N3 for all positions by USA Swimming.</b>   |
| <b>MEET COMMITTEE</b>                         | A meet committee pool will consist of two coaches and two swimmers selected at random, plus the Meet Referee, Meet Director and ESSZ Chair or their designees. The appropriate number of people will be selected from this pool should a jury be required.  |
| <b>HOSPITALITY/ CONCESSIONS</b>               | 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. A full-service café is available for spectators.  |
| <b>SWIMMERS AND MEMBERS WITH DISABILITIES</b> | The host team welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in this meet. Coaches entering swimmers with disabilities and members who require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline including the need for any personal assistants required and/or registered service animals. Failure to provide advance notice may limit the host team's ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the <a href="#">USA Swimming Accommodation Form</a> and submit it to the Meet Referee and Meet Director prior to the entry deadline. |
| <b>TRAVEL INFORMATION</b>                     | The Cary area is served by RDU as well as nearby airports in Greensboro and Charlotte. For further travel information, please see the <a href="#">TAC Visitor Guide</a> .   |
| <b>BAD WEATHER</b>                            | In case of an "Act of God" or bad weather scenario that jeopardizes a session, meet management will make the final decision how the meet will safely proceed  |
| <b>IMAGE RELEASE</b>                          | All participants agree to be filmed and photographed by the host team's 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 team, NCS, ESSZ, or Southern Zone websites 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.

**2026 Eastern Section of the Southern Zone (ESSZ)**  
**Age Group Sectional Championship**  
**TIME STANDARDS**

| Event      | Course | Female  |          |          | Male    |          |          |
|------------|--------|---------|----------|----------|---------|----------|----------|
|            |        | 10U     | 11-12    | 13-14    | 10U     | 11-12    | 13-14    |
| 50 Free    | SCY    | 30.39   | 27.59    | 25.99    | 30.39   | 27.29    | 24.39    |
|            | LCM    | 34.59   | 31.49    | 29.69    | 34.59   | 31.09    | 27.89    |
| 100 Free   | SCY    | 1:06.89 | 59.29    | 56.09    | 1:07.09 | 59.39    | 52.69    |
|            | LCM    | 1:15.89 | 1:07.49  | 1:03.89  | 1:16.09 | 1:07.59  | 1:00.09  |
| 200 Free   | SCY    | 2:27.59 | 2:08.89  | 2:01.09  | 2:24.19 | 2:08.69  | 1:53.59  |
|            | LCM    | 2:47.09 | 2:25.39  | 2:17.59  | 2:43.29 | 2:26.09  | 2:09.29  |
| 500 Free   | SCY    | 6:27.49 | 5:40.59  | 5:21.79  | 6:32.29 | 5:42.29  | 5:08.99  |
| 400 Free   | LCM    | 5:45.89 | 5:03.99  | 4:47.19  | 5:50.19 | 5:05.49  | 4:35.79  |
| 1000 Free  | SCY    |         | 11:43.89 | 11:08.79 |         | 11:38.99 | 10:42.09 |
| 800 Free   | LCM    |         | 10:28.29 | 9:56.89  |         | 10:23.89 | 9:33.09  |
| 1650 Free  | SCY    |         | 19:47.99 | 18:50.19 |         | 19:47.99 | 18:15.99 |
| 1500 Free  | LCM    |         | 20:11.79 | 19:12.79 |         | 20:13.79 | 18:37.89 |
| 50 Back    | SCY    | 35.89   | 31.49    |          | 36.09   | 31.79    |          |
|            | LCM    | 40.49   | 35.59    |          | 40.69   | 35.89    |          |
| 100 Back   | SCY    | 1:17.59 | 1:07.99  | 1:03.29  | 1:17.39 | 1:08.59  | 59.89    |
|            | LCM    | 1:27.39 | 1:16.69  | 1:11.49  | 1:27.09 | 1:17.39  | 1:07.69  |
| 200 Back   | SCY    |         | 2:27.69  | 2:16.19  |         | 2:28.19  | 2:09.49  |
|            | LCM    |         | 2:46.39  | 2:33.59  |         | 2:49.89  | 2:26.19  |
| 50 Breast  | SCY    | 39.69   | 35.89    |          | 40.19   | 35.49    |          |
|            | LCM    | 45.09   | 40.89    |          | 45.69   | 40.39    |          |
| 100 Breast | SCY    | 1:27.99 | 1:17.59  | 1:12.39  | 1:28.09 | 1:16.99  | 1:08.69  |
|            | LCM    | 1:39.69 | 1:28.19  | 1:22.39  | 1:39.79 | 1:27.49  | 1:18.29  |
| 200 Breast | SCY    |         | 2:49.49  | 2:36.19  |         | 2:47.69  | 2:28.29  |
|            | LCM    |         | 3:12.19  | 2:57.39  |         | 3:10.19  | 2:48.59  |
| 50 Fly     | SCY    | 33.99   | 30.19    |          | 34.59   | 30.59    |          |
|            | LCM    | 38.49   | 34.29    |          | 39.09   | 34.69    |          |
| 100 Fly    | SCY    | 1:20.69 | 1:07.89  | 1:02.69  | 1:19.99 | 1:08.29  | 59.09    |
|            | LCM    | 1:30.99 | 1:16.79  | 1:10.99  | 1:30.19 | 1:17.19  | 1:06.99  |
| 200 Fly    | SCY    |         | 2:36.29  | 2:20.79  |         | 2:33.49  | 2:14.79  |
|            | LCM    |         | 2:56.09  | 2:38.89  |         | 2:52.99  | 2:32.29  |
| 100 IM     | SCY    | 1:17.69 | 1:07.99  |          | 1:17.39 | 1:08.49  |          |
| 200 IM     | SCY    | 2:46.59 | 2:26.29  | 2:18.09  | 2:46.09 | 2:28.29  | 2:10.49  |
|            | LCM    | 3:08.19 | 2:45.89  | 2:36.49  | 3:07.59 | 2:47.79  | 2:28.09  |
| 400IM      | SCY    |         | 5:08.79  | 4:49.49  |         | 5:20.49  | 4:36.29  |
|            | LCM    |         | 5:49.19  | 5:27.79  |         | 6:02.19  | 5:13.09  |

## ESSZ Age-Group SC Championships

### ORDER OF EVENTS

#### Thursday Timed Finals

Warmup: 3:00 pm   Finals Start: 4:15 pm

| Girls Event | Event Qualifying Standard |          | Event                  | Event Qualifying Standard |          | Boys Event |
|-------------|---------------------------|----------|------------------------|---------------------------|----------|------------|
|             | SCY                       | LCM      |                        | LCM                       | SCY      |            |
| 1           |                           |          | 13-14 800y Free Relay* |                           |          | 2          |
| 3           | 5:08.79                   | 5:4919   | 11-12 400y IM*         | 6:02.19                   | 5:20.49  | 4          |
| 5           | 11:43.89                  | 10:28.29 | 11-14 1000y Freestyle* | 10:23.89                  | 11:38.99 | 6          |
|             | 11:08.79                  | 9:56.89  |                        | 9:33.09                   | 10:42.09 |            |

\*Positive check in deck seeded event

#### Friday AM Prelims

Warmup: 7:30 am   Prelims Start: 9:00 am

| Girls Event | Event Qualifying Standard |         | Event                      | Event Qualifying Standard |         | Boys Event |
|-------------|---------------------------|---------|----------------------------|---------------------------|---------|------------|
|             | SCY                       | LCM     |                            | LCM                       | SCY     |            |
| 7           | 2:08.89                   | 2:25.39 | 11-12 200y Freestyle       | 2:26.09                   | 2:08.69 | 8          |
| 9           | 2:01.09                   | 2:17.59 | 13-14 200y Freestyle       | 2:09.29                   | 1:53.59 | 10         |
| 11          | 1:17.59                   | 1:28.19 | 11-12 100y Breast          | 1:27.49                   | 1:16.99 | 12         |
| 13          | 1:12.39                   | 1:22.39 | 13-14 100y Breast          | 1:18.29                   | 1:08.69 | 14         |
| 15          | 30.19                     | 34.29   | 11-12 50y Butterfly        | 34.69                     | 30.59   | 16         |
| 17          | 1:02.69                   | 1:10.99 | 13-14 100y Butterfly       | 1:06.99                   | 59.09   | 18         |
| 19          | 1:07.99                   |         | 11-12 100y IM              |                           | 1:08.49 | 20         |
| 21          | 4:49.49                   | 5:27.79 | 13-14 400y IM*             | 5:13.09                   | 4:36.29 | 22         |
| 23          | 2:27.69                   | 2:46.39 | 11-12 200y Backstroke*, ** | 2:49.89                   | 2:28.19 | 24         |
| 25          |                           |         | 13-14 400y Free Relay      |                           |         | 26         |
| 27          |                           |         | 11-12 200y Free Relay      |                           |         | 28         |

\*Positive check in deck seeded event

\*\*Fastest heat swims in Finals

#### Friday 10 & Under Time Finals

Warm-: 12:30 pm   Finals Start: 1:15 pm

| Girls Event | Event Qualifying Standard |         | Event                    | Event Qualifying Standard |         | Boys Event |
|-------------|---------------------------|---------|--------------------------|---------------------------|---------|------------|
|             | SCY                       | LCM     |                          | LCM                       | SCY     |            |
| 29          | 2:27.59                   | 2:47.09 | 10 & U 200y Freestyle    | 2:43.29                   | 2:24.19 | 30         |
| 31          | 1:27.99                   | 1:39.69 | 10 & U 100y Breaststroke | 1:39.79                   | 1:28.09 | 32         |
| 33          | 33.99                     | 38.49   | 10 & U 50y Butterfly     | 39.09                     | 34.59   | 34         |
| 35          | 1:17.69                   |         | 10 & U 100y IM           |                           | 1:17.39 | 36         |

#### Friday Finals

Warmup: 4:30 pm   Finals Start: 5:30 pm

| Girls Event | Event Qualifying Standard |     | Event                   | Event Qualifying Standard |     | Boys Event |
|-------------|---------------------------|-----|-------------------------|---------------------------|-----|------------|
|             | SCY                       | LCM |                         | LCM                       | SCY |            |
| 7           |                           |     | 11-12 200y Freestyle    |                           |     | 8          |
| 9           |                           |     | 13-14 200y Freestyle    |                           |     | 10         |
| 11          |                           |     | 11-12 100y Breast       |                           |     | 12         |
| 13          |                           |     | 13-14 100y Breast       |                           |     | 14         |
| 15          |                           |     | 11-12 50y Butterfly     |                           |     | 16         |
| 17          |                           |     | 13-14 100y Butterfly    |                           |     | 18         |
| 19          |                           |     | 11-12 100y IM           |                           |     | 20         |
| 21          |                           |     | 13-14 400y IM           |                           |     | 22         |
| 23          |                           |     | 11-12 200y Backstroke** |                           |     | 24         |

\*\*Fastest Heat

## ESSZ Age-Group SC Championships

### ORDER OF EVENTS

#### **Saturday AM Prelims**

**Warmup: 7:30 am Prelims Start: 9:00 am**

| Girls Event | Event Qualifying Standard |         | <b>Event</b>              | Event Qualifying Standard |         | Boys Event |
|-------------|---------------------------|---------|---------------------------|---------------------------|---------|------------|
|             | SCY                       | LCM     |                           | LCM                       | SCY     |            |
| 37          | 1:07.89                   | 1:16.79 | 11-12 100y Butterfly      | 1:17.19                   | 1:08.29 | 38         |
| 39          | 2:20.79                   | 2:38.89 | 13-14 200y Butterfly      | 2:32.29                   | 2:14.79 | 40         |
| 41          | 59.29                     | 1:07.49 | 11-12 100y Freestyle      | 1:07.59                   | 59.39   | 42         |
| 43          | 25.99                     | 29.69   | 13-14 50y Freestyle       | 27.89                     | 24.39   | 44         |
| 45          | 35.89                     | 40.89   | 11-12 50y Breaststroke    | 40.39                     | 35.49   | 46         |
| 47          | 2:36.19                   | 2:57.39 | 13-14 200y Breaststroke   | 2:48.59                   | 2:28.29 | 48         |
| 49          | 31.49                     | 35.59   | 11-12 50y Backstroke      | 35.89                     | 31.79   | 50         |
| 51          | 1:03.29                   | 1:11.49 | 13-14 100y Backstroke     | 1:07.69                   | 59.89   | 52         |
| 53          | 5:40.59                   | 5:03.99 | 11-12 500y Freestyle*, ** | 5:05.49                   | 5:42.29 | 54         |
| 55          | 5:21.79                   | 4:47.19 | 13-14 500y Freestyle*     | 4:35.79                   | 5:08.99 | 56         |
| 57          |                           |         | 11-12 200y Medley Relay   |                           |         | 58         |
| 59          |                           |         | 13-14 400y Medley Relay   |                           |         | 60         |

\*Positive check in deck seeded event

\*\*Fastest heat swims in Finals

#### **Saturday 10 & Under Time Finals**

**Warmup: 12:30 pm Finals Start: 1:15 pm**

| Girls Event | Event Qualifying Standard |         | <b>Event</b>            | Event Qualifying Standard |         | Boys Event |
|-------------|---------------------------|---------|-------------------------|---------------------------|---------|------------|
|             | SCY                       | LCM     |                         | LCM                       | SCY     |            |
| 61          | 1:20.69                   | 1:30.99 | 10 & U 100y Butterfly   | 1:30.19                   | 1:19.99 | 62         |
| 63          | 1:06.89                   | 1:15.89 | 10 & U 100y Freestyle   | 1:16.09                   | 1:07.09 | 64         |
| 65          | 35.89                     | 40.49   | 10 & U 50y Backstroke   | 40.69                     | 36.09   | 66         |
| 67          | 6:27.49                   | 5:45.89 | 10 & U 500y Freestyle*  | 5:50.19                   | 6:32.29 | 68         |
| 69          |                           |         | 10 & U 200 Medley Relay |                           |         | 70         |

\*Positive check in deck seeded event

#### **Saturday Finals**

**Warmup: 4:30 pm Finals Start: 5:30 pm**

| Girls Event | Event Qualifying Standard |     | <b>Event</b>            | Event Qualifying Standard |     | Boys Event |
|-------------|---------------------------|-----|-------------------------|---------------------------|-----|------------|
|             | SCY                       | LCM |                         | LCM                       | SCY |            |
| 37          |                           |     | 11-12 100y Butterfly    |                           |     | 38         |
| 39          |                           |     | 13-14 200y Butterfly    |                           |     | 40         |
| 41          |                           |     | 11-12 100y Freestyle    |                           |     | 42         |
| 43          |                           |     | 13-14 50y Freestyle     |                           |     | 44         |
| 45          |                           |     | 11-12 50y Breaststroke  |                           |     | 46         |
| 47          |                           |     | 13-14 200y Breaststroke |                           |     | 48         |
| 49          |                           |     | 11-12 50y Backstroke    |                           |     | 50         |
| 51          |                           |     | 13-14 100y Backstroke   |                           |     | 52         |
| 53          |                           |     | 11-12 500y Freestyle**  |                           |     | 54         |
| 55          |                           |     | 13-14 500y Freestyle    |                           |     | 56         |

\*\*Fastest heat

## ESSZ Age-Group SC Championships

### ORDER OF EVENTS

#### Sunday AM Prelims

**Warmup: 7:30 am Prelims Start: 9:00 am**

| Girls Event | Event Qualifying Standard |          | <b>Event</b>                 | Event Qualifying Standard |          | Boys Event |
|-------------|---------------------------|----------|------------------------------|---------------------------|----------|------------|
|             | SCY                       | LCM      |                              | LCM                       | SCY      |            |
| 71          | 2:36.29                   | 2:56.09  | 11-12 200y Butterfly*, **    | 2:52.99                   | 2:33.49  | 72         |
| 73          | 56.09                     | 1:03.89  | 13-14 100y Freestyle         | 1:00.09                   | 52.69    | 74         |
| 75          | 27.59                     | 31.49    | 11-12 50y Freestyle          | 31.09                     | 27.29    | 76         |
| 77          | 2:49.49                   | 3:12.19  | 11-12 200y Breaststroke*, ** | 3:10.19                   | 2:47.69  | 78         |
| 79          | 2:16.19                   | 2:33.59  | 13-14 200y Backstroke        | 2:26.19                   | 2:09.49  | 80         |
| 81          | 1:07.99                   | 1:16.69  | 11-12 100y Backstroke        | 1:17.39                   | 1:08.59  | 82         |
| 83          | 2:18.09                   | 2:36.49  | 13-14 200y IM                | 2:28.09                   | 2:10.49  | 84         |
| 85          | 2:26.29                   | 2:45.89  | 11-12 200y IM                | 2:47.79                   | 2:28.29  | 86         |
| 87          | 19:47.99                  | 20:11.79 | 11-14 1650y Freestyle*, **   | 20:13.79                  | 19:47.99 | 88         |
|             | 18:50.19                  | 19:12.79 |                              | 18:37.89                  | 18:15.99 |            |

\*Positive check in deck seeded event

\*\*Fastest heat swims in Finals

#### Sunday 10 & Under Time Finals

**Warmup: 12:30 pm Finals Start: 1:15 pm**

| Girls Event | Event Qualifying Standard |         | <b>Event</b>            | Event Qualifying Standard |         | Boys Event |
|-------------|---------------------------|---------|-------------------------|---------------------------|---------|------------|
|             | SCY                       | LCM     |                         | LCM                       | SCY     |            |
| 89          | 30.39                     | 34.59   | 10 & U 50y Freestyle    | 34.59                     | 30.39   | 90         |
| 91          | 39.69                     | 45.09   | 10 & U 50y Breaststroke | 45.69                     | 40.19   | 92         |
| 93          | 1:17.59                   | 1:27.39 | 10 & U 100y Backstroke  | 1:27.09                   | 1:17.39 | 94         |
| 95          | 2:46.59                   | 3:08.19 | 10 & U 200y IM          | 3:07.59                   | 2:46.09 | 96         |
| 97          |                           |         | 10 & U 200 Free Relay   |                           |         | 98         |

#### Sunday Finals

**Warmup: 4:00 pm Finals Start: 5:00 pm**

| Girls Event | Event Qualifying Standard |     | <b>Event</b>              | Event Qualifying Standard |     | Boys Event |
|-------------|---------------------------|-----|---------------------------|---------------------------|-----|------------|
|             | SCY                       | LCM |                           | LCM                       | SCY |            |
| 71          |                           |     | 11-12 200y Butterfly**    |                           |     | 72         |
| 73          |                           |     | 13-14 100y Freestyle      |                           |     | 74         |
| 75          |                           |     | 11-12 50y Freestyle       |                           |     | 76         |
| 87          |                           |     | 11-14 1650y Freestyle**   |                           |     |            |
| 77          |                           |     | 11-12 200y Breaststroke** |                           |     | 78         |
| 79          |                           |     | 13-14 200y Backstroke     |                           |     | 80         |
| 81          |                           |     | 11-12 100y Backstroke     |                           |     | 82         |
|             |                           |     | 11-14 1650y Freestyle**   |                           |     | 88         |
| 83          |                           |     | 13-14 200y IM             |                           |     | 84         |
| 85          |                           |     | 11-12 200y IM             |                           |     | 86         |

\*\*Fastest heat

## **ESSZ Age-Group SC Championships Coach Contact, Entry Summary/Payment, Waiver Forms**

Complete the coach contact form, the entry summary/payment form, and the waiver form.

Mail/Email forms along with entry fee checks payable to **TAC Titans to: Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511**. You may email forms to [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com).

### **Coach Contact Form**

|                  |  |
|------------------|--|
| Team Name        |  |
| Club Code-LSC    |  |
| Head Coach       |  |
| Head Coach Phone |  |
| Head Coach Email |  |

**Please list all coaches attending this meet to assist with meet communications.**

| Coach Name | Cell Phone | Email |
|------------|------------|-------|
|            |            |       |
|            |            |       |
|            |            |       |
|            |            |       |
|            |            |       |
|            |            |       |
|            |            |       |
|            |            |       |

**ESSZ Age-Group SC Championships Event Summary/Payment, Waiver, and Liability Release:**

|                      |                   |
|----------------------|-------------------|
| Team Name:           | Club<br>Code/LSC: |
| Head Coach:          |                   |
| Coach Cell<br>Phone: | Coach<br>Email:   |
| Team Address:        |                   |

| <b>Entry Summary:</b>  | Total<br>Swimmers | Total Individual<br>Entries | Total Relay<br>Entries |
|------------------------|-------------------|-----------------------------|------------------------|
| Women                  |                   |                             |                        |
| Men                    |                   |                             |                        |
| Total Swimmers         |                   |                             |                        |
| Fees per swimmer/event | <b>\$ 28.00</b>   | \$ 10.00                    | \$ 15.00               |
| <b>Total Fees Due</b>  | \$                | \$                          | \$                     |

**MAKE CHECKS PAYABLE TO TAC Titans. All forms and payment must be received for entries to be considered complete.**

**Mail to: Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511. You may email forms to [mymeetentry@gmail.com](mailto:mymeetentry@gmail.com).**

**ESSZ Membership:** Is your club a member of the Eastern Section of the Southern Zone? Yes / No

**Waiver and Liability Release:**

I, the undersigned coach, or team representative, verify that all the 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 [LSC] regarding warmup procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. TAC Titans, Triangle Aquatic Center, North Carolina Swimming, Inc., USA Swimming ESSZ, Swimming Southern Zone, and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from 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 and photos of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, social media posts, or any other materials associated with the running of this meet. Any exceptions must be communicated to the Meet Director prior to the competition.

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SIGNATURE (Coach or Club Representative)

TITLE/CLUB/DATE