

2026 TSA Championship

Entry Information
Triangle Aquatic Center
Sunday, July 19, 2026

****MEET ENTRY DEADLINE IS Wednesday, July 8, 2026 AT 8:00 PM****

Host: TARHEEL SWIMMING ASSOCIATION

Meet Directors: Liz Outlaw and Anthony Pinto tsa.championshipchair.nc@gmail.com

Site: Triangle Aquatic Center, 275 Convention Drive, Cary, NC 27511

Facility

Course includes a 10-lane, 25-yard competition course with a variable depth ranging from 7 to 12 feet. There is a Swiss Timing Quantum timing system that will include automated touch pads, at least one semi-automatic plunder and at least one watch per lane with an HD video scoreboard. Hy-Tek Meet Manager software will be used. There will be no warm-up/cool-down lanes available during the event. Locker rooms are available for participating swimmers only.

Only meet participants, volunteers, and officials may be on the pool deck.

There is a seating capacity for 1,000 spectators at the viewing level. No chairs are allowed on the viewing level. (Swimmers may have a chair on deck.) There will be **NO PARKING** in the pool parking lot. You may use the swimmer drop off lane to drop off your swimmer(s) before parking.

Food and refreshments will be available at the concession stand in the main lobby. **NO** glass containers are allowed inside the facility. **NO** smoking or vaping is allowed inside the facility.

Payment

Please send only 1 check from a team for all entries payable to "Tarheel Swimming Association". Payment should be received by Wednesday, July 15, 2026, and no later than the start of the meet. Payment options:

1. Mail a check to Tarheel Swimming Association, PO Box 1861, Cary, NC 27512.
2. Pay online. To pay online email Karen O'Leary via SwimTopia to create Invoices. TSA will cover the cost of the Credit Card Processing fee.
3. Bring check to the meet and deliver to Liz Outlaw or Karen O'Leary before the start of the first session.

Meet Schedule

Team check-in will begin at 6:30am. All volunteers will check in 1 hour prior to the start of each session. Check-in will be held outside the main doors of TAC.

Swimmers for Sessions 1 & 2 will enter the pool deck with their coaches & kid pushers through the lower-level pool doors. Sessions 3 & 4 will enter the pool through the lower-level pool doors. **Session 1 times are final, all other session times will be announced approximately 1 week prior to the meet.**

Session 1 Warm-up:	7:15am
Session 1 Start Time:	8:00am
Session 2 Warm-up:	10:45am (est)
Session 2 Start Time:	11:30am (est)
Session 3 Warm-up:	1:45pm (est)
Session 3 Start Time:	2:30pm (est)
Session 4 Warm-up:	5:00pm (est)
Session 4 Start Time:	5:45pm (est)

Parents must meet their swimmer OUTSIDE the front door at the end of each session

Volunteers

Each team will be allowed up to 2 kid pushers for Session 1 & 2 each to assist swimmers getting to the Clerk of Course.

Each team is required to provide a Stroke & Turn official for at least 2 sessions. Teams are expected to provide other volunteers based on the size of your team participating.

All TSA teams (participating or not) are asked to provide donations to Hospitality.

Volunteer Link: www.signupgenius.com/go/10C0445A5A92CA1F5C25-64587600-2026#/

Rules

TSA Rules will be in effect for this meet for strokes, turns, starts, and finishes. Starts will be initiated by both whistle and voice commands and all finishes will be determined by time (an automatic timing system will be used, with appropriate backup timing available.) All DQs will be the final decision of the Meet Referee.

TSA rules apply to all events with the exception that 6 & Unders will swim 25-yard length of the pool. Please use 25-yard time approximation for ALL participating 6 & Under events.

Coaches are expected to closely supervise their swimmers at all times. Running and horseplay will not be allowed. Coaches/Kid Pushers will be responsible for bringing all 10 & Under swimmers to the starting blocks for relays and to Clerk of Course for individual events.

At least one coach per team is required to call into a Coaches Meeting on Saturday July 18th at 3pm. Call-in information will be provided a few days prior to the meeting directly to the coach listed on the team information form. All coaches must be listed in the team information form to gain access to the pool deck. Team information form:

https://docs.google.com/forms/d/e/1FAIpQLScLrPsPPyHnmXqg3d_uYFvbqbmNfONvn6_1788AQ6aVetC-Hw/viewform?pli=1

Eligibility

Swimmers must be members of an invited TSA member club in order to participate in this meet.

Entry Limits

Swimmers may swim in a maximum of three (3) individual events and two (2) relays (1 Free & 1 Medley), except for 6 & Unders, who are limited to a maximum of two (2) individual events and two (2) relays. Each team is eligible to enter three (3) relay teams per relay event, but only one (1) may score. Swimmers must swim in the age group that they were in as of June 1, 2026, for individual events. Swimmers may "swim up" for relays as stated in the TSA rules.

Entry Instructions

Coaches should advise their parents to declare their swimmer is attending the TSA Championship Meet linked to your team's Swimtopia account. Similar to dual meets, coaches should then select which event(s) each swimmer will be participating in and coaches will need to manually create relay teams for each age group.

The TSA Championship meet is open to all swimmers in the league, regardless of whether their team chooses to participate as a team. A TSA rep or Coach will need to help swimmers navigate the entry process.

A waiver needs to be completed for all swimmers participating in the meet.

Participant waiver: https://docs.google.com/forms/d/e/1FAIpQLSdxlm_SLGz-WuYe9CrBSzd1NKiIFUQMIs6UrXdSoyzgcsQ5XQ/viewform

Entries

Submit all entry times for a 25-yard course. Please use 25-yard approximations for 6 & Under swimmers. All participants should be able to swim the strokes legally which they are entered in, especially 6 & Under Breaststroke events.

Late Entries & Changes

Late entries and/or substitutions may be accepted after the entry deadline but ONLY in the first heat if there are empty lanes and up until 5:00PM on Monday, July 13, 2026. Late entries will be accepted at the discretion of the Meet

Director. **Double entry fees** will be charged for any late entries, including substitutions or changes, which occur after 8:01PM on Wednesday, July 8, 2026, and before 5:00PM on Monday, July 13, 2026.

No late entries or substitutions will be accepted on the day of the meet.

Entry Fees

Individual Fees:	\$6.00 per individual event
Relay Fee:	\$10.00 per relay event (\$2.50 per swimmer)
Swimmer Fee:	\$12.00 per swimmer

Entry fees are non-refundable. This meet will be run rain or shine. Pool management will make all decisions concerning inclement weather.

Awards

Medals:	1 st – 8 th place individual events
	1 st – 3 rd place relays
Ribbons:	9 th – 16 th place individual events
	4 th – 8 th place relays

Individual awards will be presented for age groups: 6&U, 7-8, 9-10, 11-12, 13-14, 15-18

High point awards will be given to the female and male of each age group: 6&U, 7-8, 9-10, 11-12, 13-14, 15-18

The Championship Trophy (traveling) and Team Trophy will be presented to the top-scoring team. The Small Team trophy will be presented to the highest point team with 100 or less swimmers on their roster for the 2026 season.

Scoring

Scoring will be as follows:

Individual event points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Individual events will be scored for age groups: 6&U, 7-8, 9-10, 11-12, 13-14, 15-18

Relay event points: Double the individual points.

Only one (1) relay may score from each team in each relay event.

Coaches

A mandatory coaches meeting will be held on Saturday, July 18 at 3:00PM.

Officials

Officials will meet 30 minutes prior to each session. Location will be provided at check-in.

Hospitality

Drinks and snacks will be provided on deck to coaches, officials, and volunteers. Meals will be provided to coaches in the hospitality room.

****MEET ENTRY DEADLINE IS Wednesday, July 8, 2026 AT 8:00PM****

****Coaches or TSA Reps must Close and lock entries by Midnight on Thursday, July 9th**

Championship Links:

Team Form: https://docs.google.com/forms/d/e/1FAIpQLScLrPsPPyHnmXqq3d_uYFvbqbmNFONvn6_l788AQ6aVetC-Hw/viewform?pli=1

Donations:

www.signupgenius.com/go/10C0445A5A92CA1F5C25-64587596-2026#/

Volunteers:

www.signupgenius.com/go/10C0445A5A92CA1F5C25-64587600-2026#/

**2025 TSA CHAMPIONSHIPS
ORDER OF EVENTS
JULY 20, 2025**

Session 1 - 6&Under, 7-8 Events

Boys	Event	Girls
101	7-8 100-yard Medley Relay	102
103	6&Under 25-yard Freestyle	104
105	7-8 25-yard Freestyle	106
107	6&Under 25-yard Backstroke	108
109	7-8 25-yard Backstroke	110
111	6&Under 25-yard Breaststroke	112
113	7-8 25-yard Breaststroke	114
115	7-8 25-yard Butterfly	116
117	7-8 100-yard Freestyle Relay	118

Session 2 - 9-10 Events

Boys	Event	Girls
201	9-10 100-yard Medley Relay	202
203	9-10 25-yard Freestyle	204
205	9-10 25-yard Backstroke	206
207	9-10 25-yard Breaststroke	208
209	9-10 25-yard Butterfly	210
211	9-10 100-yard Freestyle Relay	212

Session 3 - 11-12 Events

Boys	Event	Girls
301	11-12 200-yard Medley Relay	302
303	11-12 50-yard Freestyle	304
305	11-12 50-yard Backstroke	306
307	11-12 50-yard Breaststroke	308
309	11-12 50-yard Butterfly	310
311	11-12 200-yard Freestyle Relay	312

Session 4 - 13-14, 15-18 Events

Boys	Event	Girls
401	13-14 200-yard Medley Relay	402
403	15-18 200-yard Medley Relay	404
405	13-14 50-yard Freestyle	406
407	15-18 50-yard Freestyle	408
409	13-14 50-yard Backstroke	410
411	15-18 50-yard Backstroke	412
413	13-14 50-yard Breaststroke	414
415	15-18 50-yard Breaststroke	416
417	13-14 50-yard Butterfly	418
419	15-18 50-yard Butterfly	420
421	13-14 200-yard Freestyle Relay	422
423	15-18 200-yard Freestyle Relay	424

