



COLLEGE CLUB
SWIMMING
U.S. MASTERS SWIMMING

**2021 EASTERN REGIONAL
CHAMPIONSHIP**



NOV 6-7, 2021 LYNCHBURG, VA

2021 CCS
EASTERN
REGIONALS
CHAMPIONSHIP

WELCOME

We look forward to hosting
you this year!

CHAMPIONSHIP INFORMATION

Dates

The 2021 College Club Swimming Eastern Regionals Swimming Championships will be conducted at the Liberty Natatorium on the campus of Liberty University, located in Lynchburg, Va.

If you are interested in a Friday night Warm-up, please notify the Head Coach of host team. This will take place on Friday November 5th at the following times: Swimming from 6:00-8:00pm. The meet will take place on Saturday, November 6th through Sunday, November 7th.

Format

This will be a 4 session meet with a prelims/final for both nights of competition. We will not host Time Trials during this meet. Any changes to the Meet will be emailed out in the weeks leading up to the meet.

Admission and Programs

Spectators WILL be permitted at the 2021 CCS Eastern Regionals Swimming Championships. All Spectators are required to enter from the front of the facility at concourse level. Facility access will be restricted to the members of each team's designated travel party. Spectator seating will be \$5 per session, \$15 for all 4 sessions. Wristband will be required for entry.

Participating Team's will be required to enter and exit from the back of the facility at pool deck level.

Heat Sheets

Heat sheets will be available for purchase. \$5 (Cash Only)

Hospitality

There will be hospitality for 2 designated administrators, board members or coaches for the 2021 CCS Eastern Regionals Swimming Championships. Concessions will be available to all athletes and spectators.

Student-athlete hospitality will not be provided for the 2021 Championship.

LODGING

Hotels

There is no required hotel stay for this Championship. A list of recommended hotels can be found below.

- **Craddock Terry Hotel**
1312 Commerce Street
Lynchburg, VA 24504
434-455-1500
Contact: Kim Wolfe

- [Website](#)
• **Fairfield Inn and Suites**
3777 Candler's Mountain Road
Lynchburg, VA 24502
434-845-1700
Contact: Josh Duffy
[Website](#)

- **The Kirkley Hotel**
2900 Candler's Mountain Road
Lynchburg, VA 24502
434-237-6333
Contact: Patrick Daly
[Website](#)

- **LaQuinta Inn and Suites**
3320 Candler's Mountain Road
Lynchburg, VA 24502
434-847-8653
Contact: Michael Kelsey
[Website](#)

CHAMPIONSHIP STAFFING

Meet Director/Aquatics Director

Elizabeth Creasy, ewcreasy1@liberty.edu

The Meet Director, will be who you will send your Meet entries to and contact if you have any questions prior too or day of competition.

Head Coach of Liberty University

Heath Grishaw, hgrishaw2@liberty.edu

If you have any questions and cannot get a hold of the meet director this is a secondary option for someone to contact. The CCS head swimming coach of host team shall be utilized as counsel for the planning of the Championships. Their technical knowledge and personal experience in the administration of meets shall assure the maintenance of the meet's reputation for excellence and efficiency.

CHAMPIONSHIP PROCEDURES

Tie-Breaking Procedures

In case of a tie for first place in a team Championship, the tying teams shall be considered co-champions.

Facility Information/Locker Rooms

The Liberty Natatorium competition pool on the campus of Liberty University will be set up as two sections with a 9-lane Men's, 25-yard competition pool and a 10-lane Women's, 25-yard Competition area and a separate diving well for continuous warm-up/warm-down. The warmup/warm-down lane closest to the competition pool will close during prelims.

Teams are encouraged to use the VISITOR restroom/locker area. There will be three full locker rooms available, in addition to a changing-only area in the water polo room, located adjacent to the diving well. Athlete lounges, located adjacent to the Liberty team rooms, will be closed and "Do Not Enter" signs will be posted outside the entrance to these spaces. On the mezzanine level, all three restrooms will be converted into spectator bathrooms ONLY to encourage social distancing spaces. Showers are not available on this level and teams are encouraged to shower at the team hotel. All teams should bring their own towels. No shaving or face/body paint is allowed in the locker rooms or pool area. Masks are required within all restroom/locker areas and 6 feet of social distancing should be maintained for all athletes that are not vaccinated.

Entries

Entries must be submitted to **Elizabeth Creasy**, ewcreasy1@liberty.edu by Sunday, October 31st at 11:59pm. Entries for the CCS Eastern Regionals Championship must be submitted via Hy-Tek software (email attachment preferred). Remember to keep a copy for your team's records also. Please note the following when submitting your entries:

- Swimmers competing in relay only events must be listed on your entries;
- Swimmers with no established entry time for a given event may enter that event without submitting a time. If a swimmer has a time, that time must be submitted for that event.
- Swimmers participating in the 500 & 1000 Freestyle events must provide their own counters. Lap counters will be provided.
- Flyover/overhead starts will be used.
- Upon a no-show, no penalty will be given to the swimmer or the team. The swimmer is allowed to swim in a later heat if an open lane is available. It is the swimmer's job to talk to the referee/official.
- - A competitor may swim in a maximum of six individual events.
 - No more than three (3) individual events per day and unlimited relays.
 - Each team is limited to 3 relays per team.
 - Swimmers competing exclusively in relay events must be listed on entry forms.

Scratch Box

The scratch box will be located at the Admin Desk. Names of relay competitors must be presented to the Admin Desk before each relay is contested, at least 20 minutes before the race. The scratch box will close at the start of the meet on Saturday Prelims/Finals and Sunday Prelims/Finals.

Event List by Event Number

Event # Men- Odd Women- Even	Event Name	Event #	Event Name
1-2	200-yard Freestyle Relay	24-25	400-yard Freestyle Relay
2-3	400-yard Individual Medley	26-27	200-yard Individual Medley
4-5	50-yard Backstroke	28-29	200-yard Freestyle
6-7	200-yard Butterfly	30-31	50-yard Breaststroke
8-9	100-yard Freestyle	32-33	100-yard Backstroke
	15 Min Break		15 Min Break
10-11	800-yard Freestyle Relay	34-35	50-yard Freestyle
12-13	100-yard Individual Medley	36-37	100-yard Butterfly
14-15	200-yard Backstroke	38-39	200-yard Breaststroke
16-17	100-yard Breaststroke	40-41	200-yard Medley Relay
18-19	50-yard Butterfly	42-43	*500-yard Freestyle
20-21	400-yard Medley Relay		
22-23	*1000-yard Freestyle		

Practice Times / Warm Ups

Practice times for Sunday are included in the table below. There will be continuous warm up and warm down space available throughout the meet in separate diving well. For warm-ups prior to prelims and finals in the competition pool, lanes 1 and 9 will be pace lanes, lanes 2 and 8 will be sprint lanes, and lanes 3 through 7 will be closed.

Practice / Warm Up Times				
Day	Pool Opens	Pool Closes	Diving Well Opens	Diving Well Closes
Friday	6:00 PM	8:00 PM	N/A	N/A
Saturday	7:00 AM	8:55AM	7:00 AM	End of Competition
	5:15 PM	6:20PM	4:30 PM	End of Competition
Sunday	7:00 AM	8:55AM	7:00 AM	End of Competition
	3:15 PM	4:20PM	4:30 PM	End of Competition
Pace/Sprint Lanes				
Day	Lanes Open	Lanes Close		
Tuesday	7:00 AM	8:55 AM		
	3:15 PM	5:50 PM		
Wednesday	7:00 AM	8:55 AM		
	3:15 PM	4:20 PM		

Timing

All timing equipment shall be provided by Liberty University. Omega electronic timing and one back up stopwatch will be at every lane. Two timers from every school needs to be provided **on designated day. (In meet folder on day of arrival.)**

Ready Area

A ready area will be made available behind the starting blocks and under the bowl seating configuration for the top nine (9) swimmers to assemble, line up and march out to the player introductions for the Championship heat of finals.

Awards and Scoring

Scoring will occur to 16 places 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1, and double for relays. There will be awards for the top 3 swimmers in finals and timed finals individual events. There will be awards for the top 3 relay teams in relay events.

National Anthem

The National Anthem will be played prior to the finals each evening.

Code of Conduct

Each participating institution in this Championship has the primary responsibility to cultivate and maintain wholesome conditions and behavior for coaches, athletes and spectators by ensuring maximum sportsmanlike conduct throughout the Championships.

- **Banned Items** The use of any tobacco product on or adjacent to the CCS Championship facility by a coach, official or participant is prohibited. If discovered it shall result in immediate disqualification from the remainder of the Championship for the individual committing the violation.
- **Sportsmanship** The head coaches of the competing institutions are expected to communicate with their student-athletes and other fans to encourage enthusiastic support within the confines of good sportsmanship.
- **Grounds for Removal** Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition.

Staff, Officials and Spectator Parking

Spectators, Athletes, and Officials will be asked to park in the parking lot to the left of the Natatorium main entrance. Please contact Elizabeth Creasy should you have questions.

Banners

The display of any banner during the Championships is subject to the approval of the Meet Director Elizabeth Creasy.

Television/Streaming

We are looking into using our school's subscription to broadcasting this Championship on ESPN+ or possibly Facebook Live. We will know more in the following weeks.

Camera Usage / Flashbulbs / Video Taping Instructions

Media and school personnel with proper credentials issued by the Media Coordinator may photograph on the pool level. Any other photographers without press credentials must film/videotape from the pool balcony. Reminder: **There shall be no flash photography at the start of each race.**

Artificial Noisemakers

Artificial noisemakers will not be allowed on the pool deck. This policy also applies to student-athletes.

MEDICAL / ATHLETIC TRAINING INFORMATION

All medical staff for the Championships will be provided by Liberty University. Liberty will ensure that the following occurs:

Athletic Trainer Liaison

A certified athletic trainer provided by Liberty will be on-site and available for all sessions of the Championships. This person will be able to answer any questions from visiting ATCs. Liberty's ATCs shall be available for all practices and present before, during and after all competitions. However, all CCS schools are responsible for having their own athletic trainer.

Medical Facilities

Planned and pre-arranged access to a medical facility, including transportation services, should be available at all times.

Athletic Training Room

An athletic training room is located just off of the pool deck. Each athletic trainer from a CCS school is to bring their own supplies. An ice machine is available; however, ice will be provided by the athletic training staff for injury purposes only.

Medical Information

Information concerning medical and athletic training accommodations shall be distributed to all head athletic trainers and head coaches prior to their arrival at the Championship site.

Water

Water and Gatorade will be provided on a first come first serve basis.

Emergency Medical Service

The nearest hospital is Lynchburg General:

1901 Tate Springs Road
Lynchburg, VA 24501
434-200-3000

For all medical emergencies call 911.

LIBERTY UNIVERSITY CAMPUS MAP



