



**2022 SOUTHERN
REGIONAL
CHAMPIONSHIP**

TALLAHASSEE, FL **NOVEMBER 11 - 12**

**COLLEGE CLUB
SWIMMING**
U.S. MASTERS SWIMMING

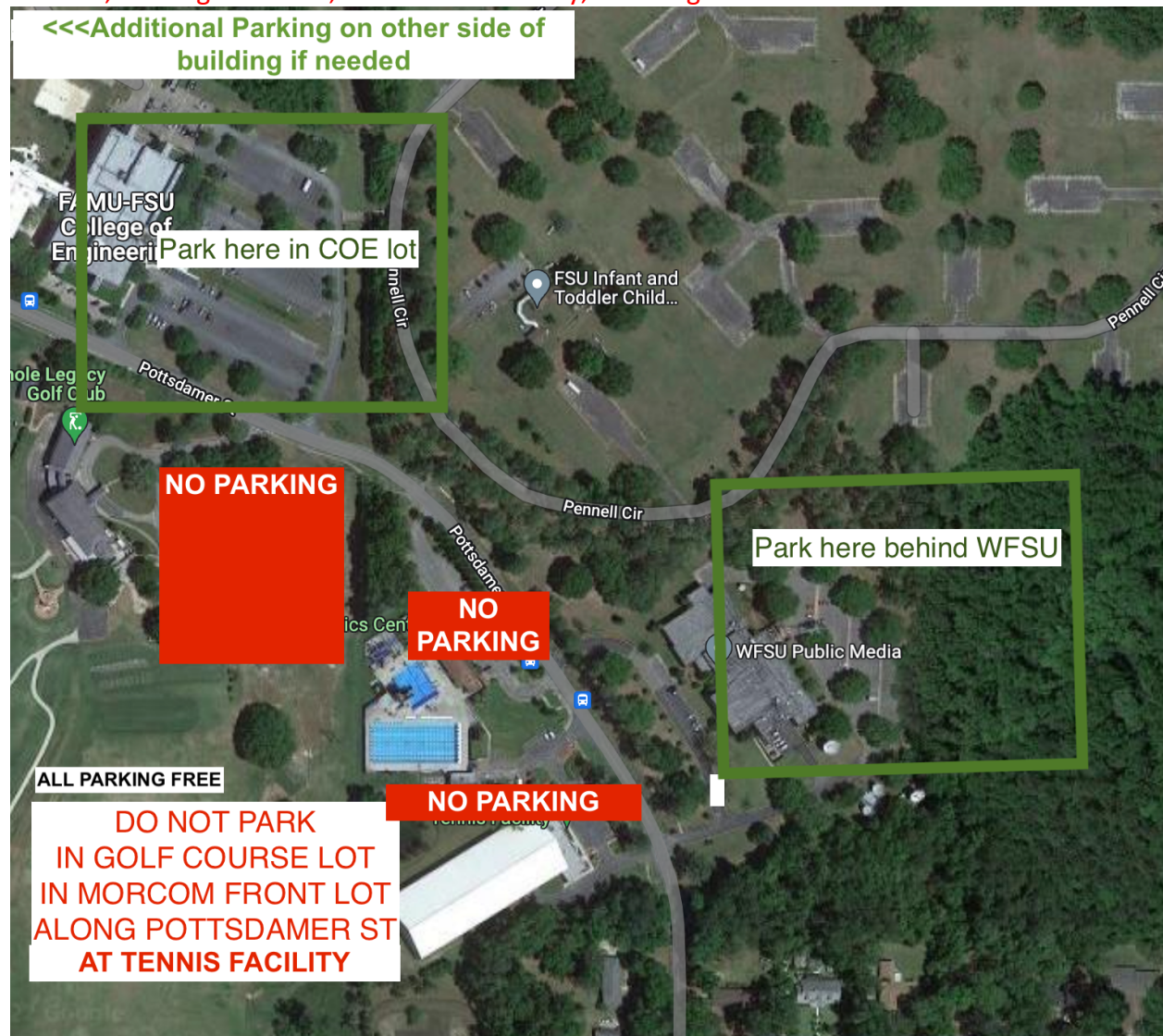
ARRIVAL LOGISTICS

Weather Update 11/9: Morcom Aquatic Center is scheduled to open on Friday following Tropical Storm Nicole. The meet is planned to run as normal.

PARKING

Parking is available at WFSU or the College of Engineering (COE), both lots are located just across the street from Morcom Aquatics Center.

These two lots should suffice but if additional parking is required there is space on the other side of the COE building or in any general spot on the COE campus. If your team is traveling on a bus, you may drop off/pick up at the front and then park. It would probably be ideal to have busses be parked on the College of Engineering on the other side of the building farther away from the pool to make room for cars in the closest lots. **NO PARKING in the Morcom front or back lot, at the golf course, at the tennis facility, or a long Pottsdamer St.**



CHECK IN

Due to having to work around FSU swim/dive practices, we have a bit of a tight schedule between doors opening and warm up starting on Friday. If we can have teams enter facility earlier, we will notify all teams in discord/GroupMe/email. If we can get in earlier, warm up and meet start times would still remain the same. We recommend you walk in ready to swim on Friday so you can maximize your warm up time.

Doors Open:

Friday Night: 4:30pm

Saturday Morning: 10:30am

Do not enter the facility prior to doors opening. You may line up outside the gate, but you will not be permitted to enter until it is time.

Once doors open, there will be a check-in table in the breezeway. Please have an officer check in to confirm payment, collect meet packets, and any other last minute important information.

There will be separate packets for each day, one that you will get Friday, and another that you will get on Saturday with that day's heat sheet, relay cards, etc.

WARM UP

Warm Up Times:

Friday Night: 4:45pm

Saturday Morning: 10:45am

Meet Start Times:

Friday Night: 6:00pm

Saturday Morning: 12:00pm

All 19 lanes of the competition pool will be open for warm up. The diving well will be closed. There will be no assigned lanes or warm up groups. However, the final 30 minutes of warm up each session will be controlled warm up in the competition lanes.

Controlled warm up is as follows

Lane 1: Pace

Lane 2: One way starts from the competition start end

Lane 3: One way starts from the competition start end

Lane 4: General use

Lane 5: General use

Lane 6: One way starts from the competition start end

Lane 7: One way starts from the competition start end

Lane 8: Pace

Additional notes about warm up:

- No equipment permitted
- No racing starts off the blocks on the fence side of the pool, these lanes are to remain general warm up during the duration of warm up and the competition.

POSITIVE CHECK IN

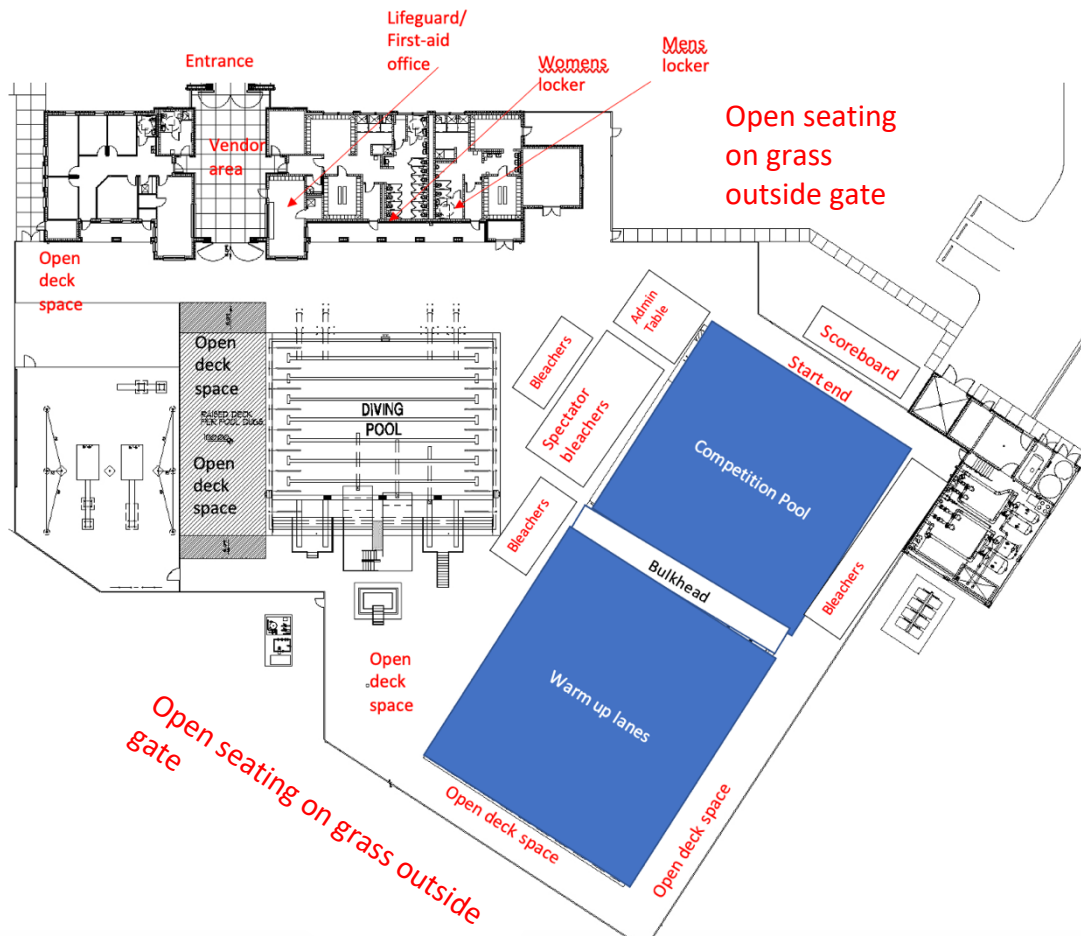
We will now only require positive check in for the 1000 free. For distance events and 400 relays, please however, inform us if there will be any scratches by Wednesday night as we will likely seed the meet on Thursday.

There will be a positive check in table near the admin table that either a club officer, or the swimmer themselves may sign their initials on a check-in sheet to confirm check in. Once you are checked in and the deadline has passed, you are responsible for showing up and swimming that event.

The following events requiring check in and check in deadlines are listed here.

#41/42: 1000 Freestyle	Check in by Sat: 11:15am
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FACILITY



Above is a map of the facility. A couple of important notes:

Please note that bleacher seating is limited and will be claimed on a first-come basis. Also, a portion of the bleachers will be blocked off for spectators. We do have plenty of open deck spacing to accommodate tents and chairs. **It's strongly recommended you come prepared with tents and chairs.**

Please pay attention to any areas that may be blocked off for set up. Some things may change since this map was drawn. We need to make sure we have some access for the staff and guards to move through the facility. Please do not block any doors, gates, or access ways.

RELAY CARDS

You will receive relay cards for all you relay events in the packets you will pick up upon arrival. You must have your relay teams turn in their relay card to the timers when they go to the blocks to swim. Please clearly print the names of the swimmers if your card is blank. If you must make changes to a relay team that's already printed on the card, then cross out the old names and clearly re-write the new names and order.

Examples of properly filled out relay cards.

2022 CCS Southern Regional Championship - 11/11/2022

Event 16 Men 200 Yard Freestyle Relay - Finals Heat: ____ Lane: ____ (Rank: 1)

Florida State Swim Club - B

- 1) Last Name, First Name
- 2) Last Name, First Name
- 3) Last Name, First Name
- 4) Last Name, First Name

T1 ____:____.____ T2 ____:____.____ T3 ____:____.____ Official Time ____:____.____

2022 CCS Southern Regional Championship - 11/11/2022

Event 16 Men 200 Yard Freestyle Relay - Finals Heat: ____ Lane: ____ (Rank: 1)

Charlotte Club Swimming - B

- 1) ~~Wilson, Buck 20~~ Last Name, First Name (1)
- 2) Myers, James 19
- 3) ~~Lewis, Cameron 20~~ Last Name, First Name (3)
- 4) Williams, Jackson 22

T1 ____:____.____ T2 ____:____.____ T3 ____:____.____ Official Time ____:____.____