



**2022 SOUTHERN
REGIONAL
CHAMPIONSHIP**

TALLAHASSEE, FL **NOVEMBER 11 - 12**

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

MEET PACKET

**All times posted are in Eastern Time*

ATHLETE ENTRY DEADLINE:

Friday, November 4th @ 11:59pm

CONFIRMATION PERIOD:

Saturday, November 5th @ 12:00am - Sunday,
November 6th @ 11:59pm

CONFIRMATION PERIOD (FINAL ENTRY) CLOSES:

Sunday, November 6th @ 11:59pm

2022 COLLEGE CLUB SWIMMING SOUTHERN REGIONAL CHAMPIONSHIP
HOSTED BY SWIM CLUB @ FSU
November 11-12, 2022

Sanctioned By:

College Club Swimming

Observed by Florida Swimming of USA Swimming #OB-22-6211

Location:

FSU Morcom Aquatics Center

2560 Pottsdamer St.

Tallahassee, FL 32310

Contact Information:

Club Email: fsuswimclub@gmail.com

Meet Format:

25 Yard, Timed Finals

Meet Management may opt to use fly-over starts at this competition.

Dates & Times:

Friday, November 11

Warm Up: 4:45pm

Meet Start: 6:00pm

Saturday, November 12

Warm Up: 10:45am

Meet Start: 12:00pm

To maintain an adequate timeline, start times may be adjusted slightly earlier based on entries submitted.

Eligibility:

Open to all current CCS members who meet the CCS eligibility criteria.

See CCS Governance Handbook for more details concerning eligibility.

Pool Specifications:

Outdoor heated pool with one certified 8 lane 25-yard competition course with non-turbulent lane lines. Water depth at the competition starting and turn end is a minimum of 8 feet.

Continuous warm up will be available throughout the meet in the adjacent 11 lanes.

Timing:

Fully automatic Omega timing system with viviLED full video scoreboard. Hy-tek meet manager will be used to score the meet.

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Entries:

Swimmers may enter a maximum of 5 individual events.
No penalty for scratches on the block for pre-seeded events.
25 SCY Times will be used for seeding.
Events will be seeded fastest to slowest.
No "no time" (NT) entries will be accepted.
No deck entries will be accepted.
Entries must be submitted via CCS Online Meet Entry System.

Positive Check-in/Deck Seeded Events:

The following events will be deck seeded and will require positive check-in by 45 minutes prior to the start of the session.

400 IM
500 Freestyle
1000 Freestyle
400 Medley Relay
400 Freestyle Relay

Swimmers entered and checked in for a deck seeded event must swim that event unless he/she notifies the clerk of course, before seeding begins, that he/she wishes to scratch that event. Failure to do so will result in the swimmer being barred from his/her next individual event on that day or the next, whichever is first.

No penalty shall apply for failure to withdraw or compete in a deck seeded event if:

1. The referee is notified in the event of illness or injury and accepts the proof thereof.
2. It is determined by the referee that failure to compete is caused by circumstances beyond the control of the swimmer.

Relays:

Only two teams may be submitted for each relay event (A and B team). Only the A relays will score points. There is no limit to how many relays an individual swimmer can enter.

Entry Fee:

\$21.50 per swimmer

Fees will be collected through CCS Online Entry System.

Once confirmation period closes teams are responsible for paying their 100% of the fees associated with their entries. No exceptions will be made to participants that are unable to attend after the confirmation period closes.

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Entry Deadline:

Athlete entries must be submitted through CCS Online Meet Entry System by Friday, November 4th @ 11:59pm.

Confirmation Period: Saturday, November 5th @ 12:00am to Sunday, November 6th @ 11:59pm

Officers may modify entries and must enter relays during the confirmation period.

Late entries (submitted after the confirmation period closes) will incur a \$100 fine.

Once the psych sheet is posted officers have 24 hours to correct any errors. This does not include any new entries or changes. Any new entries or changes made during this time will incur the \$100 late fine. No late entries will be accepted once seeding begins.

Officials:

Meet Referee: Dan McDaniel

Starter: Doug Garthwait

Admin Official: Terry Blish

Stroke and Turn: Shannon Speas-Frost

Scoring:

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

Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Team Representative:

Upon arrival to the competition, each team must submit one representative (president, officer, etc.) to confirm payment and collect heat sheets and relay cards. An on-deck meeting may take place prior to the start of each session to provide any last-minute information.

Meet Communication:

Important information regarding arrival logistics, meet procedures, social events, and more will be shared in the officers GroupMe (contact us to be added), in the CCS Discord, and by email.

Awards:

Plaques will be awarded to the top two men's, women's, and combined team finishers.

Rules:

Current USMS Swimming Rules & Regulations will govern.

Parking:

Available parking will be located across from Morcom Aquatics Center at the WFSU building and the College of Engineering. NO PARKING is allowed in the Morcom lots, at the tennis facility, at the golf course, or along Pottsdamer St. A detailed map and instructions will be sent to clubs prior to the meet. There is no fee for parking.

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Spectators:

Spectators will be permitted in the venue in designated seating. There is no admission fee.

SWIMS Notice:

This meet is being observed by Florida Swimming of USA Swimming. Swimmers entered in the meet who want to have their times be recorded in the USA Swimming SWIMS database must ensure that their CCS profile contains their first name, last name, and birthdate as recorded on their USA Swimming profile. (Those that go by nicknames or middle names will want to verify this). You must also ensure, if you are requesting observation, that your USA registration is current and in good standing. Please send a list of your swimmers requesting USA Observation to fsuswimclub@gmail.com by the entry deadline. If a swimmer has any issues regarding accessing your USA information, please contact us and we will work with them individually.

Warm-Up Schedule

Exact warmup schedule to be sent once entries close

NO EQUIPMENT PERMITTED

General Warm-up until the last 30 minutes prior to meet start unless otherwise specified by meet management.

Controlled warm up is:

- Lane 1. Pace 50 and 100 circle swimming - push off
- Lane 2. Racing starts (one length from start end only)
- Lane 3. Racing starts (one length from start end only)
- Lane 4. Swimming and pulling, push off
- Lane 5. Swimming and pulling, push off
- Lane 6. Racing starts (one length from start end only)
- Lane 7. Racing starts (one length from start end only)
- Lane 8. Pace 50 and 100 circle swimming - push off

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Order of Events		
Friday, November 11		
Warm Up: 4:45pm		
Meet Start: 6:00pm		
1	4x100 Medley Relay*	2
3	500 Freestyle*	4
5	200 IM	6
7	100 Freestyle	8
9	200 Butterfly	10
11	200 Breaststroke	12
13	200 Backstroke	14
15	4x50 Freestyle Relay	16
Saturday, November 12		
Warm Up: 10:45am		
Meet Start: 12:00pm		
17	4x50 Medley Relay	18
19	200 Freestyle	20
21	50 Butterfly	22
23	100 Backstroke	24
25	50 Breaststroke	26
27	100 IM	28
29	100 Butterfly	30
31	50 Backstroke	32
33	100 Breaststroke	34
35	50 Freestyle	36
37	400 IM*	38
39	4x100 Freestyle Relay*	40
41	1000 Freestyle*#	42

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Events Notes:

*Event will be deck seeded, swum fastest to slowest. **Positive check-in required by 45 minutes prior to the start of the session.**

#Swimmers must provide their own timer for the 1000 freestyle.

All distance events will require swimmers to provide their own counter.

Meet management reserves the right to combine events 400 yards and longer to maintain an adequate timeline.