

2023 
**CENTRAL REGIONAL
CHAMPIONSHIP**
MINNEAPOLIS, MN 

MEET PACKET

All times posted are in CST

ATHLETE ENTRY DEADLINE: Tuesday, October 31st
at 11:59pm

CONFIRMATION PERIOD OPENS: Wednesday,
November 1st at 12:00am

CONFIRMATION PERIOD CLOSES: Sunday,
November 5th at 11:59pm

**2023 COLLEGE CLUB SWIMMING CENTRAL REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF MINNESOTA SWIM CLUB
NOVEMBER 10-11, 2023**

Sanction

College Club Swimming

Location & Pool Specs

University of Minnesota Jean K. Freeman Aquatic Center
123 Harvard Street SE
Minneapolis, MN, 55455

Indoor 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 7 feet. Continuous warm up will be available throughout the meet in both the 9 lane pool opposite the bulkhead of the competition pool and in the 6 lane diving well. Fully automatic timing system with scoreboard.

Contact Information

Club Officers:

Kendra vonHartzsch (President)
Olivia Hauboldt (Vice President)
Luke Pollard (Treasurer)
Molly Isaacson (Social Chair)

vonha021@umn.edu
haubo002@umn.edu
polla246@umn.edu
isaac459@umn.edu

Meet Director:

Claire Lodico

lodico005@umn.edu

Regional Championship Liaison:

Josie DeRonja

josie@jbosticknash.com

Regional Championship Liaison:

Colton Martin

cgm20c@fsu.edu

Meet Format:

All events will be swum timed finals with top 16 individual events and relays scoring points.

Dates & Times

<u>Day of Meet</u>	<u>Warm Up:</u>	<u>Meet Start:</u>
Friday	5:00pm	6:00pm
Saturday	10:00am	11:00am

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Eligibility

Open to all current CCS members in the Central Region who meet the CCS eligibility criteria as outlined in the governance handbook sections 4.2.2 and 3.2.3. See CCS [Governance Handbook](#) for more details concerning eligibility.

Teams from outside of the Central may participate but must swim as exhibition and will not be eligible to score points, compete in finals, or set meet records. Times will still be recorded as official times and will be eligible for national championship qualification.

Disability Swimming

Disabled swimmers are eligible to compete in the 50, 100, and 200-yard events. Prior to the meet, the swimmer and/or the coach/president of the swimmer's club must notify the Meet Referee in writing of the swimmer's disability so that, if needed, there is time for accommodations to be made. The Meet Referee may elect to have them swim the 50's during the able-body 100 events, 100's during the 200 events, and 200's during the 400/500 events, based on entry times.

Positive Check-In Events

The following events will be deck seeded and will require positive check-in by 30 minutes prior to the start of the session.

- 500 Freestyle (Friday)
- 400 IM (Friday)
- 1000 Free (Saturday)

Scratch Policy

There are no penalties for scratches or no-shows for any events.

Entry Procedure

Entries must be submitted via CCS Online Meet Entry System.

Once an online entry opens, athletes will log in to the CCS website, select the [region] Regional Championship on the home page, and enter events by entering a time for their events. Once submitted, their status will reflect "in the meet roster" and the athlete is considered entered in the meet. Athletes may alter events at any time until the athlete entry deadline. Please note that no "no time" (NT) entries will be accepted.

At the close of the athlete entry period, the Presidents Confirmation period will open. During this time Presidents may modify any individual athlete entries and they must enter relays and submit payment information. Once the President Confirmation Period

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closes, entries are considered final, and no late changes or submissions will be accepted.

Entry Limits

Swimmers may enter a maximum of 4 individual events. For relays, only two teams per club may be submitted for each relay event (A and B team). Only the A relays will be eligible to score points. There is no limit to how many relays an individual swimmer can enter.

Entry Deadlines

Athlete Online Entry: October, 31st, 11:59pm

President Confirmation Period: November, 1st, 12am – November, 5th, 11:59pm

Entry closes at the conclusion of the President Confirmation Period.

No late entries or changes will be accepted after the close of the President Confirmation Period.

Deck Entries

No deck entries will be accepted for individual events, nor for relay events. Swimmers must enter the events they wish to swim no later than the entry deadline found on the front page of this meet packet.

Entry Fees

\$20 per swimmer

Fees will be collected through CCS Online Entry System.

Club Absence Policy

In the case that a club or athlete which has submitted entries is no longer able to attend due to extenuating circumstances, the club is still responsible for paying 100% of their meet fees incurred upon entry. No exceptions will be made.

Seeding

25 SCY Times will be used for seeding.

Events will be seeded slowest to fastest.

Officials

Meet Referee: Rick Biggs

Visiting officials interested in officiating should contact rickabiggs@gmail.com.

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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

Awards

The top three high scoring teams will be awarded a plaque, and there will be an additional spirit award given out.

Team Representative

Upon arrival to the competition, each team must submit one representative (president, officer, trip leader) to collect important meet information. An on-deck meeting will be announced prior to the start of each session to provide any last-minute information.

Meet Communication

Explain specifics for important meet communication from host to attending clubs.

Important information regarding arrival logistics, meet procedures, social events, and more will be discussed in the CCS Discord and via the swim club official email.

Rules

The meet will be swum following US Masters Swimming rules as described in the Swimming Rules & Regulations section. However, since the meet is jointly sanctioned by USA Swimming, anything that warrants a disqualification under USA Swimming rules but not USMS rules will be noted and will only impact times entered into the SWIMS database.

Specific rules to make note of include:

- Swimwear for Competition
 - Swimwear shall include only a swimsuit, no more than two caps, goggles, and a nose clip and/or ear plugs if desired.
 - Only swimsuits complying with World Aquatics swimsuit specifications may be worn. JOLYN swimsuits, or any other suits with tie-backs or other fasteners, are NOT permitted for competition.
 - Medical tape on the body is not permitted unless approved by the meet referee. K-tape on shoulders, elbows, or knees is never permitted.
 - Except where venue facilities require otherwise, changing into or out of swimsuits (except for drag suits) other than in locker rooms or other designated areas is not appropriate and is prohibited. Deck changes are prohibited.
 - Violation of any of these rules may result in disqualification. Exceptions may apply for extenuating circumstances at the discretion of the meet referee

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- Protests
 - Protests regarding disqualifications or recorded times shall be submitted to the meet referee within 30 minutes of the event. Protests regarding the conduct of the meet shall be submitted in writing to the designated meet official onsite. If the protest is with the referee, a formal complaint must be sent to colleageclub@usmastersswimming.org within 5 days of the event.

Spectator Admission

Spectators are required to go through the designated pool entrance and sit in the pool's designated spectator area. Spectators are not allowed on deck, but swimmers may go up to the spectator area.

Deck Access

This meet will operate with a closed pool deck. This means only swimmers, coaches/officers, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Spectators will be permitted in designated spectator seating areas.

Use of Cameras, Video Equipment, and Drones

The use of cameras, including cell phone cameras and/or other recording devices, is prohibited behind the starting platforms during the start of races, including relay starts.

The use of audio or visual recording devices, including cell phone cameras, is prohibited in changing areas, restrooms, and locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present. USMS credentialed media personnel may be exempted from these restrictions. Any individual in violation of these restrictions may be barred from the venue by the meet referee or meet director.

Sanctions

This championship meet is in the process of being officially recognized by U.S. Masters Swimming and USA Swimming. Times achieved at this event may be considered for USMS national records and Top Ten times for USMS members, and qualification for other USA Swimming Events. Swimmers wishing to have their times count for USMS/USA Swimming must provide their USMS ID# or USA Swimming ID. Presidents/team representatives must compile USMS/USA Swimming IDs from swimmers on their team into a single Microsoft Excel file and submit via email to ccs.regionals@gmail.com by November 8th @ 11:59pm.

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Under 18 Swimmer Eligibility

Swimmers turning 18 after the meet entry deadline (November 5th, 2023) and by the first day of the championship meet (November 10th, 2023) are eligible to compete in the 2023 CCS Regional Championship meet in accordance with the stipulations outlined in this section. This exception is only allowed for swimmers whose 18th birthday falls during the school year in which they intend to participate in CCS.

Eligible swimmers must:

- Be 18 years of age by the first day of the championship meet (November 10, 2023).
- Register for CCS on/after their 18th birthday and by the first day of the championship meet. The president of the swimmer's club must submit the swimmer's CCS ID to collegeclub@usmastersswimming.org no later than 12pm (noon) ET on the first day of the meet (November 10, 2023).
- Submit their requested meet entries by email to swimclub@umn.edu by the entry deadline.

Additional Facility Information

Additional facility and surrounding area information can be found in the visitor information packet linked below.

Visitor Packet: [📄 Visitor Information Packet](#)

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