

2023

WESTERN REGIONAL CHAMPIONSHIP

SALT LAKE CITY, UT 

MEET PACKET

**All times posted are in Mountain Time*

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 WESTERN REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
NOVEMBER 11-12, 2023**

Sanctions

College Club Swimming

Location & Pool Specs

Ute Natatorium
1752-1780 Campus Center Dr.
Salt Lake City, UT 84112

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 4 feet. Continuous warm-up/cool-down will be available throughout the meet in a smaller 6-lane, 25-yard pool. Fully automatic timing system with scoreboard.

Contact Information

Meet Director Names:

Jeila Bacon: (408) 978-6269, vicepresidentuucs@gmail.com

Club Officers Names:

Club Email: utahclubswimming@gmail.com

Tanner Guderian: (720) 499-8737, presidentuucs@gmail.com

Regional Championship Liaison:

Josie DeRonja josie@jbosticknash.com

Regional Championship Liaison:

Colton Martin cgm20c@fsu.edu

Meet Format:

Prelims and Championship Finals

The top 16 finishers in prelims will qualify for finals, with the top 8 swimming in the championship (A) final and the remaining 8 swimming in the consolation (B) final.

The order of finals heats will be the Consolation (B) final followed by Championship (A) final.

The following individual events will be contested as timed finals only during prelims: 500 freestyle, 1000 free, 400 IM, 200 breaststroke, 200 butterfly, 200 backstroke

Relay events will be contested as timed finals in finals.

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
NOVEMBER 11-12, 2023**

Dates & Times

<u>Saturday, November 11</u>	<u>Sunday, November 12</u>
Prelims - Warm up: 1: 11:00am - 11:25am 2: 11:25am - 11:50am 3: 11:50am - 12:15pm Meet Start: 12:30pm	Prelims - Warm up: 1: 7:30am - 7:55am 2: 7:55am - 8:20am 3: 8:20am - 8:45 am Meet Start: 9:00am
Finals - Warm up: 5:00pm Meet Start: 6:00pm	Finals - Warm up: 5:00pm Meet Start: 6:00pm

- Warm up sessions will end 15 minutes before meet start times.
- Warm up lane assignments will be sent after entries are due.

Eligibility

Open to all current CCS members in the Western 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 western region 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 45 minutes prior to the start of the session: 500 Freestyle, 1000 Freestyle

Scratch Policy

For all individual events that swim in prelims and finals, a scratch policy will be applicable. After results for prelim competition of an event are posted at the clerk of course, swimmers will have 30 minutes from posting to declare their intentions for finals.

Scratching will take place in two ways:

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
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NOVEMBER 11-12, 2023**

1. The swimmer or another club representative must print and sign their name, the date, and the event on a designated scratch sheet at the clerk of course table within 30 minutes of posting prelim results on behalf of the scratching swimmer. A swimmer may declare their intent to scratch depending on the swimmer's standing in future event(s) on the same day, but it is the responsibility of the swimmer to update the Clerk of Course of their intentions following the event(s) they specified.

2. If an entire club is not planning on returning to a finals session, the club president or another representative is responsible for notifying the Clerk of Course and signing off on a club scratch. Club scratches must be completed no later than the end of the day's prelim session. If a swimmer and/or the swimmer's club fails to scratch and appears in the finals line-up, whether or not the swimmer was originally in the top 16 or not, the swimmer is expected to compete at finals.

If the swimmer does not swim at finals, the swimmer's club will be charged \$10 per swimmer per event not swum. However, the swimmer(s) will still be able to compete in subsequent days.

Exceptions to this rule include injury and illness, in which the meet referee must be notified and will use discretion to accept proof thereof.

Entry Procedure

Entries must be submitted via CCS Online Meet Entry System.

Once 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 meet roster" and the athlete is considered entered 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 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 relay teams per club may be submitted for each relay event (A and B team). Both A and B relays will compete in finals, but only the A relays will score. There is no limit to how many relays an individual swimmer can enter.

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
NOVEMBER 11-12, 2023**

Entry Deadlines

Athlete Online Entry: Tuesday, **October 31** at 11:59pm

President Confirmation Period: Wednesday, November 1st at 12:00am – Sunday, **November 5th** and 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

\$30 per swimmer and \$10 per relay.

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. The fastest three heats of prelim/final events 200 yards and less will be circle seeded.

Officials

Meet Referee: Marissa Bacon

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

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

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
NOVEMBER 11-12, 2023**

Altitude Adjustments

For national qualifying times purposes, altitude adjustments will be made for events 200 yards and longer in accordance with the [USMS rulebook](#) section 104.5.3C(1).

Awards

Top 3 finishers of individual events and top relay finishers will receive a stuffed animal keychain award. The top finisher of each heat will receive a rubber duck.

Awards for top 3 combined team scores will be given out. Awards will also be given out for top mens and top womens finishing teams.

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

Important information regarding arrival logistics, meet procedure, and more will be shared in the officer GroupMe (contact us to be added), in the CCS Discord, and by 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.

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
NOVEMBER 11-12, 2023**

- Violation of any of these rules may result in disqualification. Exceptions may apply for extenuating circumstances at the discretion of the meet referee
- 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 collegeclub@usmastersswimming.org within 5 days of the event.

Spectator Admission

The spectator entrance will be on the north side of the Ute Natatorium. Wristbands are required for entry. Spectator seating tickets will be \$5 per session (or \$17 for the whole meet). Session passes will be sold at the door and on our team website. Passes for the whole meet will be available only online.

Digital heat sheet access will be \$5 through MeetMobile. Each team will be given one free physical heat sheet for their coach(es).

Deck Access

This meet will operate with a closed pool deck. This means only swimmers, coaches, 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 cellphone 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 cellphone 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

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
NOVEMBER 11-12, 2023**

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, 2023.

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 11th, 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 11, 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 11, 2023).
- Submit their requested meet entries by email to the meet director by the entry deadline.

Additional Facility Information

A seating map will be available after the entry deadline. If there are more athletes than deck space allows, some teams will be assigned to an auxiliary gym in the HPER complex located directly across from the men's locker room.

Spectator bathrooms will be located in the HPER East complex directly across from the Ute Natatorium spectator entrance.

A parking map containing open lots will be sent out in official channels closer to the meet date.

UUCS will be working with Poco Loco for swim gear and merch. Other vendors TBD.

Swimmers will be able to buy raffle tickets during prelims on Saturday and Sunday, and finals on Saturday for a chance to win prizes such as Arena swim bags, Celsius energy drinks, Pit Viper merchandise, and more!

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
 HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
 NOVEMBER 11-12, 2023**

Order of Events		
Saturday, November 11		
Warm Up: 11:00am		
Meet Start: 12:30pm		
1	800 Free Relay	2
3	50 Back	4
5	200 Breaststroke	6
7	100 Butterfly	8
9	500 Freestyle	10
11	400 Medley Relay	12
13	50 Breaststroke	14
15	200 Backstroke	16
17	100 Freestyle	18
19	200 IM	20
21	200 Free Relay	22
Saturday, November 12		
Warm Up: 7:30am		
Meet Start: 9:00am		
23	400 Freestyle Relay	24
25	50 Butterfly	26
27	100 Breaststroke	28
29	200 Freestyle	30
31	400 IM	32
33	200 Medley Relay	34
35	50 Freestyle	36
37	200 Butterfly	38
39	100 IM	40
41	100 Backstroke	42

**2023 COLLEGE CLUB SWIMMING WESTERN REGIONAL CHAMPIONSHIP
HOSTED BY UNIVERSITY OF UTAH CLUB SWIMMING
NOVEMBER 11-12, 2023**

43	200 Mixed Relay	44
45	1000 Freestyle	46