



**EASTERN REGIONAL  
CHAMPIONSHIP  
LYNCHBURG, VA • NOV 11 - 12**

**2023 CCS  
EASTERN  
REGIONALS  
CHAMPIONSHIP**

**WELCOME**

We look forward to hosting you this year!

**\*All times posted are in EST.**

**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 EASTERN REGIONAL CHAMPIONSHIP  
HOSTED BY LIBERTY UNIVERSITY  
NOVEMBER 11-12, 2023**

## Sanctions

College Club Swimming  
VA Swimming of USA Swimming #  
USMS #

## Location & Pool Specs

Liberty Natatorium  
1521 Liberty Mountain Dr  
Lynchburg, VA 24502

Indoor pool with two certified [9 and 11] 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 11 Lanes on the Non-Competition side, along with 8 additional lanes in Diving Well. Fully automatic timing system with scoreboard.

## Contact Information

### Club Officers Names:

Heath Grishaw (Head Coach)

### Meet Director Names:

Elizabeth Creasy (ewcreasy1@liberty.edu)

### Regional Championship Liaison:

Josie DeRonja josie@jbosticknash.com

### Regional Championship Liaison:

Colton Martin cgm20c@fsu.edu

## Meet Format:

Prelims/Consolation and Championship Finals

The top 18 finishers in prelims will qualify for finals, with the top 9 swimming in the championship (A) final and the remaining 9 swimming in the consolation (B) finals.

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

The following events will be contested as timed finals only during prelims.

400 IM  
1000 Free  
500 Free

## Dates & Times

<u>Day of Meet</u>	<u>Warm Up:</u>	<u>Meet Start:</u>
Day 1 Prelims	7:30am	9:00am
Day 1 Finals	5:00pm	6:00pm
Day 2 Prelims	7:30am	9:00am
Day 2 Finals	4:00pm	5:00pm

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## **Eligibility**

Open to all current CCS members in the Eastern 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 Eastern 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 400 IM, 1000 Free, and 500 Free events will be deck seeded and will require positive check-in by [30 minutes] prior to the start of the session.

## **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:

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 20 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.

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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 Limit**

Swimmers may enter a maximum of **6 for entire meet or 3 per day** 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 for to compete in finals and score. There is no limit to how many relays an individual swimmer can enter.

## **Entry Deadlines**

Athlete Online Entry: October 31, 2023 at 11:59pm

President Confirmation Period: Month, Date, Time of Day – Month, Date, Time of Day

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

\$5 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 events 200 yards and less will be circle seeded. The fastest two heats of events 400 yards and longer will be circle seeded.

## **Officials**

Meet Referee:

Visiting officials interested in officiating should contact John Stanley, [jfstanley1@gmail.com](mailto:jfstanley1@gmail.com)

## **Scoring**

Individual Events: 22-19-18-17-16-15-14-13-12-10-8-7-6-5-4-3-2-1

Relays: 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2

## **Timing**

All timing equipment shall be provided by Liberty University. Omega electronic timing and one back up stopwatch will be at every lane.

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## **Awards**

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.

## **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**

There will be a President's meeting 15 minutes before each session.

## **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.
- 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](mailto:colleageclub@usmastersswimming.org) within 5 days of the event.

## **Spectator Admission**

Online ticket vendor that will be emailed to all clubs. Spectators will pay \$7 per session or \$20 for all sessions. There will be a CASH ONLY option on the day of the meet but encourage online purchase.

## **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.

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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 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 [email address] by [month, date, year, time of day]

## Under 18 Swimmer Eligibility

Swimmers turning 18 after the meet entry deadline (November, Date, 2023) and by the first day of the championship meet (November, Date, 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](mailto: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 Elizabeth Creasy, [ewcreasy1@liberty.edu](mailto:ewcreasy1@liberty.edu), by the entry deadline.

## Additional Facility Information

### 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

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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**

This meet will be streamed. More information will be available closer to the meet.

**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 athlete.

***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 always available.

**Athletic Training Room**

An athletic training room is located just off 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**

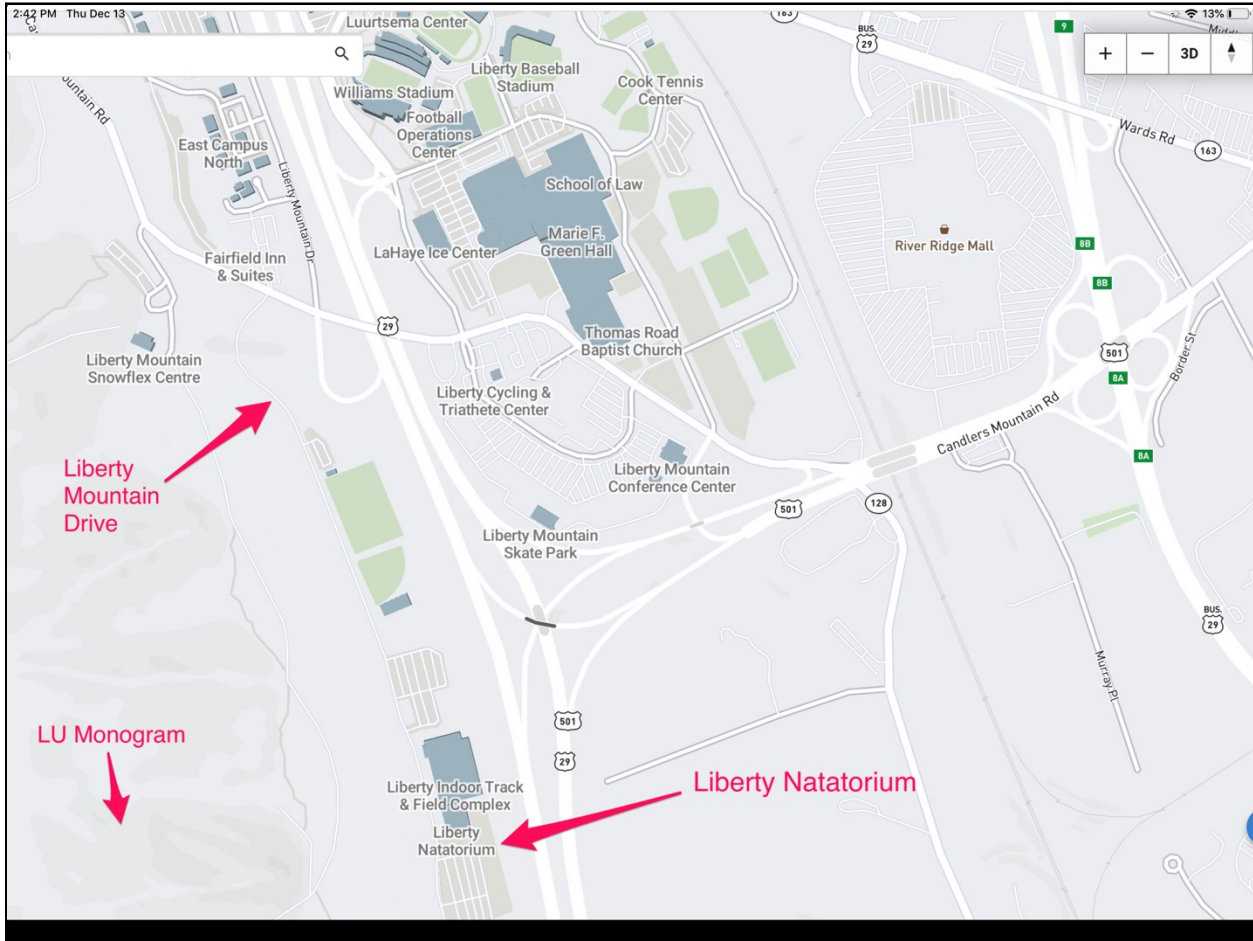
The nearest hospital is Lynchburg General:  
1901 Tate Springs Road  
Lynchburg, VA 24501  
434-200-3000  
For all medical emergencies call 911

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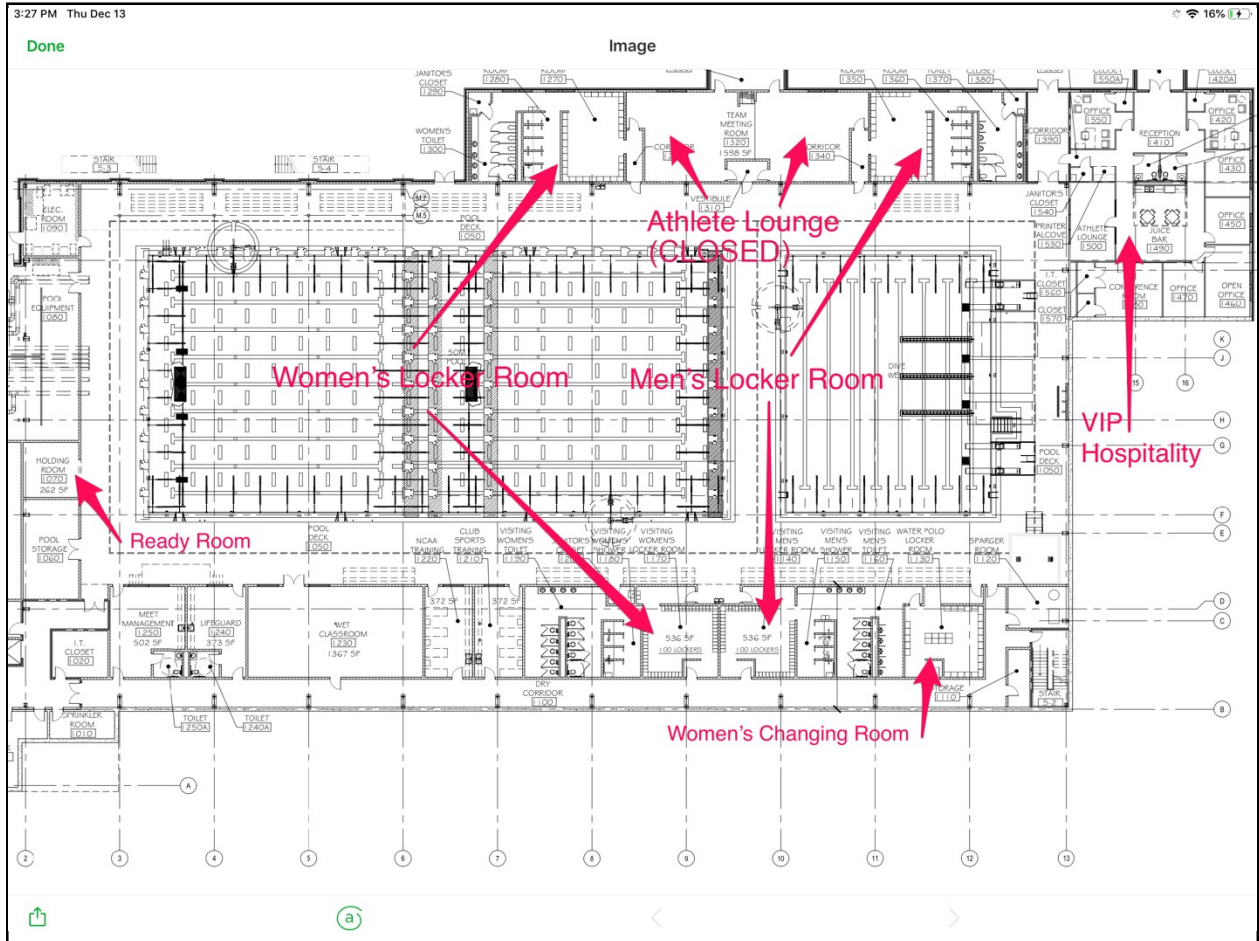
<b>Order of Events</b>		
<b>Day 1</b> <b>Warm Up: 7:45AM</b> <b>Meet Start: 9:00AM</b>		
1	400 IM—TIMED FINALS	2
3	200 Medley Relay	4
5	200 Freestyle	6
7	100 Breaststroke	8
9	50 Freestyle	10
11	100 Butterfly	12
13	100 IM	14
15	200 Backstroke	16
17	50 Butterfly	18
19	400 Freestyle Relay	20
21	1000 Freestyle—TIMED FINALS	22
<b>Day 2</b> <b>Warm Up: 7:30AM</b> <b>Meet Start: 9:00AM</b>		
23	500 Freestyle—TIMED FINALS	24
25	400 Medley Relay	26
27	50 Backstroke	28
29	100 Freestyle	30
31	50 Breaststroke	32
33	200 Butterfly	34
35	200 IM	36
37	100 Backstroke	38
39	200 Breaststroke	40
41	200 Freestyle Relay	42



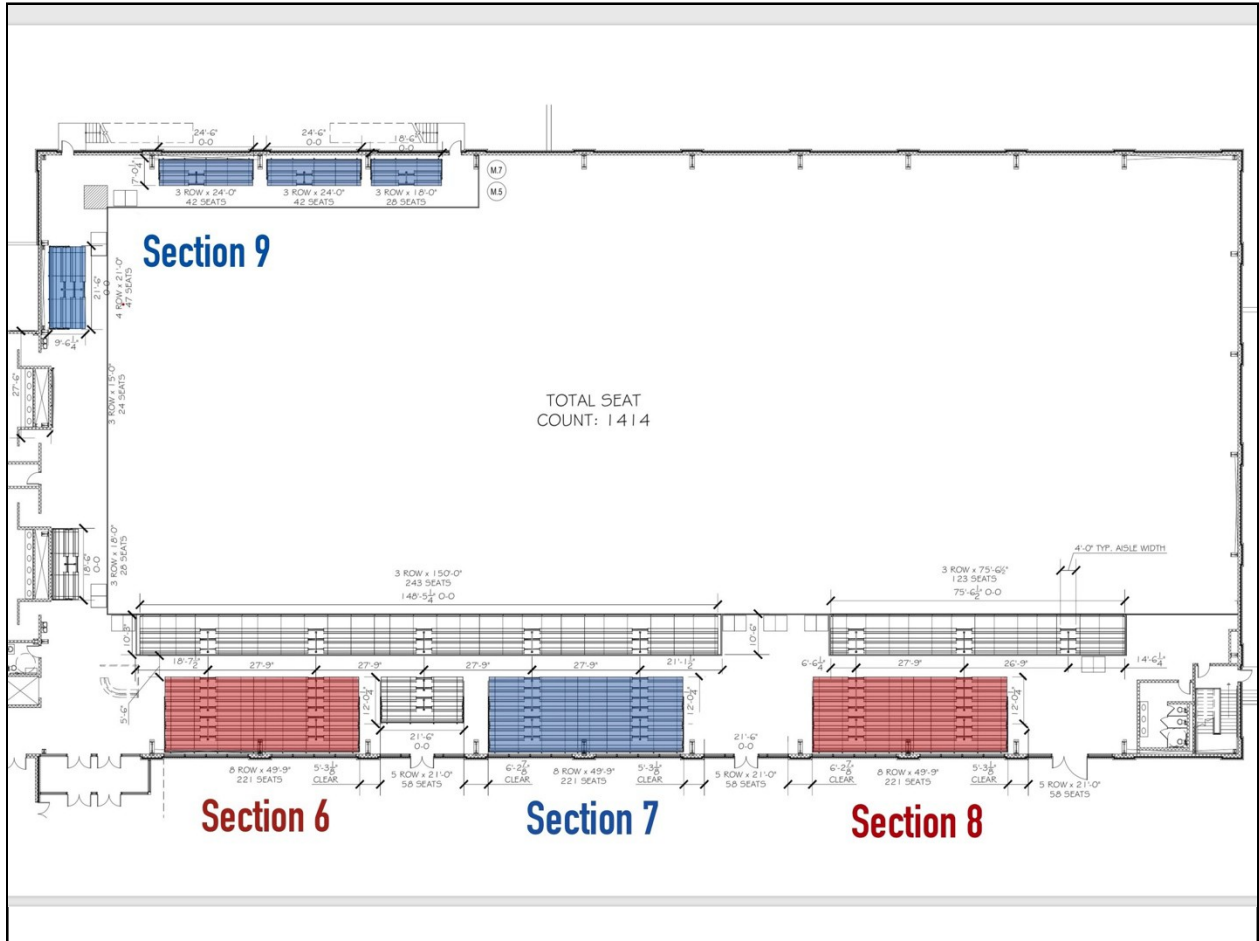
# LIBERTY UNIVERSITY CAMPUS MAP



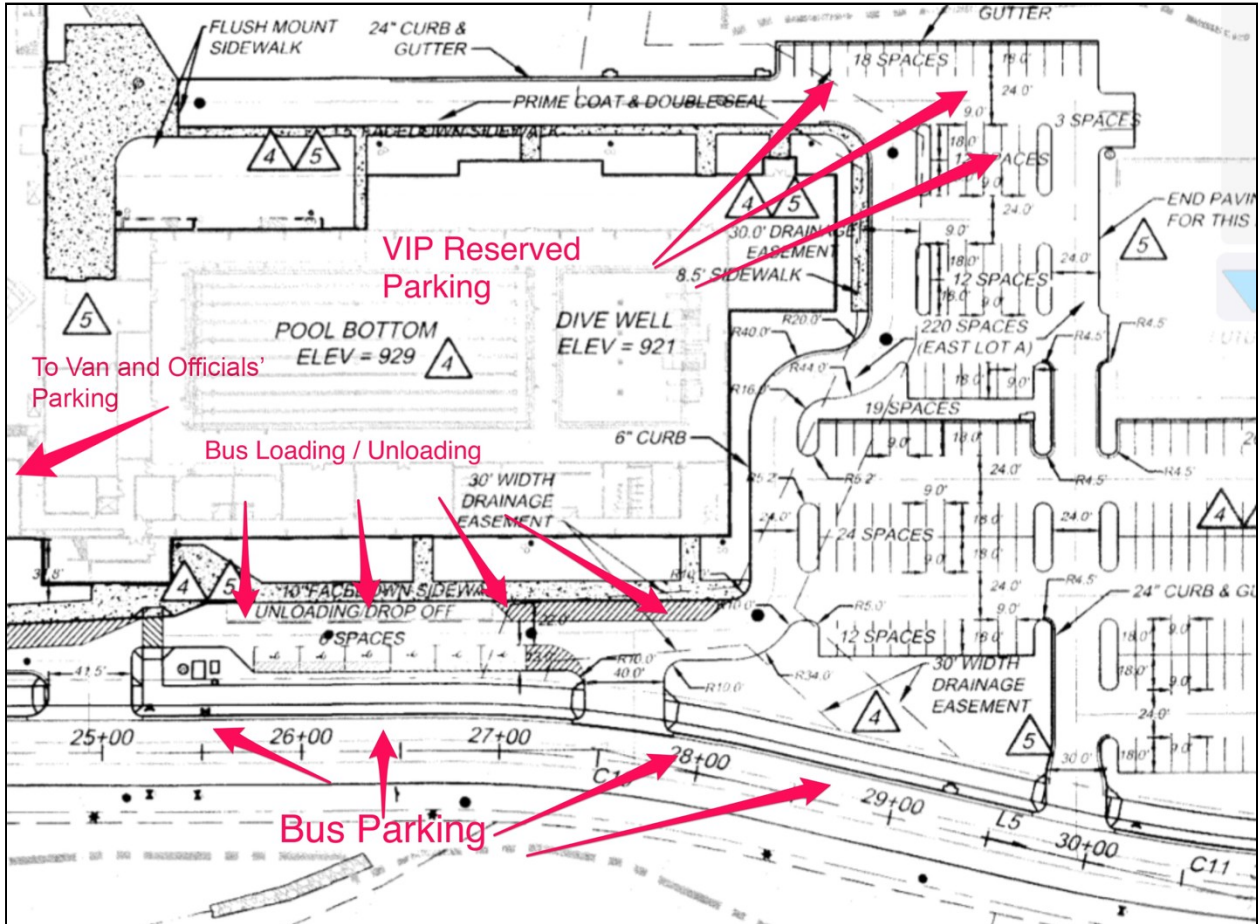
# LIBERTY UNIVERSITY NATATORIUM FACILITY LAYOUT



# TEAM SEATING LAYOUT - MEZZANINE LEVEL



## PARKING AND LOADING



All athletes, officials and coaches will be asked to enter through the Natatorium main entrance.

Team buses and vans may load/unload at the main entrance to the Liberty University Natatorium off of Liberty Mountain Drive. Bus parking is available along the street adjacent to the Natatorium main entrance.