



2018 College Club Swimming
REGIONAL CHAMPIONSHIP

November 10-11, 2018 | NSU Aquatic Center | Ft. Lauderdale, FL

MEET INFORMATION PACKET

Athlete Entry Deadline: November 5, 2018 at 11:59 pm EST

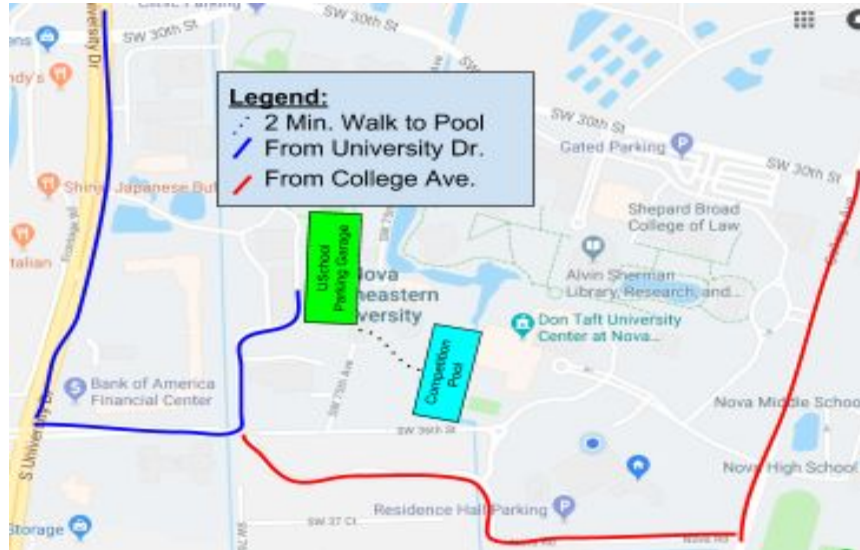
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MEET ADMINISTRATION

Facility Address & Map

Nova Southeastern University
3301 College Avenue
Ft. Lauderdale, FL 33314



Meet Director

Olivia Williams

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219-608-4005

NSU Aquatics Facilities

Manager

Adam Parks

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Meet Manager

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Meet Referee

Kathy Fish

albanyfish@yahoo.com

NSU Executive Board

President

Treasure

Secretary

Meet Manager

Olivia Williams

Alex Lamb

Sarah Kennedy

Samuel Galan

~All inquiries for the NSU executive board can be made at nsuclubswimming@gmail.com~

SITE INFORMATION

About the Facility

The NSU Competition Pool is located in beautiful Fort Lauderdale, FL and is the largest pool in the state of Florida by volume holding over a million gallons of water. The pool is a 50 meter by 25 yard pool and features an attached diving well and two movable bulkheads that have the ability to divide the pool into two 25 yard pools. The most shallow point of the pool is 5 feet deep and the deepest point of the pool reaches 16.5 feet.

Parking at the Pool

Parking will be free of charge to everyone attending the meet including meet administration, officials, club teams, and spectators. Parking will be made available in the University School parking garage. Please see the map on the previous page as a visual for where to park.

Hotels

For a list of hotels that offer a discount when mentioning NSU, follow this link <http://www.nova.edu/travel/hotels.html>. If you have questions, send an email to nsuclubswimming@gmail.com.

Local Things to Do

If you are looking for places to team bond, there's a variety of options in the nearby area. We have three main beaches less than 30 minutes away for some relaxation and tanning in your free time. Fort Lauderdale beach is one of the busiest, but provides the downtown Fort Lauderdale experience all day. Around this beach are several restaurants as well as options for a night out. Hollywood beach is on the chiller end of beaches, with several dining options ranging from Greek food like Taverna Opa to Jimmy Buffet vibes as well. Dania beach is a great quiet beach with a pier and food options right on the shore. Quarterdeck is a satisfying place to grab a bite to eat after a long beach day. If you're feeling like spending money, visit Sawgrass Mills Mall. This mall is the largest outlet destination in the United States featuring over 350 stores. IFly is an indoor skydiving place to keep your adrenaline pumping outside of the pool. There's also mini golfing and arcades around to keep the fun going. If your team has any questions about the surrounding area, do not hesitate to contact the NSU executive board.

MEET SCHEDULE

Swimming

	Prelims		Finals	
	Warm-Up	Start	Warm-Up	Start
Saturday	8:00 am	10:00 am	5:00 pm	6:00 pm
Sunday	7:00 am	9:00 am	~3:00 pm	~4:00 pm

All prelims and finals will take place in the pool on the diving well side. Warm-ups will be held in the pool on the scoreboard side as well as in the diving well when not in use. The diving well will be available for the entirety of the Sunday session.

Diving (Saturday Only)

	Warm-Up	Start
1 meter	7:00 am	8:00 am
3 meter	2:00 pm	3:00 pm

Pool Deck Hours

The pool deck will be open at the start of the diving session on Saturday and no earlier than 30 minutes before warm-ups on Sunday.

Presidents/Coaches Meetings

Presidents/coaches meetings will occur daily as follows. Any changes will be announced through a text platform as done at the 2017 CCS National meet.

Saturday	8:30 am, near the lifeguard room
Sunday	7:30 am, near the lifeguard room

ORDER OF EVENTS

Women	Event	Men
	Saturday	
1	4x200 Freestyle Relay	2
3	200 Individual Medley	4
5	100 Backstroke	6
7	50 Butterfly	8
9	100 Breaststroke	10
11	4x50 Freestyle Relay	12
13	200 Butterfly	14
15	50 Freestyle	16
17	4x100 Medley Relay	18
19	1000 Freestyle	20
	Sunday	
21	500 Freestyle	22
23	4x50 Medley Relay	24
25	200 Backstroke	26
27	200 Breaststroke	28
29	100 Butterfly	30
31	200 Freestyle	32
33	100 Individual Medley	34
35	50 Backstroke	36
37	50 Breaststroke	38
39	100 Freestyle	40
41	400 Individual Medley	42
43	4x100 Freestyle Relay	44
45	Mixed Fun Relay	45

A 15 minute break will take place after the 4x50 freestyle relay on Saturday and the 400 Individual Medley on Sunday.

There will be no timed finals for the 500 and the 1000 freestyle events

ATHLETE ELIGIBILITY

As per the College Club Swimming Governance Handbook, Section 2.2 Swimming Competition:

Eligibility of Swimmers

- Any swimmer who has gone through the CCS swimmer registration process and meets the CCS eligibility requirements (in section 2.3 of the Governance Handbook) will be eligible to have their times in the CCS database.
- Any swimmer who swims with a college club program, but isn't registered with CCS may participate in non-regional or national championship meets but their times will not be reflected in the CCS database.
- Any swimmer who is currently on a varsity team or has competed in a varsity meet in the current academic year may only compete as an exhibition swimmer at the local level and is not eligible for regional or national competition.
- Any swimmer who does not meet the NCAA amateurism eligibility standards may only compete as an exhibition swimmer at the local level and is not eligible for regional or national competition.

Relays

- Relay teams must be composed of four registered CCS swimmers who swim on the same registered CCS club.
- Men's relays must be composed of 4 male swimmers. Women's relays must be composed of 4 female swimmers.

As per the College Club Swimming Governance Handbook, Section 3.2 Membership of Individuals:

The club and its university or college decides who can be a member of their local club team. The below definition is only for eligibility as a nationally-registered CCS swimmer, who will be listed in the CCS database.

To be an individual CCS member, a swimmer needs to be a member of a CCS registered club. They can only be a member of one registered CCS club at a time.

The swimmer must also meet the following requirements:

- The member is in good standing with a CCS club affiliated with a university or College.
- The member is affiliated with the university as a full-time or part-time undergraduate or graduate student in the current academic term, a full-time co-op/intern student or faculty and staff in the current term.

REGIONAL MEET POLICIES

Rules and Regulations

The 2018 Collegiate Club Swimming Regional Championship will follow [US Masters Swimming Rules and Regulations](#) for starts, strokes, turns, relays, and disqualifications. USAS/USMS certified officials will be onsite to ensure compliance.

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 FINA 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.
 - ❖ 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.
- Postponements (NSU Competition Pool is located outside)
 - ❖ If, prior to the start of a meet or event, unusual or severe weather or other conditions preclude the possibility of safely and effectively conducting a meet or event, the meet committee may cancel or postpone it.
 - ❖ A 30 minute delay for each lightning strike within the radius as per protocol of the NSU Aquatic facility will be followed; however, an

official or head lifeguard at the facility has the right to make the call if they feel it needs to be made.

- ❖ In the case of extensive delays
 - Relays are cancelled
 - Finals are scored as seeded (if the last night of the session is scored)
 - If a prelims session is cancelled, it can be swum as timed finals.

Swim-Off Policy

Swim-offs will occur in the event of a tie in prelims that affects placement in finals; USA Swimming swim-off rules shall apply.

Deck Entry Policy

No deck entries will be accepted for individual events, swimming or diving, nor for relay events. Swimmers and divers must enter the events they wish to swim no later than the entry deadline found on the front page of this meet packet or on Page 10.

Relay Line-Up Policy

For each relay entered in the event, all club presidents will receive a relay card. Changes can be made to the relay line-up no later than 1 hour prior to the start of the corresponding timed finals or prelims session. The correct relay card must be given to the clerk of course.

Scratch Policy

A scratch policy will be implemented for all individual events. Results from prelims will be posted once gathered. Within 30 minutes of the posting, teams must declare their intent to scratch to the clerk of course table. A scratch form will be at the table in which the swimmer prints and signs their name, writes their event they intend to scratch and the date. If a team should fail to declare an intent to scratch and an individual was placed in a finals heat, that individual will be prohibited from any other event they are swimming. Although there will be no consequences to a team/individual if there is failure to scratch from a prelim session, we strongly encourage presidents to make it aware to the clerk of course table if an individual has intent to scratch. In the case of an emergency and a scratch intent is not declared, there will be no charge so long as the official has been notified as proof. If you have any

questions, comments, or concerns about the scratch policy, please email nsuclubswimming@gmail.com.

Scoring

Scoring will be on a 16-place basis. Timed finals award points to those placing 1st through 8th in the championship final. Points for 9th through 16th place will be awarded solely on the basis of a consolation final. Only 3 swimmers will be able to score points for their team. More than 3 swimmers will have the ability to be in the finals heat; however, the score for the lowest placing swimmer of that team will be forfeited and will not be awarded to any swimmer. Only one relay per team will have the ability to earn points for their team. Additional relays are exhibition. Placement into finals for relays will be made accordingly. Points will be awarded as follows:

	Championship								Consolation							
Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Ind. Events	20	18	16	14	13	12	11	10	8	7	6	5	4	3	2	1
Relays	40	36	32	28	26	24	22	20	16	14	12	10	8	6	4	2

Awards

Individual medals will be awarded to the top three finishers in every event to include diving. Team awards will be given to the top three finishers in the Women's and Men's categories. Medals will also be awarded to the women's and men's swimmer of the meet.

Club Absence Policy

In the event that a team is unable to attend the regional competition and entries have already been made, that team will still be held accountable for paying 100% of their meet entry fees for the amount of swimmers entered from their team. Absolutely no exceptions will be made.

MEET ENTRY GUIDELINES

Event Limitations

Individuals must elect to compete in swimming events OR diving events. No individual may participate in both.

Swimming: Individual Events

Each athlete will be eligible to swim five individual events total.

Swimming: Relays

Each club will be able to enter an A and a B relay. Only one relay from each club will be permitted to enter finals. This will be the relay that will be eligible to score for their club.

Diving

Divers will be expected to complete 6 dives on each board. 1 meter and 3 meter diving will be available. Athletes will be allowed to dive for both the 1 meter and 3 meter competitions. Each diver must compete 4 of the 5 categories (forward, back, reverse, inward, twist). Should an athlete wish to compete less than 6 dives, they will be considered to be competing exhibition. For questions about the diving portion of the regional championship meet, please contact Amy Anfinrud at nsuclubdiving@gmail.com.

Entry Fees

Swimming

\$15 per swimmer

Diving

\$20 per diver

Late Entry

There will be no late entry permitted for this meet

Entry Procedures

The entry deadlines for individual athletes are as follows:

Athlete Entry Deadline: November 5, 2018 at 11:59 pm EST

Swimming

All swimming entries should be submitted in the form of a Hy-Tek file and emailed to nsuclubswimming@gmail.com. The meet will have a cap of 700 swimmers and will run on a first come first serve basis. Placement of the teams on and around the pool deck will be done in the order that their entries are received.

Diving

All Diving entries must be submitted using a single excel document in the following format:

Name	Team	Gender	Dive 1	Dive 2	Dive 3	Dive 4	Dive 5	Dive 6
...

Please name this document as follows:

[team abbreviation]_2018dive (ex. NSU_2018dive)

One sheet of the excel sheet should be for 1 meter diving and the other sheet should be for 3 meter diving. Please label the tabs “1 Meter” and “3 Meter.” These need to be emailed to nsuclubdiving@gmail.com.

VOLUNTEER GUIDELINES

Teams will need to supply 1 volunteer per 10 athletes. This meaning if you have 20 athletes attending, you must supply 2 volunteers. Teams are not limited to the number of volunteers they may supply, though. If you are only bringing 4 athletes, your team is still welcome to supply volunteers and encouraged to do so. Volunteers may be:

1. One of your athletes who is not swimming or diving in the session of their shift
2. A parent, friend, or spectator in attendance on behalf of your team.

Each shift in prelims will last about 2 hours with a chance of being longer during finals. Volunteers will be permitted to volunteer for more than one shift. Snacks and drinks will be provided to those who volunteer. We will ask that an emailed list of volunteers be sent to nsuclubswimming@gmail.com. It will be up to the your team; however, to distribute necessary information to your volunteers.

If there are any questions with regard to the volunteer policy, please contact Olivia Williams at nsuclubswimming@gmail.com.

NATIONALS STANDARDS

2019 Time Standards

Women	Event	Men
27.89	50 Freestyle	23.89
1:03.79	100 Freestyle	53.59
2:19.59	200 Freestyle	1:57.99
5:54.99	500 Freestyle	5:21.89
Must qualify for the 500 Freestyle	1000 Freestyle	Must qualify for the 500 Freestyle
33.29	50 Backstroke	29.69
1:12.39	100 Backstroke	1:01.39
2:28.89	200 Backstroke	2:14.99
37.29	50 Breaststroke	31.59
1:21.59	100 Breaststroke	1:09.19
2:52.49	200 Breaststroke	2:32.49
3:11.9	50 Butterfly	26.49
1:09.79	100 Butterfly	58.89
2:34.09	200 Butterfly	2:13.79
1:11.29	100 IM	1:02.09
2:34.99	200 IM	2:14.59
5:46.99	400 IM	4:51.99

FIN

