



## **2024 CCS REGIONAL CHAMPIONSHIPS MEET INFORMATION PACKET**

**EASTERN: College Park, MD – October 26-27**  
**CENTRAL: Bowling Green, OH – November 2-3**  
**SOUTHERN: Tallahassee, FL – November 9-10**  
**WESTERN: San Diego, CA – November 16-17**

### **Important Notes:**

**All Registration/President Portal Deadlines will be in EASTERN time zone.**

**All Meet Session Warm Up / Start times will be in the host's LOCAL time zone.**

### **Revision Log**

September 17: Western Regionals session start times corrected.  
October 22: Western Regionals finals session start times updated.

**Location** Please refer to the region map on page 7 to determine which CCS Regional Championship meet your Club is assigned.

As per Section 2.4.2 of the [College Club Swimming Governance Handbook](#), clubs may compete at a Regional Championship outside of their geographically assigned region but will compete as exhibition, are not permitted to swim in finals in prelims/final events, and are ineligible to score points. Such clubs who participate out of region will have their results uploaded to the CCS database and are eligible for Nationals qualification, but are not eligible for top performance recognition according to the College Club Swimming Governance Handbook Section 2.5.3.

**Sanctions** This meet is sanctioned by College Club Swimming. 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. For USA Swimming specifically, in order for times to be eligible for entry into the SWIMS database, swimmers must 1) be an active member with USA Swimming and 2) have completed Athlete Protection Training no later than the individual athlete entry deadline. 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](mailto:ccs.regionals@gmail.com) by the individual athlete entry deadline.

**Eligibility** Open to all current CCS swimmers who meet the eligibility requirements in accordance with section 3.2.2 of the [College Club Swimming Governance Handbook](#). There are no qualifying times for CCS Regional Championship meets. As per section 3.2.2, swimmers must be a current member of a CCS registered club and meet the [College Club Swimming Amateurism and Eligibility Policy](#). Swimmers must be registered and entered in the meet prior to the entry deadline. Swimmers must also be over 18 years old prior to the start of the meet. For swimmers turning 18 years of age between the entry deadline and the start of the meet, please refer to the Under 18 Policy below for instructions on entering the meet and registering with CCS.

**Disability Swimming** Swimmers with disabilities are eligible to compete in CCS Regional Championships. 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.

**Format** These championships will be conducted in the prelims/finals format. The 500 Freestyle, 400 Individual Medley, 1000 Freestyle, 200 Backstroke, 200 Butterfly, and 200 Breaststroke will be conducted as timed finals events in prelims. All relay events will be conducted as timed finals events in finals. All other individual events will be conducted as prelim/final events. During finals, Consolation (B final) heats will swim first followed by the Championship (A final) heats.

**Seeding** The 500 Freestyle and 1000 Freestyle will be seeded fastest to slowest. All other preliminary and timed finals events will be seeded slowest to fastest.

**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 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 respective 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 time" (NT) entries will not 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 will be limited to 4 individual events and may enter all 4 relay events. Clubs may only enter a maximum of two relay teams (A and B team) per relay event.

<b>Deck Entries</b>	Deck entries are not accepted. Entries must be correctly submitted by the entry deadline.
<b>Club Absence Policy</b>	In the case that a club 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.
<b>Scoring &amp; Awards</b>	<p>Only “A” relays are eligible to score.</p> <p>Team awards will be given to the top three finishers in the Women's, Men's, and Combined Team categories.</p> <p>Teams competing outside of their assigned region will compete as exhibition and are not eligible to score points.</p>
<b>Rules</b>	<p>The 2024 CCS Regional Championship meets will follow <a href="#">U.S. Masters Swimming rules</a> for starts, strokes, turns, relays, and disqualifications. USA Swimming/U.S. Masters Swimming certified officials will be onsite to ensure compliance. 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.</p> <ul style="list-style-type: none"> <li>• Swimwear for Competition <ul style="list-style-type: none"> <li>○ Swimwear shall include only a swimsuit, no more than two caps, goggles, and a nose clip and/or ear plugs if desired.</li> <li>○ Only swimsuits complying with World Aquatics swimsuit specifications may be worn. Suits with tie-backs or other fasteners, are NOT permitted for competition.</li> <li>○ Medical tape on the body is not permitted unless approved by the meet referee. K-tape on shoulders, elbows, or knees is never permitted.</li> <li>○ 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.</li> <li>○ Violation of any of these rules may result in disqualification. Exceptions may apply for extenuating circumstances at the discretion of the meet referee</li> </ul> </li> <li>• Protests <ul style="list-style-type: none"> <li>○ 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 <a href="mailto:collegeclub@usmastersswimming.org">collegeclub@usmastersswimming.org</a> within 5 days of the event.</li> </ul> </li> </ul>

**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 shall remain in assigned viewing areas in accordance with facility guidelines.

**Camera Zones** 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.

**Under 18 Policy** Swimmers turning 18 between the meet entry deadline and the first day of the championship meet are eligible to compete in the 2024 CCS Regional Championship 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 their regional championship meet. **Swimmers turning 18 after the first day of the meet are NOT eligible to participate.**
- 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.
- Submit their requested meet entries by email to [ccs.regionals@gmail.com](mailto:ccs.regionals@gmail.com) by the entry deadline.

**Meet Contacts** For general questions, contact the Regional Championship Liaisons at [ccs.regionals@gmail.com](mailto:ccs.regionals@gmail.com).

For specific host and meet operation questions, contact the meet host.

For questions regarding payment processing and president portal login troubleshooting, contact College Club Swimming at [collegeclub@usmastersswimming.org](mailto:collegeclub@usmastersswimming.org)

# ORDER OF EVENTS

Day 1 Prelims		
3	200 Fly	4
5	50 Free	6
7	200 IM	8
9	50 Fly	10
11	100 Breast	12
13	200 Free	14
15	100 Back	16
17	1000 Free	18

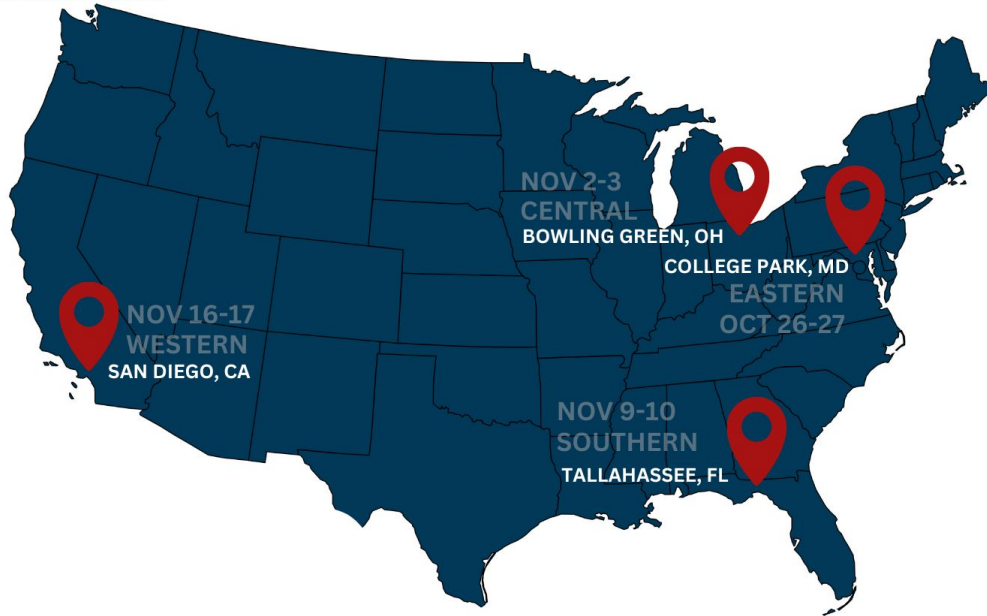
Day 1 Finals		
1	4x50 Medley Relay	2
5	50 Free	6
7	200 IM	8
9	50 Fly	10
11	100 Breast	12
13	200 Free	14
15	100 Back	16
19	4x100 Free Relay	20

Day 2 Prelims		
23	400 IM	24
25	50 Back	26
27	100 Fly	28
29	50 Breast	30
31	100 Free	32
33	200 Back	34
35	100 IM	36
37	200 Breast	38
39	500 Free	40

Day 2 Finals		
21	4x50 Free Relay	22
25	50 Back	26
27	100 Fly	28
29	50 Breast	30
31	100 Free	32
35	100 IM	36
41	4x100 Medley Relay	42



# 2024 REGIONAL CHAMPIONSHIP SITES



Region Assignments by State			
Eastern	Central	Southern	Western
Connecticut	Illinois	Alabama	Alaska
DC	Indiana	Arkansas	Arizona
Delaware	Iowa	Florida	California
Maine	Kansas	Georgia	Colorado
Maryland	Kentucky	Louisiana	Hawaii
Massachusetts	Michigan	Mississippi	Idaho
New Hampshire	Minnesota	North Carolina	Montana
New Jersey	Missouri	Oklahoma	Nevada
New York	Nebraska	South Carolina	New Mexico
Pennsylvania	North Dakota	Tennessee	Oregon
Rhode Island	Ohio	Texas	Utah
Vermont	South Dakota		Washington
Virginia	Wisconsin		Wyoming
West Virginia			

# 2024 EASTERN REGIONAL CHAMPIONSHIP



## COLLEGE PARK, MD

**Host/ Location:** UMD Club Swim | Geary F. Eppley Natatorium | 4128 Valley Dr. College Park, MD 20742

**Meet Contacts:**

Maeve Smarick  
President / Meet Coordinator  
[Umdclubswim@gmail.com](mailto:Umdclubswim@gmail.com)  
301-788-2490

Ashley Oiler  
Co-Vice President  
[Umdclubswim@gmail.com](mailto:Umdclubswim@gmail.com)  
847-373-2718

Grace Serino  
Co-Vice President  
[Umdclubswim@gmail.com](mailto:Umdclubswim@gmail.com)  
443-786-5373

Colton Martin / Josie DeRonja  
Regional Championship Liaison  
[Ccs.regionals@gmail.com](mailto:Ccs.regionals@gmail.com)

Day	Prelims Warm Up	Prelims Meet Start	Finals Warm Up	Finals Meet Start
Saturday, October 26th	8:00am	9:00am	5:00pm	6:00pm
Sunday, October 27th	8:00am	9:00am	4:00pm	5:00pm

**Entry Deadlines (Eastern Time):**

Individual Athlete Entry: Wednesday, October 16<sup>th</sup> @ 11:59pm

President Confirmation: Thursday October 17<sup>th</sup> @ 12:00am – Sunday October 20<sup>th</sup> @ 11:59pm.

Presidents must enter relays and may modify entries during the confirmation period. No late entries or modifications will be permitted following the close of the confirmation period.

**Entry Fees:** \$30 / Athlete

**About the Facility:** Indoor pool with one or two eight lane competition courses with a minimum depth of 8ft 6in. A minimum of ten warm up lanes will be available throughout the meet. The pool is equipped with non-turbulent anti wave lane lines, KDI Paragon starting blocks with adjustable track start. A fully automatic Colorado Timing System and video scoreboard will be utilized.

**Spectators:** Spectators will be welcome in assigned spectator seating. There will be no admission fee.

**Finals Procedure:**

For prelims/finals events, the top 16 swimmers from prelims will advance to finals.

**Scoring**

Place	Championship Final								Consolation Final							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Individual</b>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<b>Relay</b>	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Medals will be awarded to the top 3 placers in each individual and relay event.

Team awards will be given to the top three finishing clubs in the Womens, Mens, and Combined Team categories.



**2024** COLLEGE CLUB  
**CENTRAL**  
**REGIONAL**  
**CHAMPIONSHIP**  
  
**BOWLING GREEN, OH**

**Host/Location:** BGSU Club Swim | BGSU Rec Center | 1411 Ridge St. Bowling Green, OH 43403

**Meet Contacts:**

Nicole Kosakowski  
 Head Coach / Meet Director  
[Bgsuclubswim@gmail.com](mailto:Bgsuclubswim@gmail.com)

Ellie Kill  
 President  
[Bgsuclubswim@gmail.com](mailto:Bgsuclubswim@gmail.com)

Elaina Malach  
 Vice President  
[Bgsuclubswim@gmail.com](mailto:Bgsuclubswim@gmail.com)

Andrew Jipping  
 Treasurer  
[Bgsuclubswim@gmail.com](mailto:Bgsuclubswim@gmail.com)

Colton Martin / Josie DeRonja  
 Regional Championship Liaison  
[Ccs.regionals@gmail.com](mailto:Ccs.regionals@gmail.com)

Day	Prelims Warm Up	Prelims Meet Start	Finals Warm Up	Finals Meet Start
Saturday, November 2	9:00 AM	10:00 AM	4:00 PM	5:00 PM
Sunday, November 3	9:00 AM	10:00 AM	3:00 PM	4:00 PM

**Entry Deadlines (Eastern Time):**

Individual Athlete Entry: Wednesday, October 23<sup>rd</sup> @ 11:59pm

President Confirmation: Thursday, October 24<sup>th</sup> @ 12:00am – Sunday, October 27<sup>th</sup> @ 11:59pm

Presidents must enter relays and may modify entries during the confirmation period. No late entries or modifications will be permitted following the close of the confirmation period.

**Entry Fees:** \$30 / Athlete

**About the Facility:** Indoor pool with one ten lane competition course with a minimum depth of 13ft. A minimum of eight warm up lanes will be available throughout the meet. The pool is equipped with non-turbulent competitor lane lines, Spectrum Xcellerator starting blocks with adjustable track start, and Colorado backstroke wedges. A fully automatic Colorado Timing System and video scoreboard will be utilized.

**Spectators:** Spectators are welcome in designated seating areas. There will be a \$7/session or \$10/day admission fee. Venmo or Cash accepted.

**Finals Procedure:**

For prelims/finals events, the top 20 swimmers from prelims will advance to finals.

**Scoring:**

Place	Championship Final										Consolation Final									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Individual</b>	25	22	20	18	17	16	15	14	13	12	10	9	8	7	6	5	4	3	2	1
<b>Relay</b>	50	44	40	36	34	32	30	28	26	24	20	18	16	14	12	10	8	6	4	2

Medals will be awarded to the top 3 placers in each individual and relay event. Rubber duck heat winner awards will be awarded. Team awards will be given to the top three finishing clubs in the Womens, Mens, and Combined Team categories.



**Host/Location:** FSU Swim Club | Morcom Aquatics Center | 2560 Pottsdamer St. Tallahassee, FL 32310

**Meet Contacts:**

Maddie Kohs  
President  
[Fsuswimclub@gmail.com](mailto:Fsuswimclub@gmail.com)

Isabella Marim  
Vice President  
[Fsuswimclub@gmail.com](mailto:Fsuswimclub@gmail.com)

Colton Martin  
Meet Director  
[Fsuswimclub@gmail.com](mailto:Fsuswimclub@gmail.com)  
904-885-4823

Colton Martin / Josie DeRonja  
Regional Championship Liaison  
[Ccs.regionals@gmail.com](mailto:Ccs.regionals@gmail.com)

Day	Prelims Warm Up	Prelims Meet Start	Finals Warm Up	Finals Meet Start
Saturday, November 9	10:30am	11:30am	5:00pm	6:00pm
Sunday, November 10	8:00am	9:00am	3:00pm	4:00pm

**Entry Deadlines (Eastern Time):**

Individual Athlete Entry: Wednesday, October 30<sup>th</sup> @ 11:59pm

President Confirmation: Thursday, October 31<sup>st</sup> @ 12:00am – Sunday, November 3<sup>rd</sup> @ 11:59pm

Presidents must enter relays and may modify entries during the confirmation period. No late entries or modifications will be permitted following the close of the confirmation period.

**Entry Fees:** \$35 / Athlete

**About the Facility:** Outdoor pool with two eight lane competition courses with a minimum depth of eight feet throughout. A minimum of eight warm up lanes will be available throughout the meet in the adjacent diving well. The pool is equipped with nonturbulent competitor lane lines, Kiefer starting blocks with adjustable track start, and Colorado backstroke wedges. A fully automatic Omega timing system will be utilized with results displayed on a viviLED video scoreboard.

**Spectators:** Spectators will be welcome in assigned spectator seating. There will be no admission fee.

**Finals Procedure:**

For prelims/finals events, the top 16 swimmers from prelims will advance to finals.

**Scoring:**

Place	Championship Final								Consolation Final							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
<b>Individual</b>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<b>Relay</b>	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Medals will be awarded to the top 3 placers in each individual and relay event. Team awards will be given to the top three finishing clubs in the Womens, Mens, and Combined Team categories.

# 2024 WESTERN REGIONAL CHAMPIONSHIP SAN DIEGO, CA

**Host/Location:** UCSD Club Swim | Canyonview Aquatics Center | 3302 Voigt Dr. San Diego, CA 92121

**Meet Contacts:**

Erin Swift  
President

[Ucsdclubswim@gmail.com](mailto:Ucsdclubswim@gmail.com) | 609-305-7392

Garrett Feng  
Meet Director

[Ucsdclubswim@gmail.com](mailto:Ucsdclubswim@gmail.com)  
916-280-8998

Colton Martin / Josie DeRonja  
Regional Championship Liaison  
[Ccs.regionals@gmail.com](mailto:Ccs.regionals@gmail.com)

Day	Prelims Warm Up	Prelims Meet Start	Finals Warm Up	Finals Meet Start
Saturday, November 16th	8:00am	9:00am	4:30pm	5:30pm
Sunday, November 17th	8:00am	9:00am	4:30pm	5:30pm

**Entry Deadlines (Eastern Time):**

Individual Athlete Entry: Wednesday, November 6<sup>th</sup> @ 11:59pm

President Confirmation: Thursday, November 7<sup>th</sup> @ 12:00am – Sunday, November 10<sup>th</sup> @ 11:59pm.

Presidents must enter relays and may modify entries during the confirmation period. No late entries or modifications will be permitted following the close of the confirmation period.

**Entry Fees:** \$35 / Athlete

**About the Facility:** Outdoor pool with one ten lane competition course. A minimum of 8 warm up lanes will be available throughout the meet. The pool is equipped with non-turbulent antiwave lane lines, Myrtha Pools adjustable track start starting blocks, and Colorado backstroke wedges. A fully automatic Colorado Time System and Daktronics scoreboard will be utilized.

**Spectators:** Spectators will be welcome in assigned spectator seating.

**Finals Procedure:**

For prelims/finals events, the top 20 swimmers from prelims will advance to finals.

**Scoring:**

Place	Championship Final										Consolation Final									
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
<b>Individual</b>	25	22	20	18	17	16	15	14	13	12	10	9	8	7	6	5	4	3	2	1
<b>Relay</b>	50	44	40	36	34	32	30	28	26	24	20	18	16	14	12	10	8	6	4	2

Medals will be awarded to the top 3 placers in each individual and relay event. Team awards will be given to the top three finishing clubs in the Womens, Mens, and Combined Team categories.