

2024 COLLEGE CLUB
SWIMMING
U.S. MASTERS SWIMMING



SOUTHERN
REGIONAL
CHAMPIONSHIP



Visit
Tallahassee

Pretty. Unexpected.

2024 CCS REGIONAL CHAMPIONSHIPS

ARRIVAL LOGISTICS PACKET

SOUTHERN: Tallahassee, FL – November 9-10

Updates and Revisions

Original Publication:10/31
11/3 Seating Chart Updated

Visitor Tracking Form

Each team will be required to complete the following Visitor Tracking form. The form will take approximately 1 minute to complete. [LINK TO FORM](#)

Meet Schedule

Saturday	Sunday
<p>Prelims</p> <p>Doors and Pool Deck Open: 10:15** Warm Up Start: 10:30am President's Meeting: 11:00am Volunteer/Timers Meeting: 11:15am Warm Up End: 11:30am Meet Start: 11:30am Estimated Meet End: 2:00pm</p> <p>Finals</p> <p>Doors and Pool Deck Open: 4:30pm Warm Up Start: 5:00pm President's Meeting: 5:30pm Volunteer/Timers Meeting: 5:45pm Warm Up End: 5:55pm Meet Start: 6:00pm Estimated Meet End: 8:15pm</p>	<p>Prelims</p> <p>Doors and Pool Deck Open: 7:30am Warm Up Start: 8:00am President's Meeting: 8:30am Volunteer/Timers Meeting: 8:45am Warm Up End: 9:00am Meet Start: 9:00am Estimated Meet End: 11:30am</p> <p>Finals</p> <p>Doors and Pool Deck Open: 2:30pm Warm Up Start: 3:00pm President's Meeting: 3:30pm Volunteer/Timers Meeting: 3:45pm Warm Up End: 3:55pm Meet Start: 4:00pm Estimated Meet End: 6:00pm</p>

**On Saturday before prelims, the FSU Varsity Swim/Dive teams will be wrapping up practice at 10:00am. Please be respectful upon entering the facility of any transition between the practice and our warm up. Clubs will not be permitted to enter the facility until this practice concludes. If there are any delays, any schedule changes will be announced in Discord.

Warm Up, Deck Access, Meet Operations

Saturday Check- In

Check-In will be available outside the facility gates beginning at 9:45am. One team representative will be required to come to the check-in table to pick up their teams packets with heat sheets, relay cards, and other information. As mentioned above, teams are not permitted to enter the facility until the varsity team has completed practice. Due to the potential short

transition time, it is recommended those swimming in the first warm up group to arrive ready to swim.

Warm Up Times

Warmups will start at the following times:

Warm Up Times	
Saturday Prelims: 10:30am	Sunday Prelims: 8:00am
Saturday Finals: 5:00pm	Sunday Finals: 3:00pm

Prelims Warm Up Procedures

The Competition Pools will be open for general warmup during the scheduled times only. The Diving Well will be continuously open for warm up from the beginning of the warmup session and throughout the prelim sessions. Any warmup time changes will be announced in presidents' meetings and through Discord.

There will be 2 warm up groups, each lasting 30 minutes in the competition pool.

Group A Saturday 10:30-10:55am Sunday 8:00-8:25am	Group B Saturday 10:55-11:25am Sunday: 8:30-8:55am.
Alabama Alabama - Birm Auburn Central Florida Charlotte Clemson Emory Florida Florida Polytechnic Florida State	FGCU Georgia Georgia State GSU Swim Club Jacksonville St. Kennesaw State Kentucky Miami Nova Southeastern South Carolina South Florida Tampa University of North Florida Valdosta State Vanderbilt Tennessee Western Carolina

The last 10 minutes of each warm up period will be controlled warm up as follows:

Lanes 1,8: Pace

Lane 2,3,6,7: One Way Starts

Lanes 4,5: General Warm Up

Finals Warm up Procedures

Both Competition Pools will be open for general warmup during the scheduled times only, and the Golf Course Competition pool will be continuously open for warm up from the beginning of the warmup session and throughout the session. The Diving Well will be closed. Teams will not be assigned warm up time slots for finals. Any warmup time changes will be announced in presidents' meetings and through Discord.

The last 20 minutes of finals warm up will be controlled warm up as described above.

Prelims Courses:

Two competition courses will be utilized for prelims. On Saturday, Men will swim on the Golf Course side and Women will swim on the Scoreboard side. On Sunday, Men will swim on the Scoreboard side and Women will swim on the Golf Course Side. Both sides of the pool are equipped with adjustable foot wedges and backstroke ledges on the starting blocks.

Assigned Team Seating

Teams will be assigned to areas on the pool deck. A detailed seating map will be pasted to this section once entries are finalized. There is limited bleacher seating and permanent shade tents at the facility. If your team is not assigned to a bleacher, it is recommended you come prepared with chairs and your own tents for set up in open deck areas or the grass. Some teams will be assigned to the grass area behind the scoreboard. Average temps in November in Tallahassee can range from the 50s to the 80s. It is recommended to come prepared for all weather combinations.

Results

Results will be live on Meet Mobile and paper copies will be taped to the wall near the locker rooms.

Clerk of Course/Relay Cards/Finals Scratch Procedure

The scratch table will be set up at the admin desk on the Scoreboard competition pool. Following the announcement of qualifiers in prelims/finals events, swimmers must report to the clerk of course within 30 minutes to declare their intention to scratch. Even if swimmers are not a part of the original 16 qualifiers, they are still encouraged to scratch if they do not intend to swim finals. Per the meet packet, failure to appear in finals will result in a \$10 penalty fee, whether or not the swimmer was originally in the top 16 or not.

Relay cards for the relay events of the night should be turned into the Admin desk no later than 30 minutes prior to the start of the finals sessions. Please ensure names are legible and the order is clearly identified.

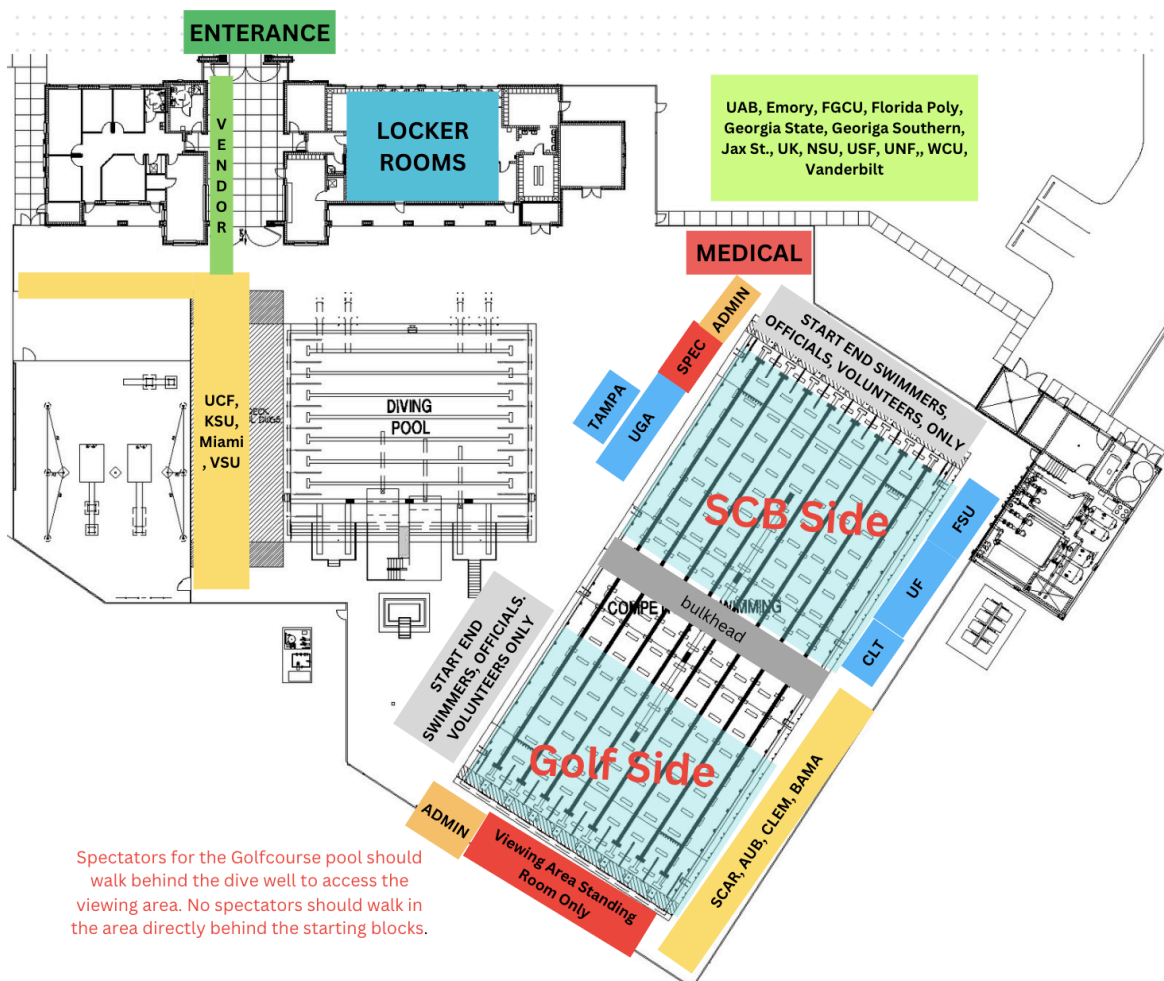
Awards

Event awards will be completed during finals. The following awards schedule is subject to change – any changes will be announced in the Presidents’ meetings. Awards for Saturday and Sunday events will be presented right after the A final of each men’s event. The top 3 athletes in each event need to be ready to receive their award following the conclusion of the men’s A final. For example, the top three finishers in the 100 breaststroke for men and women will receive their award at the conclusion of the men’s 100 breaststroke A final. Awards for timed finals events will be presented prior to the start of that day’s finals session. Team Awards will be presented at the conclusion of Sunday evening finals. Any changes to the awards schedule will be announced in Discord and at President’s meetings.

Facility Policies and Procedures

Moving Through the Facility

Below is a map of how foot traffic is expected to flow. Following these guidelines will ensure the safety of swimmers both on the deck and in the stands. A 6ft clearance must be maintained around the edges of the pool at all times. Blue = Bleachers, Yellow = Open Deck Space, Light Green = Grass.



Facility Policies & Logistics

- For setting up tents and seating areas, a 6ft clearance must be maintained around the edges of the pool deck.
- Please keep all trash picked up in your team and spectator seating areas and stay away from restricted areas. If a swimmer is found in a restricted area, the swimmer will be asked to leave the facility and may be pulled from the remainder of the meet.
- Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of this meet.
- No parents, spectators, or members of the general public will be allowed behind in the areas behind the starting blocks except at the request of a Meet Director or Meet Referee.
- Belongings should be removed from the deck between sessions and overnight for cleaning. Tents and chairs may remain but should be collapsed and secured.
- Florida State University is a smoke-free campus.
- The lost & found is located in the lifeguard office.
- If your team is planning on ordering food delivered to the Morcom Aquatic Center, please ensure the order has the club name listed and that someone is ready to receive it when it arrives.
- In the event of severe weather (heavy rain or lightning) participants must clear the pool deck, return to their vehicles, and remain until conditions improve. If required, any schedule changes will be communicated in the Southern Regionals channel on Discord.

Presidents Meeting Location

Please have a club representative attend the President's Meeting each session. The President's meeting will take place in the breezeway outside of the lifeguard office.

Saturday Prelims: 11:00am

Saturday Finals: 5:30pm

Sunday Prelims: 8:30am

Sunday Finals: 3:30pm

Volunteering Information

Volunteer check-in at the meet will be located in the breezeway outside the lifeguard office. All volunteers should plan on checking in AT LEAST 15 MINUTES prior to the start of their shift. Further directions will be given to volunteers upon arrival.

Volunteers can sign up [here](#):

All teams bringing more than 15-30 athletes are asked to provide one volunteer for two of the four sessions. All teams bringing more than 30 athletes are asked to provide one volunteer per session. These volunteers can be parents/fans or competing athletes. We plan to use all non-host club volunteers as timers. All teams who are providing volunteers should complete this form no later than the presidential confirmation deadline. When signing up please list team name in the comments. We thank you for your help!

Reminders and Communication

Spectator Tickets and Heat Sheets

Spectators are welcome free of charge. There will be designated spectator seating on a section of the bleachers. Heat Sheets will be available online free of charge.

Meet Communication

Reminders and real-time updates will be sent out via the Southern Regionals Channel in the CCS Discord.

Health and Safety

The FSU Medical Response Unit will be on site during the meet next to the scoreboard.

Below are the closest medical centers to the facility:

Tallahassee Memorial Hospital

1300 Miccosukee Rd, Tallahassee, FL 32308

Parking Information

Parking Options (ALL PARKING IS FREE):

FSU/FAMU College of Engineering

WFSU

Parking is Prohibited:

Morcom Aquatics Center Front Lot and Back Lot (reserved for meet staff)

Golf Course

Along Pottsdamer St.

