



CCS Eastern Regional Championships  
University of Maryland  
College Park, MD  
Eppley Recreation Center  
Saturday, October 12th - Sunday, October 13th, 2019

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## **Welcome:**

University of Maryland, College Park is so excited to host this year's Eastern Regionals! Please see below for information.

## **Facility Information:**

### **Location: Eppley Recreation Center**

University of Maryland  
4128 Valley Drive,  
College Park, Maryland 20742

**\*\*All swimmers must enter the facility through the side entrance, as it is the only direct entrance from outside. This side entrance is next to the climbing wall and tennis courts\*\***

The Eppley Natatorium consists of two pools. Two are eight-lane, 25 yard competition courses and the other is a therapy pool for warm-up and cool-down. We will be utilizing all pools throughout the meet. The competition pool closest to the diving well will be used for the women's events, while the center competition pool will be used for the men's events. This will switch on Sunday. For finals, we will be using the center competition pool only.

Bleachers are available on deck and in the spectator seating. These will be pre-assigned to teams prior to the start of the meet. Space is limited and will be distributed based on how many swimmers you are bringing.

## Parking:

Free parking is available in **Lot 6** (Terrapin Trail Garage behind Eppley), **Lot 4**, **Lot 9**, **Lot 1**, and **Lot Q** (between Stadium Drive and Farm Drive/next to the practice fields). Double check the signs when parking to ensure you are not in a metered spot. Pay special attention because parking has recently changed.

## Terrapin Trail Garage:

4155 Terrapin Trail,  
College Park, MD 20742

<https://transportation.umd.edu/parking/maps>

**TRANSPORTATION SERVICES**  
Campus Parking Map

**Map Key**

- Bike Repair Station
- Electric Vehicle Charging
- Motorcycle & Scooter
- Zipcar
- Covered Bicycle Parking
- Inbike-UMD Bike Share
- Under Construction
- Building
- New Accessible parking spaces available in parking lot and garage

**Visitor Parking**

Pay Area	Rates	Hours
	\$3/hr Daily (no daily rate)	Daily, 7AM - Midnight

**Parking Restrictions**

\*Placed lot signs take priority over the information below

At the entrance to each parking lot there are parking signs identifying specific lot restrictions. During restricted times, a permit or Campus License Plate Registration (CLPR) is required. All parking lots are restricted from 7am-4pm Monday through Friday. Some lots have additional restrictions which are listed below:

Required	Parking Restrictions
Unrestricted after 4PM <small>Stack it and/or Out of Parking</small>	7am-4pm Mon.-Fri. valid w/ # campus parking registration required. Free parking 4pm-7pm Mon.-Fri. and all day Saturday and Sunday. Commuter registrants may not park overnight. Mon.-Fri. from Sun. 5am.
Restricted after 4PM <small>Faculty/Staff Parking Only</small>	7am-4pm Mon.-Fri. valid w/ # campus parking reg. required. Only 15% reg. allowed at all other times. Only faculty/staff with a valid CLPR permit may park from 4pm-7pm Mon.-Fri. as well as all day on Saturdays and Sunday.
Modified restricted <small>Faculty/Staff Parking Only</small>	7am-4pm Mon.-Fri. valid w/ # campus parking reg. required. 15% reg. required 4pm-7pm Mon.-Fri. and all day Sat. and Sun.
24-Hour restricted <small>Stack it and/or Out of Parking</small>	24 hours a day? Must be a street with a # campus license plate registration required. Only individuals with a CLPR permit corresponding to these lots may park here at anytime.
Special Restrictions	KK requires an NK CLPR permit. 7am Mon.-Fri. TT requires an TV CLPR permit. 7am Mon.-Fri. Any CLPR permit at other times. CC requires an CC CLPR permit. 7am Mon.-Fri.

**Overflow Parking Lots for Registered Parkers**  
Faculty Staff, A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z, AA, AB, AC, AD, AE, AF, AG, AH, AI, AJ, AK, AL, AM, AN, AO, AP, AQ, AR, AS, AT, AU, AV, AW, AX, AY, AZ, BA, BB, BC, BD, BE, BF, BG, BH, BI, BJ, BK, BL, BM, BN, BO, BP, BQ, BR, BS, BT, BU, BV, BW, BX, BY, BZ, CA, CB, CC, CD, CE, CF, CG, CH, CI, CJ, CK, CL, CM, CN, CO, CP, CQ, CR, CS, CT, CU, CV, CW, CX, CY, CZ, DA, DB, DC, DD, DE, DF, DG, DH, DI, DJ, DK, DL, DM, DN, DO, DP, DQ, DR, DS, DT, DU, DV, DW, DX, DY, DZ, EA, EB, EC, ED, EE, EF, EG, EH, EI, EJ, EK, EL, EM, EN, EO, EP, EQ, ER, ES, ET, EU, EV, EW, EX, EY, EZ, FA, FB, FC, FD, FE, FF, FG, FH, FI, FJ, FK, FL, FM, FN, FO, FP, FQ, FR, FS, FT, FU, FV, FW, FX, FY, FZ, GA, GB, GC, GD, GE, GF, GG, GH, GI, GJ, GK, GL, GM, GN, GO, GP, GQ, GR, GS, GT, GU, GV, GW, GX, GY, GZ, HA, HB, HC, HD, HE, HF, HG, HH, HI, HJ, HK, HL, HM, HN, HO, HP, HQ, HR, HS, HT, HU, HV, HW, HX, HY, HZ, IA, IB, IC, ID, IE, IF, IG, IH, II, IJ, IK, IL, IM, IN, IO, IP, IQ, IR, IS, IT, IU, IV, IW, IX, IY, IZ, JA, JB, JC, JD, JE, JF, JG, JH, JI, JJ, JK, JL, JM, JN, JO, JP, JQ, JR, JS, JT, JU, JV, JW, JX, JY, JZ, KA, KB, KC, KD, KE, KF, KG, KH, KI, KJ, KK, KL, KM, KN, KO, KP, KQ, KR, KS, KT, KU, KV, KW, KX, KY, KZ, LA, LB, LC, LD, LE, LF, LG, LH, LI, LJ, LK, LL, LM, LN, LO, LP, LQ, LR, LS, LT, LU, LV, LW, LX, LY, LZ, MA, MB, MC, MD, ME, MF, MG, MH, MI, MJ, MK, ML, MM, MN, MO, MP, MQ, MR, MS, MT, MU, MV, MW, MX, MY, MZ, NA, NB, NC, ND, NE, NF, NG, NH, NI, NJ, NK, NL, NM, NN, NO, NP, NQ, NR, NS, NT, NU, NV, NW, NX, NY, NZ, OA, OB, OC, OD, OE, OF, OG, OH, OI, OJ, OK, OL, OM, ON, OO, OP, OQ, OR, OS, OT, OU, OV, OW, OX, OY, OZ, PA, PB, PC, PD, PE, PF, PG, PH, PI, PJ, PK, PL, PM, PN, PO, PP, PQ, PR, PS, PT, PU, PV, PW, PX, PY, PZ, QA, QB, QC, QD, QE, QF, QG, QH, QI, QJ, QK, QL, QM, QN, QO, QP, QQ, QR, QS, QT, QU, QV, QW, QX, QY, QZ, RA, RB, RC, RD, RE, RF, RG, RH, RI, RJ, RK, RL, RM, RN, RO, RP, RQ, RR, RS, RT, RU, RV, RW, RX, RY, RZ, SA, SB, SC, SD, SE, SF, SG, SH, SI, SJ, SK, SL, SM, SN, SO, SP, SQ, SR, SS, ST, SU, SV, SW, SX, SY, SZ, TA, TB, TC, TD, TE, TF, TG, TH, TI, TJ, TK, TL, TM, TN, TO, TP, TQ, TR, TS, TT, TU, TV, TW, TX, TY, TZ, UA, UB, UC, UD, UE, UF, UG, UH, UI, UJ, UK, UL, UM, UN, UO, UP, UQ, UR, US, UT, UU, UV, UW, UX, UY, UZ, VA, VB, VC, VD, VE, VF, VG, VH, VI, VJ, VK, VL, VM, VN, VO, VP, VQ, VR, VS, VT, VU, VV, VW, VX, VY, VZ, WA, WB, WC, WD, WE, WF, WG, WH, WI, WJ, WK, WL, WM, WN, WO, WP, WQ, WR, WS, WT, WU, WV, WW, WX, WY, WZ, XA, XB, XC, XD, XE, XF, XG, XH, XI, XJ, XK, XL, XM, XN, XO, XP, XQ, XR, XS, XT, XU, XV, XW, XX, XY, XZ, YA, YB, YC, YD, YE, YF, YG, YH, YI, YJ, YK, YL, YM, YN, YO, YP, YQ, YR, YS, YT, YU, YV, YW, YX, YY, YZ, ZA, ZB, ZC, ZD, ZE, ZF, ZG, ZH, ZI, ZJ, ZK, ZL, ZM, ZN, ZO, ZP, ZQ, ZR, ZS, ZT, ZU, ZV, ZW, ZX, ZY, ZZ

**NOTE:** Printed map subject to change. Please visit our website for the most current map.  
[www.transportation.umd.edu](http://www.transportation.umd.edu) or [www.umd.edu/transportation](http://www.umd.edu/transportation)

**Meet Contact:**

[umdclubswim@gmail.com](mailto:umdclubswim@gmail.com)

*Presidents:*

Colleen Kaufman	(301) 915-5883
Lexi Spiotta	(240) 561-4766

*Meet Director:*

Ben Sames	(443) 534-0659
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*Head Official:*

Morgan Hurley	<a href="mailto:mhurley@peerreview.com">mhurley@peerreview.com</a>
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We will be using GroupMe to stay in contact with club presidents throughout the weekend. Please add presidents to the group using the provided link. We will contact you about any meet changes, social events, and more.

[https://groupme.com/join\\_group/51841321/QWIBMYTC](https://groupme.com/join_group/51841321/QWIBMYTC)

**Meet Cost:** \$15 per swimmer  
\$8 per relay

**Payment:** Payments can be made via check out to UMD Club Swim. Please bring checks to the president's meeting the morning of prelims on Saturday. An invoice will be sent out to teams after registration closes.

**Entries:** Meet entries are due by **Friday, October 4th, 2019** – please submit online on the CCS website.

Entry Limits:

3 individual events per swimmer per day.

2 relay teams per event. (A and B teams for both men and women).

Teams and individuals must be registered under CCS:

<https://www.collegeclubswimming.com/page.cfm?pagetitle=Club+Registration>

<https://www.collegeclubswimming.com/page.cfm?pagetitle=Individual+Registration>

**Submit all entries on the CCS page**

[https://www.clubassistant.com/club/login\\_form.cfm?c=2417](https://www.clubassistant.com/club/login_form.cfm?c=2417)

**By Friday, October 4th, 2019.**

## Meet Schedule:

### SATURDAY PRELIMS

**Warm-ups:** 7:30am – 9:00am

**Meet Start Time:** 9:15am – 3:00pm

**Event Order:** Odds Women (far pool), Evens Men (main pool)

Women	Event	Men
#1	200 Freestyle Relay	#2
#3	400 IM*	#4
#5	50 Backstroke	#6
#7	100 Freestyle	#8
#9	200 Butterfly	#10
	<i>15 minute break</i>	
#11	400 Medley Relay	#12
#13	100 Breaststroke	#14
#15	50 Butterfly	#16
#17	200 Backstroke	#18
CO-ED	Flip Cup Relay	CO-ED
#19	1000 Freestyle*	#20

\*Timed finals event.

### SATURDAY FINALS

**Warm-ups:** 5:00pm – 6:00pm

**Meet Start Time:** 6:15pm – 9:00pm (this is the time slot we have reserved for the pool)

**Event Order:** Odds Women, Evens Men. Using main pool.

## SUNDAY PRELIMS

**Warm-ups:** 6:30 - 8:00am

**Meet Start Time:** 8:15am – 2:00pm

**Event Order:** Odds Women (main pool), Evens Men (far pool)

Women	Event	Men
#21	200 Medley Relay	#22
#23	200 IM	#24
#25	200 Freestyle	#26
#27	50 Breaststroke	#28
#29	100 Backstroke	#30
	<i>15 minute break</i>	
#31	400 Freestyle Relay	#32
#33	100 Butterfly	#34
#35	50 Freestyle	#36
#37	100 IM	#38
#39	200 Breaststroke	#40
CO-ED	Gatorade Chug Relay	CO-ED
#41	500 Freestyle*	#42

\*Timed finals event.

## SUNDAY FINALS

**Warm-ups:** 4:00pm – 5:00pm

**Meet Start Time:** 5:15pm – 9:00pm (this is the time slot we have reserved for the pool)

**Event Order:** Odds Women, Evens Men. Using Main pool.



### **Awards and Scoring:**

Scoring will occur to 16 places 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1, and double for relays.

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.

### **Admission and Programs:**

Spectator seating will be \$5 for one day, \$7 for both. Wristband will be required for entry. Purchase of the meet packet will be \$5. (cash only),

Heat sheets will also be online at

<https://umdclubswim.wixsite.com/clubsports>(free) and Meet

Mobile (subscription required)

There will also be one heat sheet provided per team and they will be posted on the wall on the deck, and in the hallway behind the spectator area before the beginning of each session.

### **Concessions:**

Concessions will be available Saturday and Sunday in the bleacher concession stand. Swimmers will need to use their team bag tag to gain entrance to this area.

### **Vendors:**

On site will Greenlayer and UMD apparel.

### **Swimmers with Disabilities:**

USA Swimming rules and regulations provides "guidelines for officiating swimmers with disabilities" and any athlete who needs any of these adaptations should provide the Referee with a note stating their name, their specific need, and a list of events in which they need assistance prior to the start of each session's competition. If necessary, this information may be provided by the swimmer's participating team. The meet organizers will provide all swimmers with disabilities a chance to swim in events for which they have qualified. (met the time standards of the meet). Accommodations that may be requested include seeding into specific lanes and requesting hand signals.

For more information, see CCS Handbook, section 2.4:

[https://www.clubassistant.com/c/72E6D32/file/College%20Club%20Swimming%20Governance%20Handbook\\_2019-20.pdf](https://www.clubassistant.com/c/72E6D32/file/College%20Club%20Swimming%20Governance%20Handbook_2019-20.pdf)

If this applies to any swimmers, please notify UMD at [umdclubswim@gmail.com](mailto:umdclubswim@gmail.com).

### **Volunteers:**

To ensure that every swimmer has a timer, we will be requesting volunteers from every team with more than 10 participants. We need two timers in each lane for prelims and finals. This can be a swimmer who isn't swimming that session or a spectating parent. Timers who are parents will receive a bag tag to enter the deck. Presidents, please sign up your volunteers on this site:

[https://www.signupgenius.com/go/4090B45A5AE2CA57-ccseaste  
rn1](https://www.signupgenius.com/go/4090B45A5AE2CA57-ccseaste<br/>rn1)

Swimmers participating in the 500 Freestyle events must provide their own counters. Lap counters will be provided.

We are looking for volunteers for officials. If any parents are USA certified and would like to help out, please contact Mr. Hurley.

### **Other logistics:**

- Flyover/overhead starts will be used.
- Each swimmer and timer will be required to come in through the swimmers entrance. This is located at the back of the gym located near the climbing wall and tennis courts.
- Upon a no-show, no penalty will be given to the swimmer or the team. The swimmer is allowed to swim in a later heat if an open lane is available. It is the swimmers job to talk to the referee/official.

### **Scratching for Finals:**

This meet will follow the USA Swimming procedures for scratching from finals.

At the conclusion of a preliminary event, the top 16 swimmers and alternates will be announced over the public address system. At the end of the results the announcer will state the time. Swimmers in the top 16 will have half an hour to declare that they do not wish to swim that event in finals. A swimmer who is awaiting their result in another event may postpone the decision for an event by declaring an "intent to scratch". Such swimmers must provide their last event of the day and must confirm the scratch by half an

hour after the results of the swimmer's last event are announced. Swimmers who do not scratch are confirmed as swimming in finals.

Swimmers who qualify for finals, do not scratch, and are no-shows are disqualified from further competition at the championship, unless there are extenuating circumstances. The decision of the referee in this respect is final.

### Results:

Results will be available on the CCS website under the 2019 Regionals Page. They can also be seen on Meet Mobile.

### Where to stay:

Hotel Name	Address	Distance to pool	Price	Website	Number of Rooms
College Park Marriott	3501 University Blvd E, Hyattsville, MD 20783	(1 mi), 5 min drive or 15 min walk	\$143/night	<a href="https://www.marriott.com/hotels/travel/wasum-college-park-marriott-hotel-and-conference-center/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2">https://www.marriott.com/hotels/travel/wasum-college-park-marriott-hotel-and-conference-center/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2</a>	206
The Hotel at UMD	7777 Baltimore Ave, College Park, MD 20742	(1 mi), 5 min drive or 15 min walk	\$149/night	<a href="https://www.thehotelumd.com/">https://www.thehotelumd.com/</a>	297

Best Western	8419 Baltimore Ave, College Park, MD 20740	(0.8 mi), 9 min drive, 15 min walk	\$173/night	<a href="https://www.bestwestern.com/en_US/book/hotel-rooms.21056.html?iata=00171880&amp;ssob=BLBWI0004G&amp;cid=BLBWI0004G:google:gmb:21056">https://www.bestwestern.com/en_US/book/hotel-rooms.21056.html?iata=00171880&amp;ssob=BLBWI0004G&amp;cid=BLBWI0004G:google:gmb:21056</a>	50
Cambria	8321 Baltimore Ave, College Park, MD 20740	(0.8 mi), 9 min drive, 15 min walk	\$179/night	<a href="https://www.cambriacollegepark.com/en-us">https://www.cambriacollegepark.com/en-us</a>	150
Holiday Inn Express	9020 Baltimore Ave, College Park, MD 20740	(1 mi), 10 min drive, 20 min walk	\$139/night	<a href="https://www.ihg.com/holidayinnexpress/hotels/us/en/college-park/wasua/hotel/detail?cm_mmc=GoogleMaps--EX--US--WASUA">https://www.ihg.com/holidayinnexpress/hotels/us/en/college-park/wasua/hotel/detail?cm_mmc=GoogleMaps--EX--US--WASUA</a>	128

**\*\*There are also numerous hotels outside of the immediate area (1-3 miles from the pool) which are within a 10-15 minute drive.\*\***

**Things to do in the area (Saturday Night):**

- 1. Ledo's Pizza-** We have rented out the original Ledo's Pizza for a bar night on Saturday from 10 pm to 1 am. There is a limited amount of space, so please contact a UMD officer to let them know how many people from your team will be joining us. Please bring your ID in order to buy drinks.
- 2. Mason Ramsay at Milkboy ArtHouse-** Also going on that night is the How's Your Girl & How's Your Family Tour by the famous singer Mason Ramsay. Known for his hit songs,

Famous and Old Town Road Remix, Mason will be performing right in College Park! Tickets run from \$18-20 (plus service charge). Buy them here:

<https://www.eventbrite.com/e/mason-ramsey-tickets-63884594542>

- 3. Washington, D.C.-** Go out and explore the nation's capital! We are a short bus ride away from the College Park Metro (Green Line), and soon you are in D.C. There is always something happening in the capital such as live music, museums, food, and art.

**Submit all entries on the CCS page  
By Friday, October 4th, 2019.**

