



# 2022 NATIONAL CHAMPIONSHIP



APRIL 8-10  ATLANTA

## 2022 College Club Swimming National Championship

April 8-10 | McAuley Aquatic Center | Atlanta, GA  
Hosted by Georgia Tech Swim Club

**MEET INFORMATION PACKET**

Athlete Registration Opens: February 1, 2022  
Meet Submission Deadline: March 20, 2022 at 11:59 pm EDT  
Athlete Entry Deadline: March 23, 2022 at 11:59 pm EDT  
President Confirmation Period: March 24-27, 2022 at 11:59 pm EDT  
Final Changes Due: March 30, 2022 at 11:59 pm EDT

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# FACTS ABOUT THE MEET

## Sanctions

Georgia Tech Swim Club is currently in the process of obtaining recognition and sanctions from U.S. Masters Swimming and USA swimming.

## Meet History

Formerly known as the East Coast Collegiate National Championships, Georgia Tech Swim Club first hosted this meet with 6 teams and 73 swimmers in attendance in its inaugural year, 2004. With the elimination of many varsity swimming programs across the country, the collegiate club scene has seen a spike in participation; the meet has grown into the largest and fastest collegiate swim meet outside of the NCAA. The Second Annual College Club Swimming National Championship was held in March 2019 and hosted by Club Swimming at Ohio State. The meet was attended by 1,863 athletes representing 118 clubs. 23 national meet records and 38 CCS records were broken. Georgia Tech took the overall trophy, with the Ohio State University and the University of Virginia placing second and third. The 2020 College Club Swimming Championship, slated to be hosted by The University of North Carolina at Chapel Hill in Greensboro North Carolina, was unfortunately cancelled due to the COVID-19 pandemic. College Club Swimming teams were able to participate in a Virtual National Championship in April 2021. Georgia Tech is excited to host the 2022 College Club Swimming National Championship, the first full CCS National Championship Meet since the start of the pandemic.

## The 2022 College Club Swimming National Championship

There are a few changes to this year's National Championship. Please read this document carefully. CCS will have representation at the event and will be available full-time for comments and questions. Feel free to reach out to [nationals@qtswimclub.com](mailto:nationals@qtswimclub.com) to contact the Nationals Meet Director, Josie DeRonja, with any questions.

## REMINDERS AND MAJOR CHANGES

### Entry Deadlines

All individual swimmer entries will be due Wednesday, March 23, 2022 at 11:59pm EDT. If athletes are added to a club's roster after this date (during the confirmation period), their club will be subject to a \$100 late entry fee. Please see the "Entering the Meet" section for more information.

### Relays

The 4x50 Medley, 4x50 Freestyle, 4x100 Freestyle, and 4x50 Mixed Freestyle Relays will compete as prelims/finals events. Clubs must place in the top-20 in prelims in order to qualify for finals. Clubs will be provided relay cards at check in so that relay teams can be changed between prelims and finals. For more information, please see the "[Relay Line-Up Policy](#)" in the Championship Policies section. Please note that the 4x50 Mixed Freestyle Relay will be a scored event this year and this is a new scored event.

### Flighted Prelims Sessions

Prelims on Saturday and Sunday will be swum in two flights each day. This will allow swimmers in each flight to have an adequate amount of warm up and deck space throughout the session.

In the first flight, the faster half the heats of each event will be swum, from the first event of the day to the last. After the first flight is completed, the rest of the heats for each event will be swum, from the first event of the day to the last, as the second flight. A Relays will swim in the first flight and B Relays will swim in the second flight.

All of the 1000 freestyles will be swum fastest to slowest at the end of the first flight on Saturday. They will all be swum in the East Pool (diving well end). Simultaneously, the warm-up for the second flight will be happening in the West Pool and continue in the East Pool after the conclusion of the 1000s.

Please note that the specific logistical details of each flight are subject to change and will be explained in more detail once all meet entries have been received.

# MEET ADMINISTRATION

## Nationals Meet Director

Josie DeRonja  
[nationals@gtswimclub.com](mailto:nationals@gtswimclub.com)

## GTSC President

Maxim Geller  
[president@gtswimclub.com](mailto:president@gtswimclub.com)

## Nationals Meet Liaisons

Maddie Sibilia  
[maddie.a.sibilia@gmail.com](mailto:maddie.a.sibilia@gmail.com)  
Jason Weis

[jason.p.weis@gmail.com](mailto:jason.p.weis@gmail.com)

## CRC Assistant Director of Aquatics

Merrie Molton  
[merrie.molton@crc.gatech.edu](mailto:merrie.molton@crc.gatech.edu)

## CRC Aquatics Events Coordinator

Eric Graham  
[egraham43@gatech.edu](mailto:egraham43@gatech.edu)

## Georgia Tech Swim Club Officers

### Vice President

Angela Wharton

### Treasurer

David Giles

### Secretaries

MK Schmersal and Taylor Hicks

### Social Director

Jared Carbone

## Nationals Planning Committee

### Awards and Ceremonies

Mari Nielsen and Ava Paikeday

### Hospitality

Gabriel Montes and Phineas Gigengack

### Media and Marketing

Annelise Lloyd and Allison Wong

### Sponsorships and Vendors

Nika Pawlik

### Venue Logistics

John Nicols and Rachel Hereen

### Volunteer Coordination

Josie Benner and Trina Reinhart

# SITE INFORMATION

## About the Facility

Originally built for the 1996 Summer Olympics, this facility features stadium seating for 1,950 and contains both a competition pool and diving well. The competition pool is 50 meters by 10 lanes, with two movable bulkheads so that two 25 yard pools can be set up. The competition courses have been certified by US Masters Swimming, USA Swimming and Georgia Swimming. The water depth of the pool is 9 1/2 feet at start end and 9 1/2 feet at turn end (measured from a distance of 3' 3 1/2" (1.0 meters) to 16'5" (5 meters) from both end walls). The diving well features 1- and 3-meter springboards as well as 1-, 3-, 5-, 7.5-, and 10-meter platforms.

## Tentative Parking Information

All parking passes will be given to officials, meet administration, vendors, and other staff. Clubs and spectators can expect parking rates to be \$15 per vehicle per day on-site, with the option to come and go as needed. Parking passes will be available for purchase online before the meet; make sure to purchase passes for each vehicle and each day of the meet. More parking details will be released at a later date in the Meet Arrival Logistics Packet. The designated parking deck for this meet is located immediately north of the Campus Recreation Center on Ferst Drive (lot W10 on campus maps), and signs will provide direction. All purchased parking passes must be displayed in a vehicle window at all times.

There are additional visitor lots on campus whose prices vary, however, availability in these lots cannot be promised as there will likely be other campus events taking place. In past years, numerous teams have walked to the pool from their hotels, which should take no more than 20-30 minutes if staying at a hotel located in midtown or downtown Atlanta. A more detailed campus and parking map will be provided upon registration for the meet.

## Hotel Information

We are in the process of forming hotel blocks. A list of hotels close to Tech's campus and hotels that have been booked in the past by teams is located [here](#).

# MEET SCHEDULE

	Prelims				Finals	
	Flight 1		Flight 2		Warm Up	Meet Start
	Warm Up	Meet Start	Warm Up	Meet Start		
<b>Friday</b>					4:00	5:30
<b>Saturday</b>	7:00	9:30	11:30	12:30	5:00	6:00
<b>Sunday</b>	7:00	9:30	11:00	12:00	4:00	5:00

**Thursday Afternoon and Evening Warm Up:** The pool will be open to teams for warm up and practice sessions on Thursday afternoon. Warm up times will be announced at a later date. Depending on interest, warm up groups may be assigned for this session.

**Friday Morning Warm Up:** The pool will be open to teams for warm up and practice sessions on Friday morning. Warm up times will be announced at a later date. Depending on interest, warm up groups may be assigned for this session.

**Friday Timed Finals:** All Women's events will be held in the West Pool (scoreboard end), and all Men's events will be held in the East Pool (diving well end).

**Saturday and Sunday Prelims:** All Women's events will be held in the West Pool (scoreboard end), and all Men's events will be held in the East Pool (diving well end). Prelims sessions will be flighted. The faster half of heats in each event and all A relays will swim in the first flight. Once the first flight finishes, there will be a warm up period and the remaining heats and B relays will swim in the second flight.

**Saturday and Sunday Finals:** All finals events will be held in the East pool (diving well end).

**Pool Deck Hours:** The pool deck will be open no earlier than 30 minutes prior to the start of warm-ups and no later than 10 minutes prior to the start of warm-ups.

# ORDER OF EVENTS

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

\*New event



## Notes on the Order of Events

1. The following events will be swum as timed finals events:
  - a. 200 backstroke, 200 butterfly, 200 breaststroke
  - b. 400 IM, 500 freestyle, 1000 freestyle (distance events)
  - c. Relays: 4x200 freestyle relays and 4x100 medley relays
2. The following events will be swum fastest to slowest:
  - a. 400 IM, 500 freestyle, 1000 freestyle
  - b. All other individual events will be swum slowest to fastest.
3. The 4x50 freestyle relay, 4x100 freestyle relay, and 4x50 medley relay will be prelims/finals events.
  - a. Clubs may change the order and/or composition of these relays between the prelims and finals sessions. Relay cards will be provided to each club.
4. There are no longer bonus events at Nationals. Swimmers must qualify for each event they wish to swim.

# ATHLETE ELIGIBILITY

As per the College Club Swimming Governance Handbook, Section 2.2

Swimming Competition:

Eligibility of swimmer

- Any swimmer who has gone through the CCS swimmer registration process and meets the CCS eligibility requirements (3.2) 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 athlete who is currently on a varsity team or has competed in a varsity competition in the current academic year may only compete as an exhibition swimmer 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 and is not eligible for regional or national competition.

Relays

- Relay teams must be composed of four registered CCS swimmers that 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. Mixed relays must be composed of 2 male and 2 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:

- Is at least 18 years-old on the day of CCS registration.
- Is a member in good standing with a CCS club affiliated with a university or college.
- 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.

For any additional questions, please refer to the [College Club Swimming Governance Handbook](#).

# CHAMPIONSHIP POLICIES

## Swimming Rules & Regulations

The 2022 Collegiate Club Swimming & Diving National Championships will follow U.S. Masters Swimming Rules 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.
  - 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 [collegeclub@usmastersswimming.org](mailto:collegeclub@usmastersswimming.org) within 5 days of the event.

This championship meet is in the process of being officially recognized by United States 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 [collegeclub@usmastersswimming.org](mailto:collegeclub@usmastersswimming.org) and [nationals.gtswimclub.com](mailto:nationals.gtswimclub.com) by March 30, 2022 at 11:59pm EDT.

## Swim-Off Policy

In the case of ties in preliminary competition which affect the placement of swimmers in finals, USA Swimming swim-off rules shall apply.

## Deck Entry Policy

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 late entry deadline found on the front page of this meet packet.

## Relay Line-Up Policy

Each club will be given the following upon checking in at the meet:

- One (1) relay card for each A and B relay competing in the 4x200 free and 4x100 medley relays
- Two (2) relay cards for each A relay and one (1) relay card for each B relay competing in the 4x100 free, 4x50 medley, 4x50 free, 4x50 mixed free relays

The first relay card for all relays will be used to make any changes (if desired) to the line-up prior to the appropriate timed finals/prelims session. It is the responsibility of the president, or another club representative, to submit the correct relay card with the final relay line-up to the clerk of course no later than 1 hour prior to the start of the appropriate timed finals or prelims session. After this time, no changes can be made to that relay's line-up.

The second relay card for the A 4x100 free, 4x50 medley, and 4x50 free relays will be used to make changes to the line-up should the A relay place in the top 20 and qualify for finals. It is the responsibility of the president, or another club representative, to submit the correct relay card with the final relay line-up to the Clerk of Course no later than 1 hour prior to the start of that evening's finals session. After this time, no changes can be made to that relay's line-up. As a reminder, swimmers who competed in the B relay in prelims or did not compete in the relay at all in prelims are eligible to swim in the A relay in finals.

## 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. 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.

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2. At the end of each prelim session, each club president will be responsible for turning in a copy of their team roster (provided to clubs at check-in) that indicates which swimmers are scratching and which are planning on swimming in finals.
3. 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 start 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.

## Scoring

Scoring will be on a 20-place basis. Except in timed final events, points for 1st through 10th place shall be awarded solely on the basis of a championship final. Points for 11th through 20th place shall be awarded solely on the basis of a consolation final. Only 3 swimmers per team are allowed to score in a single individual event. If more than 3 swimmers qualify for finals, they will place according to their finish. The points associated with these places are forfeited and no teams will receive them. Only A relays will score points; B relays are exhibition and placement is made according to the swims of top finishing relays. Points awarded for each place are as follows:

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

## Awards

Individual medals will be awarded to the top three finishers in each event, and men's and women's high point awards will be given out as well. Team awards will be presented to the top five finishers in Men's, Women's, and Combined Team categories. The awards schedule will be available closer to the start of the meet.

## Records

All swimmers competing at Nationals are eligible to break CCS National Championship Meet Records and CCS National Records.

If a pool has moveable bulkheads or is not on the US Masters Swimming certified list and a CCS National Record or a Meet Record is broken, a pool measurement must be done after the session is over and sent to [topten@usms.org](mailto:topten@usms.org)

## **Club Absence Policy**

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.

## **Swimmers with Disabilities**

All disabled swimmers who wish to compete in the National Championship must meet the USA Swimming Para-Motivational Sectional Time Standards in order to be eligible for CCS National competition. Disabled swimmers are eligible to compete in the 50, 100, and 200-yard events. No later than two weeks 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. Any swimmer with a disability that is not classifiable by the International Paralympic Committee (IPC) standards, that has been diagnosed by a physician as having a disability, may compete if they meet the national time standard derived from that disabilities' international governing body world standards.

## **Additional Policies to Note**

1. Swimmers will be responsible for swimming in their assigned events, heats and lanes.
2. The Meet Referee may elect to change and/or combine heats and determine the need to do "fly-over" starts. Every reasonable effort will be made to notify clubs of any changes.
3. The no-recall starting protocol will be in effect during this meet.
4. Spectators are prohibited from entering the pool deck area of the facility. The pool deck is reserved for: athletes, coaches, officials, assigned timers and other recognized, credentialed volunteers.
5. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits (except for drag suits) other than in locker rooms is not appropriate and is prohibited.
6. DECK CHANGING IS PROHIBITED and can result in an offending competitor's removal from the meet.
7. Operation of a drone, or any other flying apparatus, is prohibited within the venue (pools, athletic/coaches' areas, spectator areas and, if present, open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

# ENTERING THE MEET

## Qualification Period and Procedures

The qualification period will be defined as the week after the preceding year's National Championship until one month before the current year's National Championship. For 2022 Nationals, athletes may qualify beginning **April 25, 2021** up until **March 13, 2022**.

As per the [College Club Swimming Governance Handbook](#):

### 2.3 Meet Procedures

#### Results

- It is the responsibility of the event director to submit the event results in either .SD3, .CL2, or .HY3 format to [collegeclub@usmastersswimming.org](mailto:collegeclub@usmastersswimming.org) within 7 days of the event.

### 2.5 Records and Rankings

#### Acceptable Times

- The Competition Committee reserves the right to question times from local or regional recognized meets.

#### Required Information

- Only times achieved in CCS recognized meets will go into the CCS database.

These rules mean that in order to qualify for Nationals, 1) the swimmer must be registered with a CCS club, 2) the swimmer must compete for the registered club and meet the qualifying standard for an event in a CCS-recognized meet, and 3) the host team must submit results to [collegeclub@usmastersswimming.com](mailto:collegeclub@usmastersswimming.com) within 7 days after the meet.

## CCS-Recognized Event Results Submission

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

- A recognized CCS meet is any event that applies for and receives a recognition through [collegeclubswimming.com](http://collegeclubswimming.com).
- Recognized meets must follow the [U.S. Masters Swimming Rules](#) on starts, strokes and relays with at least one person on deck acting as a starter and/or referee.
- Times achieved at recognized CCS meets may be considered for CCS records and top 10 times, provided the swimmers are members of CCS prior to the start of the meet.
- Only times achieved at CCS recognized meets will be eligible for CCS Nationals qualifications.
- Recognized meets must be swum in a USMS certified pool.
- It is the responsibility of the event director to submit the event results in either .SD3, .CL2, or .HY3 format to [collegeclub@usmastersswimming.org](mailto:collegeclub@usmastersswimming.org).

As a reminder, results from recognized meets MUST be submitted to the email above no later than 7 days after the meet occurs in order for those meet results to be eligible for Nationals qualification purposes. Please note though that if any meets are conducted on or before Sunday, March 13th, 2022 the meet results must be submitted to collegeclub@usmastersswimming.org by 11:59pm EDT on Sunday, March 20th in order to count towards Nationals qualifications.

## **Event Limitations**

### **Individual Events**

Swimmers may enter a maximum of 4 individual events. To enter an event, the swimmer must meet the 2022 qualifying standard..

### **Relays**

Each club may enter up to 2 relay teams for each relay event (A and B). Only the A relay is eligible to score points or receive awards. Swimmers may be entered in a maximum of 5 relay events, but may only participate on either an A or B relay within a given relay event during prelim competition. However, if a swimmer competes on a B relay during prelims, the same swimmer is eligible to compete on the A relay in finals. Relay swimmers must be qualified for at least one individual event.

## **Entry Fees**

\$20 per swimmer up to 35 swimmers, then \$8 for each additional swimmer  
\$10 per relay entry

### **Late Entry Fee**

\$100 per team if entries are submitted after the athlete entry deadline

## **Entry Procedures**

### **Athlete Entry Deadline: March 23, 2022 at 11:59pm EDT**

Each individual swimmer who is planning on competing at Nationals will have until this deadline to register themselves for up to 4 individual events for which they have qualified.

All swimming entries should be submitted through CCS by way of Club Assistant's online entry system.



## **President/Coach Confirmation Period: March 24 – March 27, 2022 at 11:59pm EDT**

During this time, the club president/coach will review their individual members' entries, put together relay entries, pay entry fees, and submit all entries. Presidents/Coaches may alter relay seed times. Presidents/Coaches may not alter an entry time for any individual event other than the 1000 free. If a club adds an athlete to their meet roster or adds an individual event to or changes a swimmer's individual event schedule during the confirmation period, the club will be responsible for paying a \$100 late entry fee. Change requests during this period must be sent to [colleageclub@usmastersswimming.org](mailto:colleageclub@usmastersswimming.org). There will be no exceptions to this policy.

## **Final Entry Change Deadline: March 30, 2022 at 11:59pm EDT**

Following these entry deadlines, clubs who have already submitted their meet entries will have the option to make final changes to their entries by emailing the meet director at [nationals@gtswimclub.com](mailto:nationals@gtswimclub.com). Changes can and should primarily be made during the confirmation period (March 24-27), but any last minute changes must be made no later than March 30, 2022 at 11:59pm EDT. The only allowable final changes that can be made are the same as detailed above under President/Coach Confirmation Period. Any teams who make changes during this time and have not previously been charged the \$100 late entry fee will be liable to pay the late entry fee.

## VOLUNTEER REQUIREMENTS

Each team should expect to cover 1 volunteer shift for every 10 athletes in attendance. The person filling the shift may be:

1. One of your athletes – All swimmers will not be swimming in every session.
2. A parent, friend, or spectator attending to support your team. – We highly encourage this option as it gives spectators an up-close view of the action, and takes stress off your team.

Each shift in prelims will last no longer than 2 hours, though finals and timed finals shifts may be longer. Volunteers will be provided drinks and snacks during their shifts, and relief volunteers will be assigned to each competition pool. Volunteer sign-ups will be released closer to the meet date and will be done on a first-come, first-serve basis. It will be up to your team to distribute the information to parents, friends, and spectators if you wish for them to fill your volunteer slots.

This requirement has potential to change – if anything, the number of volunteers each team is required to provide will lessen, not grow. Updates will be provided after all meet entries have been received, but plan on providing volunteers as the requirement above is written. Special consideration will be given to smaller teams or teams traveling longer distances who may not have people to meet fulfil the volunteer requirement.

## 2022 NATIONAL QUALIFYING TIMES

<b>Women</b>	<b>Event</b>	<b>Men</b>
27.39	50 Freestyle	23.29
1:00.99	100 Freestyle	51.79
2:17.29	200 Freestyle	1:55.89
5:51.39	500 Freestyle	5:16.59
must qualify for the 500	1000 Freestyle	must qualify for the 500
32.69	50 Backstroke	28.39
1:10.69	100 Backstroke	1:00.29
2:26.69	200 Backstroke	2:12.39
36.49	50 Breaststroke	30.69
1:20.29	100 Breaststroke	1:07.29
2:50.39	200 Breaststroke	2:27.49
29.99	50 Butterfly	25.49
1:07.69	100 Butterfly	57.89
2:32.19	200 Butterfly	2:10.89
1:10.09	100 Individual Medley	1:00.29
2:33.09	200 Individual Medley	2:13.39
5:44.39	400 Individual Medley	4:47.79
	4x50 Freestyle Relay	
	4x100 Freestyle Relay	
	4x200 Freestyle Relay	
	4x50 Medley Relay	
	4x100 Medley Relay	
	4x50 Mixed Freestyle Relay*	
	<i>*new event</i>	