

2022 Central Regional
November 11-12, 2022



REGIONAL CHAMPIONSHIP

MADISON, WI



NOVEMBER 11 - 12

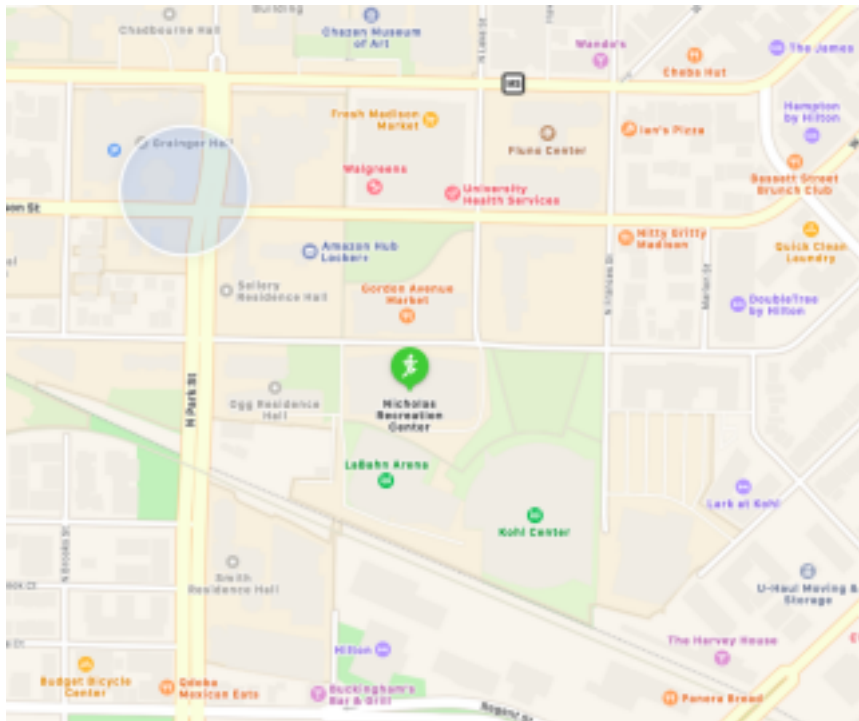
Hosted By:
Swim Club of the
University of Wisconsin

Facts about the Meet

This will be the Central Regional Championship for the 2022-23 school year! We are excited to be offering a championship level meet available to all skill levels for swimmers. With the elimination of many varsity swimming programs across the country, the collegiate club scene has seen a spike in participation over the past 15 years; and hopefully this meet will continue to grow to reflect this national change. Our national governing body, College Club Swimming, was formed in 2017 in partnership with US Masters Swimming, and encourages friendly competition at the collegiate level in the sport of swimming. This meet is open to all clubs and swimmers currently registered with College Club Swimming.

Meet Administration

Facility: 797 W. Dayton Street, Madison, WI, 53715



Meet Operations:

Nick Starr; Meet Director, nbstarr@wisc.edu

Paul Joseph; RecWell Advisor, paul.joseph@wisc.edu

Cole Bell; Co- President of SCUW, nmbell3@wisc.edu

Esther Zelenovskiy, Co-President of SCUW,

zelenovskiy@wisc.edu

Zane Hugo; Facility manager, zhugo@wisc.edu

Site Information

About the facility

The Soderholm Family Aquatic Center at the Nicholas Recreation Center is home to a 50-meter pool, which can be converted to two 25-yard pools, and a 25-yard diving well. The pool was recently completed in 2020. The competition pool is 81 degrees fahrenheit and the warm up/down diving well is 85 degrees fahrenheit. Competition pool is 8.8-9.8 feet deep. The diving well is 17 feet deep.



Parking information

Parking near the Nicholas Recreation Center is located in the Lake and Johnson St. parking ramp (lot 46). Parking is \$2 per hour or \$15 for a 24 hour period.
324 N Lake St. Madison, Wisconsin 53715



Hotel Information

There are many great hotel options in and around the Madison area!

- Hilton Garden Inn Madison Downtown
 - 770 Regent St. Madison, WI 53715 (Walking distance to Rec Center, 2 min walk)
- Holiday Inn Express & Suites Madison Central
 - 610 John Nolen Dr. Madison, WI 73713
- SpringHill Suites by Marriott Madison
 - 4601 Frey St. Madison, WI 73705

Spectators

Spectators will be seated in the spectator seating area located on floor 2 of the Soderholm Aquatic Center and will enter through the Aquatic Center doors located on the East side of the Nicholas Recreation Center on Dayton Street.

Vendors

SCUW will coordinate food vendors (vendors TBD) and CCS will coordinate T-Shirt sales. Other vendors TBD.

Meet Entry Dates

Meet entries for athletes will close on Friday, November 4th at 11:59 PM. Final meet entry changes will close at 11:00 AM CST on Wednesday, November 9th for presidential changes/confirmation. Late entries will not be accepted.

Meet Entries

All entries are completed through the CCS on-line portal located at: (<https://www.collegeclubswimming.com/>). Any questions regarding issues with meet sign-ups should be directed to College Club Swimming, Inc. Participants will be allowed 4 individual events. Teams will be limited to 3 relays per relay event.

Meet Entry Fees

\$15 per swimmer, and an additional \$6 per relay. Please submit payment through the CCS portal.

Scoring

Scoring will follow typical championship format and points will be assigned to the top 16 finishers.

Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Meet Schedule

Session	Warm-ups	Presidents meeting	Meet Start	Meet End
Friday	5:00 pm	5:15 pm	5:30 pm	8:00 pm
Saturday	11:00 am	11:45 am	12:15 pm	TBD

We will be utilizing one pool for all sessions. One or both of the other pools in the facility (diving well and west end of competition pool) will be open during the duration of the meet to adequately accommodate warm up/warm down needs of competitors.

A President's meetings will take place in the officials' office located behind the timing platform just before the start of each day.

Because of time constraints on Friday, there will be 3 lanes open for starts and this will be for the full duration of warmups.

Seeding:

All events will be run in a timed finals format. Both days will run from fastest to slowest.

Awards:

Awards for top 3 combined team scores will be given out. Awards will also be

given out for top mens and top womens finishing teams. (5 awards total)

Order of Events

Women	Session 1: Friday Evening	Men
1	200 Free Relay	2
3	200 Back	4
5	100 Fly	6
7	400 IM	8
9	100 Breast	10
11	200 Fly	12
13	1000 Free	14
15	400 Free Relay	16

Women	Session 2: Saturday	Men
17	200 Medley Relay	18
19	100 IM	20
21	50 Breast	22
23	100 Back	24
25	500 Free	26
	BREAK 10 MIN	
27	50 Fly	28
29	200 Breast	30
31	100 Free	32
33	200 IM	34
35	50 Back	36
37	200 Free	38
	BREAK 10 MIN	
39	50 Free	40
41	400 Medley Relay	42

***Events at the end of Friday may be pushed to Friday morning if**

time events run beyond the end of 8:00 PM CST.

Heat Sheets/Results:

Heat sheets will be provided to teams and posted on deck as well as in the spectator areas. Additional heat sheets will be available for purchase through the MEET MOBILE app. Results will be available for free on MEET Mobile and will not be posted at the facility.



Championship Policies

Swimming Rules & Regulations

The 2022 College Club Swimming Regional Championships will follow US Masters Swimming Rules for starts, strokes, turns, relays, and disqualifications. USA-S/USMS certified officials will be onsite to ensure compliance.

Specific rules to make note of include:

- Swimwear for Competition
 - Swimwear shall include only one 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. 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.

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 must submit their USMS ID# or USA Swimming ID when submitting their entries.

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 entry deadline.

Relay Line-Up Policy

Each club will be given the following upon checking in at the meet: • One (1) relay card for each relay competing.

This relay card will be used to make any changes (if desired) to the lineup prior to the appropriate timed finals 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 30 minutes prior to the start of the appropriate timed finals. After this time, no changes can be made to that relay's line-up.

Awards will be assigned and then subsequently mailed to teams after the end of the meet. There will be no breaks to give out awards during the meet, however the winners of event will be announced after each event is over, as well and the overall winner of the meet will be announced at the end of the meet.

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

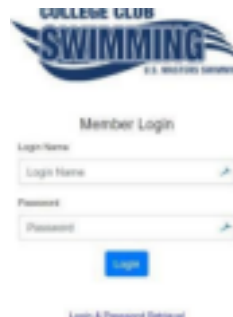
meet fees incurred upon entry. No exceptions will be made.

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, rest rooms 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 CHANGES ARE 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.
8. No glass or shatterable items on the pool deck
9. No swimming under the bulkhead

Registration Procedures

Enter your CCS login information in the Swimmer Login from the homepage of the CCS website.



The image shows the 'Member Login' form on the College Club Swimming website. It features the organization's logo at the top, followed by the text 'Member Login'. Below this are two input fields: 'Login Name' and 'Password', each with a small arrow icon to its right. A blue 'Login' button is positioned below the password field. At the bottom of the form, there is a link that reads 'Lost or Forgot Password?'

Click either the Swim Competitions or Declarations Open link.



The image is a screenshot of the 'College Club Swimming Membership Portal'. At the top, there is a navigation bar with a 'Home' link, a 'Swim Competitions' link circled in red, and an 'Add New Team' link. Below the navigation bar is a 'Welcome to the College Club Swimming Membership Portal' message. Underneath is a table with the following structure:

Date	Name	Description
11/20/2016 - 12/14/2016	2016 College Club Swimming National Championship	Swimmer Open The 2016 CCS National

The 'Swimmer Open' and 'The 2016 CCS National' text in the description column of the first row is circled in red. Below the table, there is a 'Back to the Swimmer Registration 2016 Single Member' link and a 'New Club Connection' link. At the bottom, there is a footer with '© 2016 CCS' and 'Powered by Club Assistant'.

1) To indicate availability for a relay, check the box. This does NOT put you on a relay as the final relays will be compiled by the coach/president.

2) To enter an event, you may manually enter a time. Or you may enter a previously swum time from a CCS recognized meet and have the time entered in the database. Click on the previously swum time in order to select to enter that event.

3) To remove yourself from an event, click the trashcan icon to remove the entry time.

Saturday, April 7, 2018

Session 3: Saturday Finals

Warm-up starts at 5:00 PM | Meet starts at 6:00 PM | Meet ends at 9:00 PM

#	Sex	Event	Qualifying Time	Entry Time min:sec.hun	Previous Times
18	Males	200 Y Medley Relay		<input checked="" type="checkbox"/> I am available for this relay	
20	Males	50 Y Fly	0:26.99	<input type="text" value="0"/> : <input type="text" value="26"/> . <input type="text" value="94"/> SCY <input type="button" value="⊞"/>	26.94
22	Males	200 Y IM	2:15.79	<input type="text"/> : <input type="text"/> . <input type="text"/> SCY <input type="button" value="⊞"/>	
24	Males	50 Y Free	0:24.09	<input type="text"/> : <input type="text"/> . <input type="text"/> SCY <input type="button" value="⊞"/>	23.35
26	Males	100 Y Breast	1:10.09	<input type="text" value="1"/> : <input type="text" value="03"/> . <input type="text" value="53"/> SCY <input type="button" value="⊞"/>	1:03.53
28	Males	200 Y Free	1:58.79	<input type="text"/> : <input type="text"/> . <input type="text"/> SCY <input type="button" value="⊞"/>	
30	Males	100 Y Back	1:02.09	<input type="text"/> : <input type="text"/> . <input type="text"/> SCY <input type="button" value="⊞"/>	
32	Males	400 Y Free Relay		<input checked="" type="checkbox"/> I am available for this relay	
34	Males	1000 Y Free		<input type="text"/> : <input type="text"/> . <input type="text"/> SCY <input type="button" value="⊞"/>	

Sunday, April 8, 2018

Session 5: Sunday Finals

Warm-up starts at 3:00 PM | Meet starts at 4:00 PM | Meet ends at 7:00 PM

Submit entries when complete. Please note that by completing these steps, your entries are not finalized. Your coach will finalize all club entries and compile relays during the confirmation process between .

If you have any questions, please contact collegeclub@usmastersswimming.org.