



2025 REGIONAL CHAMPIONSHIPS ARRIVAL LOGISTICS PACKET

**Eastern: November 15-16, 2025
Lynchburg, VA
Liberty University**

Full Meet Schedule

Saturday

Prelims	Finals
Doors and Pool Deck Open: 8:30am Warm-Ups Begin: 9:00am President's Meeting: 10:00am Timers' Meeting: 10:05am Warm-Ups End: 10:00am Competition Begins: 10:15am Estimated Session End Time: 2:00pm	Doors and Pool Deck Open: 4:00pm Warm-Ups Begin: 5:00pm President's Meeting: 5:45pm Timers' Meeting: 5:50pm Competition Pool closes: 5:50pm Finals Competition Begins: 6:00pm Estimated Session End Time: 8:00pm

Sunday

Prelims	Finals
Doors and Pool Deck Open: 8:30am Warm-Ups Begin: 8:00am President's Meeting: 9:00am Timers' Meeting: 9:05am Warm-Ups End: 9:00am Competition Begins: 9:15am Estimated Session End Time: 1:00pm	Doors and Pool Deck Open: 3:00pm Warm-Ups Begin: 4:00pm President's Meeting: 4:45pm Timers' Meeting: 4:50pm Competition Pool Closes: 4:50pm Finals Competition Begins: 5:00pm Estimated Session End Time: 7:00pm

Notes on the Meet Schedule

- Check-in will be available from 8:30am until 10:00am on Saturday morning.
 - Teams checking in after this time must contact the meet director to check in.
- Spectators can arrive an hour and a half prior to the start of the session.
- Session End Times are approximate and are subject to change.

Warmups, Deck Access, and Meet Operations

Warmup Schedule

Prelims Sessions

We have organized warm-up groupings to split teams equally between two sessions. The following is the schedule of the warm-ups:

Saturday Prelims		Sunday Prelims	
9:00 AM – 9:30 AM	Group A	8:00 AM – 8:30 AM	Group B
9:30 AM – 10:00 AM	Group B	8:30 AM – 9:00 AM	Group A

Group A		Group B	
LU Penn St JMU UMass CNU	Stoney Brook Northeastern George Mason VCU Drexel	UVA Maryland Towson W&M Delaware	American GW ODU UMBC Washington & L

NOTE: Athletes may only warm up in a session in which they are scheduled to compete.
Presidents may warm up with Group A in order to attend the president's meeting.

Meet Warmup Procedures

Prelims Sessions

The Competition and Warm-up pool will be open for general warmup during the scheduled times only. The Dive Well will be continuously open for warm-ups from the beginning of the warmup session and throughout the prelim sessions. Any warmup time changes will be announced in presidents' meetings and through email.

Finals Sessions

The Competition pool and Warm-Up pool will be open for general warmup during the scheduled times only, and the Dive Well will be continuously open for warm up from the beginning of the warmup session and throughout the session. Teams will not be assigned warm up time slots for finals. Any warmup time changes will be announced in presidents' meetings and through email.

Assigned Team Seating

Teams are assigned to seating areas on the pool deck with overflow seating above the Dive Well. Teams will be given a specific bleacher which may be shared with other teams.

Clerk of Course

The Clerk of Course desk will be located next to the head operations table near the starting blocks of the Competition pool. All finals scratches must be declared to the Clerk of Course table within 30 minutes of the results being posted and announced.

Awards Presentation Schedule

The top 3 athletes in each event need to be ready to receive their awards during breaks within each Finals session. Team awards will be presented at the conclusion of the Sunday Finals session.

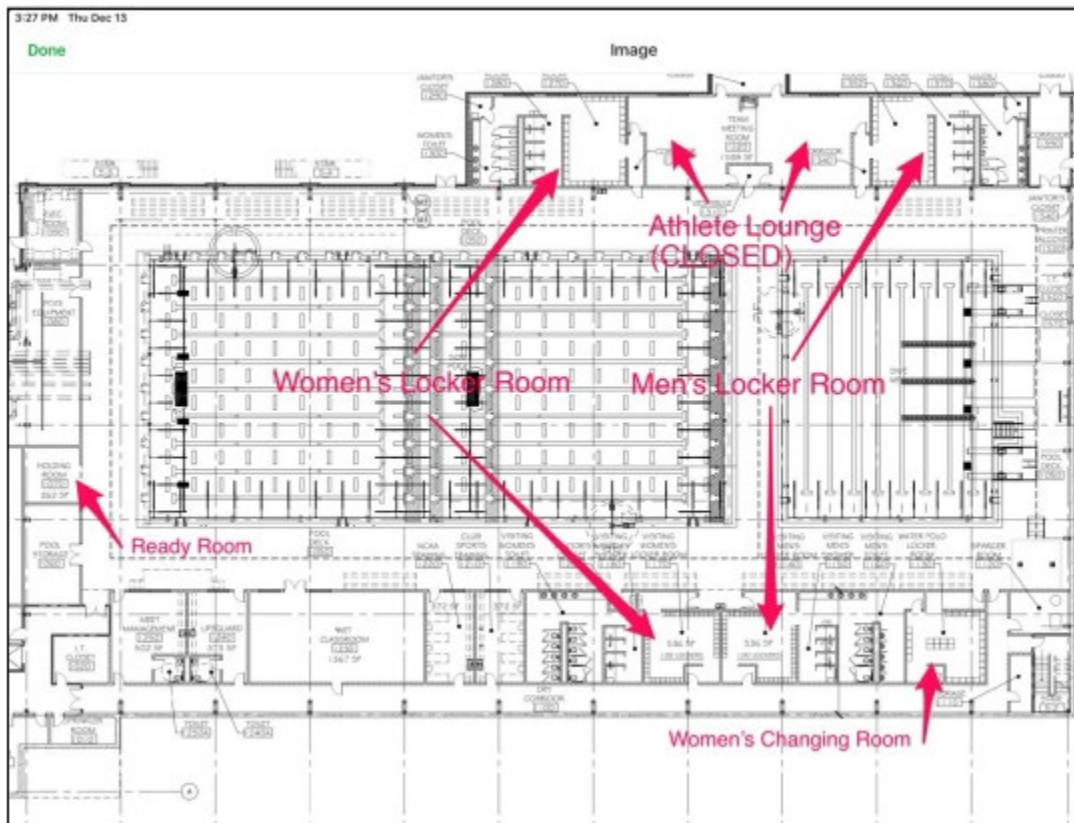
Facility Policies and Procedures

Entering the Facility

Athletes will enter the building through the main entrance and will go down the stairs on the right to the pool deck and locker rooms. Only athletes, coaches, officials and staff/volunteers are allowed beyond this point; Spectators are not permitted on deck. When exiting the facility, leave the stairwell and exit through the main entrance doors. The stairwell doors are Emergency Exits only. Following these guidelines will ensure the safety of swimmers both on the deck and in the stands.

Moving Throughout the Facility

The following facility map displays all locker rooms and the pool layout including the Wet Classroom, Meet Management room, and Lifeguard station. Only swimmers, coaches, officials and assigned meet volunteers will be allowed inside the designated competition course for any given session. Spectators will be permitted in designated spectator seating areas accessed through the Natatorium main entrance.



Facility Policies & Logistics

- Please keep all trash picked up in your team and spectator seating areas.
- Vandalism will not be tolerated. Any individual caught vandalizing the facility will be asked to leave the facility for the remainder of this meet.
- Deck access is restricted to competing athletes, registered coaches, officials, event staff, and meet volunteers. No parents, spectators, or members of the general public will be allowed on deck except at the request of a Meet Director or Meet Referee.
- Belongings should be removed from the deck between sessions and overnight for cleaning.
- The use of any tobacco product on or adjacent to the CCS Championship facility by a coach, official or participant is prohibited. If discovered, it shall result in immediate

disqualification from the remainder of the Championship for the individual committing the violation.

- Profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition.

Contact Information

Club Officers: Heath Grishaw (Head Coach)

Meet Director: Elizabeth Creasy (ewcreasy1@liberty.edu)

Volunteer & Spectator Information

Volunteer & Spectator Information

All volunteer spots are filled in-house. Spectators will be permitted in designated spectator seating areas above the pool deck.

Reminders & Communication

Check-in Procedures

As is noted in the Meet Information Packet, you must check in prior to the first session in which your team has athletes competing. **No athletes may enter the facility until they have received their bag tag**, which teams receive at check-in. Check-in will be available from 8:30am – 10:00am prior to Saturday prelims. Anyone checking in after this time should contact the meet director to check in.

Please bring a printed or digital copy of your receipt showing payment of your swimming entry fees through CCS/Club Assistant (the registration software). **If you do not provide a receipt, your team will be unable to check-in and unable to enter the pool deck.**

Pool, Deck, & Stands

Athlete credentials grant you access to the entire pool deck; however, please remember to sit **ONLY** in your assigned team area and to be respectful of other teams' space. Unless you are heading to the starting zone to swim a race, it is wise to carry your credential with you at all times.

President's Meeting Location

Please have a club representative attend the President's Meeting each session. The President's meeting will take place in the Wet Classroom located on deck beside the Competition Pool 15 minutes before each session start.

Meet Communication

This year we will be utilizing **Discord** for all reminders and real-time updates. The CCS President's Discord will also be utilized for teams to ask questions in the #Eastern-Regionals thread. Presidents not already in the Discord should contact ccs.regionals@gmail.com via email to be added.

Health & Safety

Below are the closest medical centers and urgent cares to the facility.

Lynchburg General

1901 Tate Springs Road Lynchburg, VA 24501 434-200-3000

For all medical emergencies call 911.

Athletic Trainer Liaison: A certified athletic trainer provided by Liberty will be on-site and available for all sessions of the Championships. This person will be able to answer any questions from visiting ATCs. Liberty's ATCs shall be available for all practices and present before, during and after all competitions. However, all CCS schools are responsible for having their own athletic trainer. An athletic training room is located just off the pool deck. Each athletic trainer from a CCS school is to bring their own supplies. An ice machine is available; however, ice will be provided by the athletic training staff for injury purposes only.

Parking Information

Team buses and vans may load/unload at the main entrance to the Liberty University Natatorium off Liberty Mountain Drive and will park in the main lot located to the right of the facility. Ample parking is available for spectators in the facility lot as well as overflow parking at the Indoor Track Complex (left of the facility). **All athletes, officials and coaches must enter through the Natatorium main entrance.**

