



# 2025 CCS REGIONAL CHAMPIONSHIPS ARRIVAL LOGISTICS PACKET

**SOUTHERN: November 8-9, 2025**  
**Morcom Aquatics Center, Tallahassee, FL**

## Full Meet Schedule

### Saturday

Prelims	Finals
<b>Doors and Pool Deck Open:</b> 10:15am <b>Warm-Ups Begin:</b> 10:30am <b>President's Meeting:</b> 11:00am <b>Volunteer/Timers Meeting:</b> 11:15am <b>Warm-Ups End:</b> 11:30am <b>Competition Begins:</b> 11:30am <b>Estimated Session End Time:</b> 2:45pm	<b>Doors and Pool Deck Open:</b> 4:30pm <b>Warm-Ups Begin:</b> 5:00pm <b>President's Meeting:</b> 5:30pm <b>Volunteer/Timers Meeting:</b> 5:45pm <b>Warm-Ups End:</b> 5:55pm <b>Competition Begins:</b> 6:00pm <b>Estimated Session End Time:</b> 8:15pm

### Sunday

Prelims	Finals
<b>Doors and Pool Deck Open:</b> 7:30am <b>Warm-Ups Begin:</b> 8:00am <b>President's Meeting:</b> 8:30am <b>Volunteer/Timers Meeting:</b> 8:45am <b>Warm-Ups End:</b> 9:00am <b>Competition Begins:</b> 9:00am <b>Estimated Session End Time:</b> 12:00pm	<b>Doors and Pool Deck Open:</b> 2:30pm <b>Warm-Ups Begin:</b> 3:00pm <b>President's Meeting:</b> 3:30pm <b>Volunteer/Timers Meeting:</b> 3:45pm <b>Warm-Ups End:</b> 3:55pm <b>Competition Begins:</b> 4:00pm <b>Estimated Session End Time:</b> 6:00pm

### Notes on the Meet Schedule

#### 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 team's packets with heat sheets, relay cards, and other information. 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.

## Warmups, Deck Access, and Meet Operations

### Warmup Schedule

Please note that the following warm-up schedules utilize your club's CCS abbreviation. You can verify your club's abbreviation by looking at the College Club Swimming website.

### Prelims Sessions

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

Saturday Prelims		Sunday Prelims	
10:30 AM – 11:00 AM	Group A	8:00 AM – 8:30 AM	Group B
11:00 AM – 11:30 AM	Group B	8:30 AM – 9:00 AM	Group A

Group A	Group B
Alabama Auburn UCF UNC Charlotte Duke Emory FGCU Florida Florida Atlantic Florida Polytechnic Florida State Georgia Georgia State	Georgia Tech Georgia Southern Jacksonville State Kennesaw State LSU Miami Middle Tennessee State NC State North Dakota South Carolina South Florida Tampa Tulane Valdosta State Vanderbilt Western Carolina

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

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

- Lane 1,8: Pace
- Lane 2,3,6,7: One Way Starts
- Lane 4,5: General Warm Up

## Meet Warmup Procedures

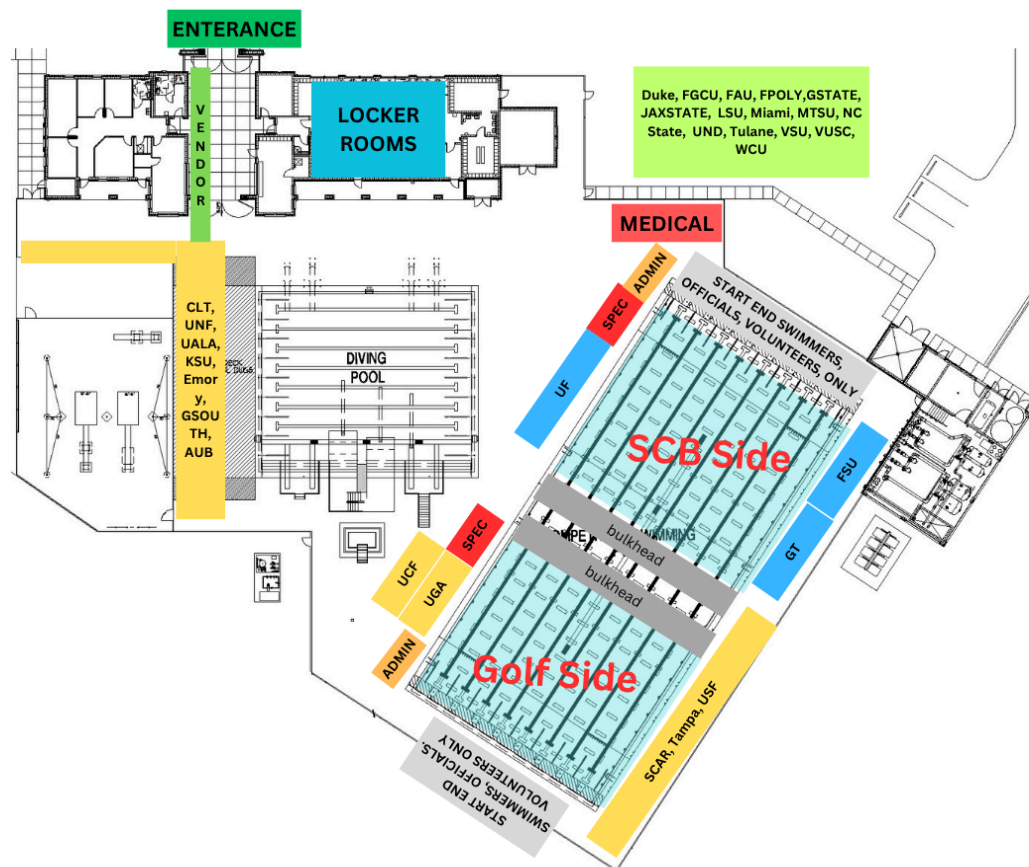
### Prelims Sessions

The scoreboard pool and golf course pool 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.

### Finals Sessions

The competition pool will be open for general warmup during the scheduled times only, and the golf course pool will be continuously open for warm up both during 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 Discord.

## Assigned Team Seating



Key: Blue - Bleachers, Yellow - Open Deck Areas, Red - Spectator Bleachers, Green - Open Grass Area

**NOTE: Teams seated in the open deck area (yellow), and the grass area outside of the facility (green), should plan to bring tents and chairs! There will be no provided seating for those areas.**

### **Clerk of Course**

The Clerk of Course desk will be located next to the head operations table near the starting blocks of the scoreboard 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**

Awards 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.

Team awards will be presented at the conclusion of the Sunday Finals session.



## Facility Policies & Procedures

### Entering the Facility

Please enter through the main entrance, shown below, when checking in:



### 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.

## Volunteer & Spectators Information

### Volunteer Information

Volunteer check-in at the meet will be located in the breezeway located outside of 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.

Volunteer Sign Up Link

<https://www.signupgenius.com/go/409044DA9AE2FA7F85-60136216-ccssouthern#/>

### Spectator Information

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 via QR codes placed around 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 credentials**, which teams receive at check-in. Check-in will be available from 9:45am until the start of Saturday Prelims at 11:30am. Anyone checking in after this time should contact the meet directors 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) or proof that payment is in process. **If you do not provide a receipt or proof of in-process payment, your team will be unable to check in and will be unable to enter the pool deck.**

**Please bring a printed or proof of emailed copy of the visiting team waiver. This waiver will be sent directly to attending clubs prior to the meet.**

### 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 at 11:00am on Saturday and 8:30am on Sunday in the breezeway at the entrance of the pool.

### 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 #southern-regionals thread. Presidents not already in the Discord can join by contacting their CCS AB Region Representatives via email to be added or by emailing [ccs.regionals@gmail.com](mailto:ccs.regionals@gmail.com).

### Health & Safety

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

#### Medical Centers (ER Open 24/7)

**Tallahassee Memorial Hospital**  
**1300 Miccosukee Rd, Tallahassee, FL 32308**  
<https://www.tmh.org/>



## Urgent Care

### Tallahassee Memorial Urgent Care

410 W Tennessee St, Tallahassee, FL 32301

<https://www.tmh.org/location/tallahassee-memorial-urgent-care-center-on-tennessee-street>

## 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.

The map below details where you can park as listed above.

