



## 2026 CONTRA COSTA COUNTY CHAMPIONSHIP SWIM MEET

### COUNTY ELIGIBILITY RULES

#### **GENERAL POLICY**

The Contra Costa County Championship Swim Meet is intended to provide top summer, seasonal recreational swimmers with a venue to compete against each other. The spirit and intent of the County Meet is, and always has been, founded on the principles of celebrating the successes of summer, seasonal recreational swimmers – those that swim with their teams from April through August.

Recreational swimmers are NOT year-round swimmers and do not participate in programs that operate on a year-round basis. Swimmers who want to pursue a more serious swimming career are encouraged to join a year-round team in the area.

Programs offering year-round swimming options, especially between **January 1, 2026, and March 29<sup>th</sup>, 2026** (even if they are voluntary) may bring the entire program, including their participants, under scrutiny and eligibility review.

Alignment with the County Meet spirit, intent, and eligibility rules is completely voluntary by any team, but is required in order to participate.

#### **TEAM MEMBERSHIP/QUALIFICATION GUIDELINES**

- For recreational swimmers to be eligible to compete in the County Championship Swim Meet, they must be members of one of the invited recreational teams. They must have swum with this team only in practices, clinics, and meets for the course of the summer recreational season (March 30<sup>th</sup>-Aug 2<sup>nd</sup>). Eligible swimmers must have participated in an individual event in at least three dual meets or invitational/league championship meets with their summer recreational team between April 1, 2026, and August 2, 2026. These meets must be competitions against another summer recreational team(s) in Contra Costa County, and those teams must also adhere to the County Meet eligibility guidelines. Results from a time trial or competition against non-County eligible swimmers are not accepted. Results from high school swimmers during their high school season are not accepted. If a swimmer moves their residence during the summer, they may swim with another team in their local vicinity with written approval in advance.
- There is no complimentary, exhibition, or unattached swimming at the County Meet.

## **OFF-SEASON GUIDELINES: January 1, 2026 – March 29, 2026**

## **IN-SEASON GUIDELINES: March 30, 2026 – August 2, 2026**

- Recreational swim teams may not begin training earlier than **MARCH 30, 2026**.
- Recreational swimmers are expected to take a break during the off-season from all organized swimming activities **for a continuous period from January 1, 2026, through February 28, 2026**.
- Swimmers' participation in organized swimming lessons/clinics may not exceed 15 hours in total and may not exceed 45 minutes for any given session, during the period of March 1st through March 29<sup>th</sup> (whether in or out of the water).
- The focus and intent of all off-season lessons/clinics should be on technical stroke improvement/instruction and not on aerobic training/conditioning. Programs and coaches who provide swimmers with written workouts with the expectation that the swimmers complete those workouts will jeopardize eligibility.
- Participating in off-season water polo or synchronized swimming programs where the primary focus of the work is swim conditioning will jeopardize eligibility. It is understood that being in the water for either of these activities involves some swimming, however there is a clear line between water polo/synchronized swimming drills/games/competitions and straight swim training.
- Programs, coaches and swimmers/swimmers' families are expected to track specific attendance in any off-season lessons/clinics (dates, times, locations, coaches).
- Swimmers may not participate as members of a year-round swim team or practice/train/participate in clinics with a year-round swim team or with programs that include year-round swimmers after December 31<sup>st</sup>, 2025, through August 2<sup>nd</sup>, 2026. The only exception is for high school swimmers who are members of their scholastic teams. High school swimmers, who are members of their scholastic teams, may continue to train with a year-round swim team until **February 9<sup>th</sup>, the start of the high school swim season**. After that point, swimmers may only practice/train/compete with their high school team through May 16<sup>th</sup> or their summer recreational team until August 3<sup>rd</sup>.
- No swimmers are allowed to compete in any USA swim meets between January 1<sup>st</sup>, 2026 and August 2<sup>nd</sup>, 2026.
- Any protest of a swimmer's eligibility to participate in the County Meet must be submitted in writing and signed by the head coach to the LMYA Contra Costa County Championship Swim Meet Committee to [CountyCommittee@lmyaswim.com](mailto:CountyCommittee@lmyaswim.com)

## **PROGRAM INFORMATION AVAILABILITY**

- All programs seeking an invitation to the County Meet must publicly publish schedules of all off-season lessons/clinics offered to team members, organized by the team, provided by the team coaches or held at the team facility and/or submit this information to the County Meet Committee prior to the beginning of the recreational season each year.

## **AGE**

- Swimmers enter the meet according to their age on June 15, 2026, including 18-year-old swimmers. Swimmers may not be older than 18 as of June 15, 2026.
- Entrants may NOT swim up an age group and must enter the same age group in all events, including relays.

## **QUALIFYING TIMES**

- Individual swimmers must meet the minimum qualifying times. Qualifying times can change from year to year. A participant's qualifying time must have been from a recorded result in a recreational meet held during the summer of 2026, and those meets must be competitions against other County Meet eligible summer recreational teams.

## **ELIGIBILITY PROTESTS & VIOLATIONS**

- LMYA and the County Meet Committee will not position themselves as detectives or policing agents. The Committee relies on all participating teams to self-regulate and cross-check with the spirit, intent, and rules of the County Meet and transparently make their program information publicly available. The County Meet Committee is responsible for upholding the integrity of the County Meet by ruling on eligibility of swimmers and programs. Protests must be submitted in writing. Protests will be handled individually, and it is the responsibility of the protesting agent to collect facts regarding the violation.
- Actions by programs, coaches, or individual swimmers that conflict with the spirit, intent and/or eligibility rules of the County Meet may jeopardize the eligibility of a program or individual for all or part of their participation in the County Meet.

## **DIRECTOR'S NOTES**

- We understand that some swimmers have been led to believe that they can participate in year-round swim team programs and/or clinics and still participate in the County Meet. We understand that some young people are being misled in this way. The rules have not changed, and we hope that coaches, directors, and parents will help their swimmers to decide which program they wish to participate in and to remind them that they cannot do both and still participate in the County Meet.