



# 2023 CONTRA COSTA COUNTY CHAMPIONSHIP MEET

## MEET INFORMATION

### REGION

The Contra Costa County Championship Swim Meet, the County's premier recreational championship swim meet for the last 60 years, is open to invited recreational swim teams in Contra Costa County.

### DIVISIONS

There will be three divisions in the meet. Teams will be entered in a division based on the number of entries in the meet. Team competition will be within the respective divisions only.

### ENTRIES

Each contestant may enter two individual events for which he or she qualifies. The Individual Medley is considered one individual event. Each contestant may also swim in both relays, in addition to the individual events entered. Each team may enter 2 relay teams per event. Individual relay swimmers need not have met a County qualifying time.

### FEES

The fees for the 2023 Contra Costa County Championship Swim Meet are as follows:

Swimmer Entry ("Splash Fee"):	\$15.00 per swimmer
Individual Event Fee:	\$15.00 per individual event
Relay Fee for each Relay:	\$30.00 per relay

### RULES

Current USA rules, including the "whistle start" and "no recall" rules, will govern strokes, turns, starts, finishes, etc., with compliance enforced by the referees, starters, and stroke and turn judges. For ages 9 and up, "Flyover" starts will be used during trials. Coaches will be reminded of this at the coaches' meeting both days.

### SWIMSUITS

We will be following all USA Swimming suit guidelines, including the tech-suit restrictions for 12 & under swimmers. Please visit [contracostacountymeet.com](http://contracostacountymeet.com) for more tech suit information.

## AWARDS

### ***Participation Pins***

- Championship Pins for every swimmer who qualifies for an individual event

### ***Individual Awards***

- Medals for 1st through 10th place in the final heat
- Rosette ribbons for 11th through 20th place in the consolation heat

### ***Relays***

- Medals for 1st through 10th places

### ***Record Holders***

- Record holder awards for individuals and relay teams that set a new standing meet record

### ***High Point Swimmer***

- One boy and one girl in each age group will be selected for this award, based upon points earned in individual events. Ties will be awarded to both swimmers.

### ***Outstanding Relay***

- One boys' team and one girls' team will be selected for this award, based upon performance relative to meet records, expressed as a percentage.

### ***Division Winners***

- Team trophies for 1st through 3rd place, based upon points earned.

## TEAM SCORING

<u>Individual</u>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
	24	21	20	19	18	17	16	15	14	13
	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>
	11	9	8	7	6	5	4	3	2	1
<u>Relay</u>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>
	48	42	40	38	36	34	32	30	28	26
	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>
	22	18	16	14	12	10	8	6	4	2

## AWARDS DISTRIBUTION

All awards must be picked up by a team representative during the meet. Specific time and location for pickup will be given during the meet. High Point Swimmer awards, Outstanding Relay awards, and Division Team trophies will be presented during an awards ceremony at the conclusion of Sunday's events.

## **PRELIMINARY HEATS AND FINALS**

### **Individual Events**

Preliminary heats will be held for all individual events except for the IM, which will be timed finals. The top 10 swimmers in each individual event will then participate in the Championship Finals for 1st through 10th place. Swimmers who finish in 11th through 20th place will compete in the Consolation Finals held immediately before the Championship Finals of the event. All finalists, including relays and alternates, must check in at the Clerk of the Course for their finals' events.

### **Relays**

- Medley Relay timed finals will be at the beginning of the finals session on Saturday (immediately following the first event which is 15-18 50 Free finals), Free Relay timed finals will be the first event of the finals session on Sunday.
- Names of 4 swimmers in each relay must be submitted with your team entries. These do not have to be the actual swimmers who end up competing on that relay; however, any possible relay swimmer must be on your team roster and meet all County eligibility requirements. Swimmers can only be entered in one relay per event, meaning the same swimmer may not swim on both an "A" and a "B" relay.

## **ORDER OF EVENTS**

### **Saturday, August 5th**

#### **9:00AM Start**

Freestyle Trials

Breastroke Trials

IM Timed Finals (11 & Up)

BREAK

15-18 50 Freestyle Finals

Medley Relay Timed Finals

All Remaining Freestyle Finals

Breastroke Finals

### **Sunday, August 6th**

#### **9:00AM Start**

Backstroke Trials

Butterfly Trials

IM Timed Finals (7-8, 9-10)

BREAK

Free Relay Timed Finals

Backstroke Finals

Butterfly Finals

## **SCRATCHES**

Scratches in preliminary heats are allowed and do not need to be reported to the desk; no replacements are allowed. Scratching from an event does not disqualify a swimmer from other events in the meet. In the finals session, if a swimmer scratches/no-shows for the consolation final, the 1<sup>st</sup> alternate will swim in their place. In the championship final, if a swimmer scratches/no-shows, no alternate swimmers will be entered, the lane will be empty.

## **CLERK OF THE COURSE**

Every swimmer must check in and be seated at the Clerk of the Course prior to swimming their event. We use a double check in procedure. All swimmers must check in at the entrance desk of the Clerk and all swimmers must be in their chairs as the heat is released to the blocks. If a swimmer is not seated in their chair immediately prior to being released to the blocks, they will be scratched from the event. This is the same procedure for trials, finals, and relays. Coaches or parents should make sure all swimmers arrive at the Clerk of the Course on time. Only swimmers, and coaches of 8 and under swimmers, will be allowed inside the Clerk of the Course.

## **WARM-UPS**

Open warm-up for all teams:

Sat. & Sun.	7:15-8:30am	Open to all swimmers
	8:30-8:50am	Open to 8&under swimmers only

During the lunch break both days, there will be a minimum of 45 minutes for warm-ups. The first 15 minutes will be for 8&under swimmers only. The remaining 30 minutes will be open to all swimmers. The exact times will be announced toward the end of the trials sessions both days.

Please pay attention to which lanes are designated for starts by the Deck Referee during warm-ups.