



## CONTRA COSTA COUNTY CHAMPIONSHIP SWIM MEET COMMITTEE

2023 Meet Director: Jeff Miller  
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**Date:** July 11, 2023  
**To:** Contra Costa County Recreational Swim Team Directors and Coaches  
**Subject:** 2023 Contra Costa County Championship Swim Meet

We invite your swimmers to participate in the 62<sup>nd</sup> Annual Contra Costa County Championship Swim Meet. This year, the meet will be held on **Saturday and Sunday, August 5<sup>th</sup>-6<sup>th</sup> at Acalanes High School, starting at 9 a.m.** We recognize that it is an exceptional accomplishment for any swimmer who qualifies for this Meet, and we intend to make their experience as positive and fulfilling as possible.

- Please see the documents **Meet Information, Eligibility Rules, and Qualifying Times** for those swimmers who may participate.
- We will again hold **Championship Finals (1<sup>st</sup>-10<sup>th</sup>)** and **Consolation Finals (11<sup>th</sup>-20<sup>th</sup>)** for all **Individual Events** and results from both will be included in the team scores. Medals will be awarded to 1<sup>st</sup> – 10<sup>th</sup> place and Rosette Ribbons will be awarded for 11<sup>th</sup> – 20<sup>th</sup> place. We will hold **Timed Championship Finals only for all Relay Events**. Relay Teams will be awarded medals for 1<sup>st</sup> – 10<sup>th</sup> places only; however, scoring for relays will include the top 20 places. Please see the **Meet Information** sheet in this packet for additional information on scoring and awards.
- **ENTRIES:** Entries will be handled electronically. **They are due via email by 5pm on Monday, July 31<sup>st</sup>.** Entries must be emailed to [CountyEntries@lmyaswim.com](mailto:CountyEntries@lmyaswim.com). The entry file will be posted on the [contracostacountymeet.com](http://contracostacountymeet.com) website. No changes will be allowed to entries after the 5pm cutoff on Monday night. We will NOT be sending you a pdf copy of your entries, so please check for accuracy numerous times before the 5pm cutoff. Attempts to add a qualifying swimmer after the program has gone to the printer Monday evening are not allowed.
- **PAYMENT:** Entry payments can either be sent via paypal to [treasurer@lmyaswim.com](mailto:treasurer@lmyaswim.com) or you can bring a check payable to LMYA to 330 David Drive in Alamo between 10-11am on Tuesday, August 1<sup>st</sup>. If you are bringing a check, please bring your County Work Assignment form which will be sent out by July 21<sup>st</sup>. Please include the name and cell phone number of the 1 person who will be responsible as a contact for your work assignments the days of the meet. If you are submitting payment via paypal, you can email the County Work Assignment form to [CountyMeet@lmyaswim.com](mailto:CountyMeet@lmyaswim.com). In PayPal, please use the “Friends/Family” option, not the “Goods/Services” option.

- **Team work assignments** will be based on the number of entries in past County Meets. These assignments will be sent out by Thursday, July 27<sup>th</sup>. Please see the Workers Assignment document for further information. If you have any questions, please send an email to [CountyMeet@LMYAswim.com](mailto:CountyMeet@LMYAswim.com) as soon as possible.
- **Clerk of the Course** – All swimmers must check in and be seated at the Clerk of the Course before their events AND immediately following the Clerk's Final Call for that age group. No parents will be allowed inside the Clerk of the Course at any time during the meet. **Coaches may accompany swimmers 8 and under, only.** This area is for participating swimmers and their coaches (as allowed above) only.
- **Heat sheets** will be available to all coaches on Friday, August 4<sup>th</sup> at the Acalanes Pool beginning at 1:00pm.
- **Team areas** will be explained in a future communication as we get closer to the meet.
- **Coaches Meeting** – A mandatory coaches meeting will be held at the Clerk of the Course area at 8:30 a.m. both Saturday and Sunday.
- **Parking** – We will be posting VIP parking information on the County website. However, please note that there is **No Parking on the street anywhere on Pleasant Hill Road. Cars parked here will be towed by the City of Lafayette at the owner's expense.**
- **United States Swimming safety regulations and warm-up** procedures will be used again this year. It is imperative that your swimmers are fully aware of these Safety Guidelines, which have been instituted by United States Swimming to safeguard your swimmers. No swimmers will be allowed to participate in warm-ups without a coach from their team to supervise the warm-up. Please have all team members and families review the enclosed safety regulations.