



55th Annual Contra Costa County
Swim Championships 2015

2015 CONTRA COSTA COUNTY CHAMPIONSHIP SWIM MEET

MEET INFORMATION

REGION

The Contra Costa County Championship Swim Meet, the County's premiere recreational swim meet for the last 54 years, is open to all 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 as many relay teams as they want to per event. Individual relay swimmers need not have met a County qualifying time.

FEES

The fees for the 2015 Contra Costa County Championship Swim Meet are as follows:

Swimmer Entry ("Splash Fee"):	\$10.00 per swimmer
Individual Event Fee:	\$8.00 per individual event
Relay Fee for each Relay:	\$16.00 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

1. Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee;
2. No zippers or other fastening devices are allowed except for a waist tie on a brief or jammer;
3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene

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

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

AWARDS DISTRIBUTION

All awards and pins may be picked up by a team representative at any time at the Awards Desk. The representative will be given all of their teams' awards up to that point of the meet. The Awards Desk will be open each afternoon, beginning with the first final events of the day. No individual swimmer or parent may pick up awards during the meet.

High Point Swimmer awards, Outstanding Relay awards, and Division Team trophies will be presented during the ceremony at the end of the meet on Sunday.

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 event will then participate in the Finals for 1st through 10th place medals. Swimmers who finish in 11th through 20th place will compete in the Consolation Finals held immediately before the Finals of the event. All finalists, including alternates, must check in at the Clerk of the Course when that final event is called.

Relays

-Relays will be timed finals only. The relays are held in the afternoon following the completion of all preliminaries events and lunch break. The relays take place at the beginning of the afternoon session immediately prior to the finals of the individual events.

-Names of the 4 swimmers in each relay and up to 2 alternates must be submitted with your team entries. **These do not have to be the actual swimmers on that relay; however any possible relay swimmer must be entered in the Meet as an "Athlete" on the entries submitted August 10th. Swimmers are allowed to only be entered in one relay per event, meaning the same swimmer may not swim on both an "A" and a "B" relay.**

SCRATCHES

Scratches in preliminary heats are allowed and do not need to be reported to the desk; no replacements are allowed.

CLERK OF THE COURSE

Every swimmer must check in and be seated at the Clerk of the Course prior to swimming his/her event. Coaches or parents should make sure all swimmers arrive at the Clerk of the Course when their events are called. Only swimmers, and coaches of 8 and under swimmers, will be allowed inside the Clerk of the Course.

WARM-UPS

Warm-up times are open to all swimmers from 7:15 to 8:30 AM both Saturday and Sunday, with 8 and under only warm-ups from 8:30 to 8:50 AM both days.

Swimmers remaining in the pool after 8:50AM may be disqualified, and at the discretion of the Meet Referee and Meet Director, the entire team may be removed from the Meet.