2025 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 62 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 2025 Contra Costa County Championship Swim Meet are as follows:

Swimmer Entry ("Splash Fee"):	$20.00 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.

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 must be picked up by a team representative after 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 2nd **9:00AM Start**	**Sunday, August 3rd** **9:00AM Start**
Freestyle Trials	Backstroke Trials
Breaststroke Trials	Butterfly Trials
IM Timed Finals (11 & Up)	IM Timed Finals (7-8, 9-10)
BREAK	BREAK
15-18 50 Freestyle Finals	Free Relay Timed Finals
Medley Relay Timed Finals	Backstroke Finals
All Remaining Freestyle Finals	Butterfly Finals
Breaststroke 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 1st 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 are allowed in 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.