

2021 Contra Costa County Key Reminders

A few key reminders and updates for this year's meet:

RELAYS

-There will be no relay trials on Friday, July 30th. Relays will be swam as timed finals only. Medley Relay timed finals will be the first event in the afternoon finals session on Saturday, July 31st. Free Relay timed finals will be the first event in the afternoon finals session on Sunday, August 1st.

-Once the meet is seeded, we will post a timeline so relay-only swimmers will know when they need to arrive. The pool will be open for warmups on both Saturday and Sunday during the lunch break prior to the finals sessions. The break is estimated to be between 12pm-1pm each day. We will give more definitive timelines after the meet is seeded.

-For relays to be eligible to be entered, either the relay team has to have swam a qualifying time during the season OR the sum of the swimmers' individual times is faster than the qualifying time. Either standard is acceptable.

-Entries are due by 5pm on Monday, July 26th via email to CountyEntries@lmyaswim.com. Entry file is attached.

-Coaches' forms and insurance certificates are due by Monday, July 26th. See attached documents for information.

-Team work assignments will be sent out by Thursday, July 22nd. Please read the attached work assignment document, specifically for information regarding Stroke and Turn judges. If your team has S&T judges who want to volunteer, that will greatly reduce other team jobs. Please email CountyMeet@lmyaswim.com ASAP if you have qualified judges.

-Team area setup information will be sent out by Wednesday, July 28th.

-VIP parking will be available on both days of the meet. Signups will go live at 8pm on Monday, July 26th. The link can be found at contracostacountymeet.com.

-Programs, apparel, and coaches packets will all be available from 3:00-5:30pm on Friday, July 30th on the Acalanes pool deck.

If you have any questions, please send them to CountyMeet@lmyaswim.com