



To: Contra Costa County Recreational Swim Team Community

Date: October 30, 2018

Re: Update to Eligibility Rules for Participation in the Contra Costa County Championship Meet

The County Meet Committee met on Wednesday, October 24th to review the eligibility rules for participation in the 2019 Contra Costa County Championship Meet. Below is a summary of the changes to the eligibility rules.

Off Season Guidelines:

The last day for recreational swimmers to compete or train and still remain eligible for the 2019 County meet is December 31, 2018. Swimmers may not train with any swim team after 12/31/18 and until 3/1/19. In addition, swimmers may not compete in any swim meets sponsored by USA Swimming or any other governing body during this period.

Recreational swimmers are expected to take a break during the off-season from all organized swimming activities **for a continuous period from January 1, 2019 through February 28, 2019.**

Swim teams that wish to participate in the County meet may not offer more than 15 hours of lessons or clinics through the team, by team coaches or at team facilities (whether in or out of the water) from March 1, 2019 through the start of the swim season, April 1, 2019. Swimmers may not participate in more than 15 hours of lessons or clinics by participating in multiple programs during this period.

Other:

High school and college swimmers who are members of their scholastic teams may continue to train with a year-round swim team until January 26th (or the start of the high school swim season). High school and college swimmers may not swim in any meets sponsored by USA Swimming after December 31, 2018 and until August 5, 2019.

There will be no change to the number of events in which a swimmer may participate for the 2019 County Meet. Swimmers will be allowed to enter a maximum of 2 individual events.

The County Committee deferred establishing any guidelines at this time and awaits further guidance from USA swimming with respect to (i) banning tech suits for swimmers age 12 and under, and (ii) allowing minors to compete in self-identified gender events.

The County Committee will revisit the minimum number of meets required to have been swum by a swimmer to be eligible to compete in the 2019 County meet. The County Committee will issue guidelines in the spring when the 2019 County meet qualifying times are established.

We recognize the time sensitivity in communicating a summary of the current changes in the County meet eligibility rules so that recreational swim teams and participants may plan accordingly. We will provide updates as appropriate and detailed guidelines in advance of the season. We appreciate your comments, questions and feedback.

Please let us know if you have any questions or require further clarification. We look forward to hosting the 59th annual Contra Costa County Championship Meet.

Regards,

LMYA Swim

Amy Ghisletta and Lauren McSorley

LMYA Swim Team Co-Directors