

PVS LC Age Group Championships

Fairland Aquatic Center

July 23-26, 2009

Coaches Notes

Most of the items covered in these notes are already in the meet announcement <<http://www.pvswim.org/0809meet/09-63-ma.htm>>. Please become familiar with the rules and procedures before the meet.

Warm-Ups

There are 500 or more swimmers for each of the morning warmup sessions. So, I split the warmup period into two 35 minute periods. The schedule has been posted on the PVS website <<http://www.pvswim.org/0809meet/09-63-warmups.pdf>>. Note this if you have the early warmup period on Thursday, you will have the later warmup period on Friday.

The 10&U session warmup will also be assigned warmups, as shown on the schedule. The warmups for finals and the timed final session on Saturday will be open warmups following the PVS open warmup procedure.

The small teaching pool will be available for warmup/cool down during the sessions. Due to the large number of swimmers that need to share that water, please make sure your swimmers are in that pool only if they need to be.

Positive Check-In Events

All events 400M and over will be positive check-in events. Make sure your swimmers are checked in, but do not check in swimmers that are not at the session. There is a penalty for a no-show in a positive check-in event.

All the 400M freestyle events are swum slowest to fastest and are timed finals events. The 13-14 400M freestyle will have the two fastest heats swum in finals. If your swimmer is in the top 16 on the psych sheet, they will be seeded to swim at night. If there are lower than 16th, they may swim at night depending on the positive check-in that takes place on Friday morning.

The 800M and 1500M freestyle events will be swum fastest to slowest, alternating girls and boys heats. The fastest heat of the 800M freestyle will be swim on Thursday night, with positive check-in Thursday morning.

The 800M Freestyle Relay will be swum Sunday night. All other relays will be swum in the preliminary sessions. The 200M relays will be swum slow-to-fast. The 400M relays will be swum fast-to-slow

Scratch Rules

We will be using the PVS championship meet scratch rules. If a swimmer does not scratch from finals during the 30 minute period following the announcement of the results, and they do not swim the event at finals, they are removed from the rest of the meet.

Relays

Per the meet announcement, all relay-only swimmers must have been included in the meet entries (i.e. already be in the database).

Please be conscientious about submitting your relay names on-time before the events. Numerous announcements will be made about these deadlines.

Dive-Over Starts

Dive-over starts will be used at all preliminary sessions, but not for finals. Please make sure your swimmers understand that.

Swim Suit Rules

Please review the swim suit rules <<http://www.pvswim.org/0809news/2009SwimSuitRules.html>>. Play particular attention to the rule that went into effect in May “**Swimsuits worn for all 12 & under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee**“. This rule does not apply to the 13-14 events.

If you have any questions about these items or anything in the meet announcement, you can contact me this week, or catch me Thursday morning. We look forward to a great meet!

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