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|---------------------|-------------------------------------|------------|----------------|
| 5/4-5/2024 | Early Bird LC | MSSC | Fairland |
| 5/10-12/2024 | LC Spring Classic | RMSC-M | KSAC |
| 5/10-12/2024 | VA States | PM | St. James |
| 5/10-12/2024 | Machine Spring Invite | MACH | Dulles South |
| 5/11/2024 | 10 & U Mini | HACC | Madeira |
| 5/11/2024 | Summer Splash SC Meet | PAC | Fairland |
| 5/31-6/2/2024 | NCAP Elite Qualifier | NCAP | Jeff Rouse |
| 5/31-6/2/2024 | Maryland States | RMSC-R | Rockville |
| 6/7-9/24 | June LC Meet | MACH | Claude Moore |
| 6/8-9/2024 | FISH LC Invitational | FISH | St. James |
| 6/15-16/2024 | PVS LC Distance | PVS | |
| 6/16/2024 | Juneteenth LC Classic | DCPR | Wilson AC |
| 6/23/2024 | PVS LC Open 1 | PVS | various |
| 6/28-30/2024 | June LC Tune-Up | RMSC-M | KSAC |
| 6/27-29/2024 | FXFX Summer Solstice | FXFX | GMU |
| 6/28-30/2024 | LC Tune Up | RMSC-M | KSAC |
| 6/30/2024 | PVS LC Open 2 | PVS | various |
| 7/11-14/2024 | PVS LC Open Champs | PVS | |
| 7/11-14/2024 | PVS LC 12 & Under Champs | PVS | |
| 7/18-21/2024 | PVS LC 13 & Over Champs | PVS | |
| 7/11-14 or 18-21 | Summer Send Off | MACH | St. James |

DRAFT

PVS Competition Committee Proposals

May 23, 2023

Dear Committee members,

Below are several proposals that I've discussed with fellow coaches, and I believe provide some better opportunities and clean up our summer champs. I am not 100% sure these can be implemented this summer now that the meet announcements have been posted, but if needed, possibly we can make these adjustments for next year.

Respectfully submitted,

Aaron Dean
OCCS Head Coach
PVS Coaches' Representative

Proposal #1: allow up to 7 individual events per meet (max 3/day) for the 13 & over championships. Currently in the meet announcement:

A swimmer may compete in a maximum of six (6) individual events and no more than three (3) individual events per day.

While I'm sure that most would choose six events total (or less qualified), I think this should line up with what is being offered at the Open meet and what is offered at most LSC Championships. A comparison of surrounding LSC's offer 8 events for their age group championships and 7 for their senior championships. The real benefit to this will be for the distance swimmers that are forced to attend two days with only one event to swim or possibly a day with no swims (if they decide to swim 3 events on another day).

Proposal #2: allow up to 7 individual events per meet (max 3/day) for the 12 & under championships.

A swimmer may compete in a maximum of six (6) individual events and no more than three (3) individual events per day.

Proposal #3: allow the use of alternative distance events for qualifying for the 800/1500 free in all PVS Championship meets. i.e. use the 800 free to qualify for the 1500 free and/or the 1500 free to qualify for the 800 free.

With limited options for swimming distance races, some swimmers may not have access to swimming one event or the other but one time per season.

Proposal #4: Eliminate the age restriction for the 'C' final for the 12 & under and 13 & over meets.

See sample of 100 free from 13 & over meet:

13-14 girls the C final

The C final had three swimmers. There were 17 additional 14-year-olds available (possibly) to fill the open lanes.

13-14 boys were filled, however even if we did just have the C final there would still be six 13 year olds making finals...

15 overs it is hard to say how many 17-18-year-olds would stick around for the finals, but of the boys that competed in finals, 14 of the 19 swimmers in the 100 free were 15 or 16; and for the girls 16 of the 22 swimmers were 15-16. They are well represented in finals without the need for a specific 15-16 group.

The time standards are not set up to include enough 13- and 11-year-olds to fill the final heats. Last summer there were:

- 7 events that were not filled for the 13–14-year-olds with enough 13 year olds.
- 13 events that were not filled for finals for the 15 & overs (15-16 restriction)
- 17 events in the 11-12 meet were not filled for the 11-12 finals.

For the 13-14 Events, "A" and "B" finals will consist of the top sixteen (16) preliminary Swimmers. The "C" final will be the next fastest eight (8), 13 year old swimmers from that event.

For the 15 & Over Events, "A" and "B" finals will consist of the top sixteen (16) preliminary swimmers. The "C" final will be the next fastest eight (8), 15-16 year old swimmers from that event.

The 11-12 "A" & "B" finals will be made up of the top twenty (20) 11-12 swimmers; the 11-12 "C" final will be made up of the next ten (10) fastest 11 year old swimmers.

While initially my proposal was to provide for the 11- and 13-year-olds and then fill the open lanes with 14-year-olds, this presented two challenges:

- Administratively a nightmare of determining who is in finals...
- Unbalanced C heat with slower 13-year-olds mixed with faster 14-year-olds to fill lanes...

Proposal #5: Eliminate 15 & over relays from the 13 & over meet and provide an alternative option for a time trial following prelims on each day.

In the past, we did not have relays for the JR champs in the summer. Last summer there was one team that entered the relays offered, they ended up swimming in one of the five events, scratched the others.

Proposal #6: move the 13-14 200 medley relay and 200 free relays to be swum on Friday. And swim the 200-medley relay as the first event of prelims in the morning and the 200 free relay as the last event of finals at night.

Currently Thursday has the 200 medley and 400 free relays swum in prelims, Friday there are no relays, Saturday has the 800 free relay, Sunday has the 200 free and 400 medley relays swum in prelims.

Proposal #7: move the 400 free and 400 medley relays to the end of finals (with option to swim in am at end of prelims).

Last year there were no more than 10 entered relay teams in each relay event for the 13-14 group. Swimming in up to five races in one session is a lot for prelims finals. This would also provide more exposure for athletes to see finals and create team excitement for the finals. Sunday

Proposal #8 (if needed): If time permits, provide a 10-minute break after the relays if they remain at the start of the session.

On a personal level, I can recall having to adjust relays based on the first individual event last year and allowing the girls especially enough time that were in the first individual event after just one heat of boys' relays between their swim if they're in the first event.