



PSW Weekly Update



Swimmer of the Week

- Junior 2- Rodion I
- Junior 3- Justin H
- SWG- Alina S
- SWS- Maya D

Championship Season

As we enter our Championship season and the weekly update will include recaps of our Championship meets here is some information on the meets themselves. There are 3 levels of Championships that PSW participates in within the province that happen twice a year. The first time in February/March and the second time in June/July.

LMR Championships (Lower Mainland Region) is a two day swim meet open to all ages that takes place locally within our region. To qualify swimmers must meet the time standard in the 200 IM for their age. This is a timed finals meet. The next level is the Age Group Championships which is open to girls 12&Under and boys 13&Under. To qualify swimmers must meet the qualifying standard for the 200 IM plus the standard for one other event. This meet takes place anywhere in BC and is a three day meet. The next level is Provincial Championships open to all ages. At this meet swimmers must qualify in each event they wish to swim. This meet takes place anywhere in BC and is a 4 day heats and finals event. This weekend coming up is the first of these meets, the LMR Championships in Richmond!

Go PSW Go

PSW Winter Invitational Recap

Last weekend PSW hosted a long course heats and finals meet that saw some of the fastest swimmers in BC and the country come to our pool. Being one of the first meets long course meets for a lot of swimmers and the last before the big Championship meets coming up, a lot of swimmers were using it as a way to fine tune their swims. PSW highlights were, Sergey C breaking the club record in the 400 IM, Forrest X broke 1:00 for the first time in the 100 Free and Emily took 9 seconds off in her 200 Breaststroke. While the swimming was fast for PSW and the clubs that came to our pool it was also a great atmosphere and the volunteers and families of PSW make that happen. Everyone from the electronics technicians, to the clerks, to the stroke and turn, and definitely the young swimmers that did everything they could to help out, you all made the meet very special.

THANK YOU PSW!

