

LONG COURSE vs SHORT COURSE SWIMMING?

Most pools are 25 yard pools. Both the JCC and Bulkeley High School are 25 yard pools. Almost all high school pools and most college pools are 25 yards long and most high school and college meets are run as short course meets. The short course season is what we just concluded as most USA Swimming Club teams generally swim short course meets from September through March.

The Olympics, Pan-American Games, and World Championships are held in 50 meter pools. In this country, most 50 meter pools are outdoors due to the cost of building an indoor 50 meter pool. You will also notice that many college and university pools are both short course yards and long course meter. How you ask? Simple turn the pool sideways. For instance at Wesleyan, the short course season is swum in and East to West direction- across the pool. In long course they will swim North to South, coming at you in the seating area.(Better photo oportunites!)

A WORD ABOUT TIMES:

Long course times will be “slower” then what you see in short course.. Why—well it is a longer race (25 meters is equal to 27.340332500 yards)

Also there are fewer turns in long course- and generally turns are faster than swimming. We can push off the wall faster than swimming. So in short course a 50 yard free style requires 1 turn, but in long course that 50 Meter swim has none. A 100 yard event has 3 turns, but a 100 Meter has just 1 turn (in the 50 meter pool).

CONVERSION:

There are Apps that will convert times, and you can use the conversion to help you see how a swimmer is doing- but keep in mind it is not an Apples to Apples thing- the race is actually longer in LC, there are fewer turns and it requires more actual swimming. As an example a 1:05:00 in short course yards 100 freestyle converts to a 1:14:37 in long course meters. Don't worry, Regional, Age Group and Zone times adjust to reflect this.(ex.. 50 Yard free for 11-12 girls : SCY: 28:19..LCM is 30:29 for Age Groups)

LOCATION, LOCATION, LOCATION:

As mentioned earlier, due to the size of pool needed for LC(Long Course), most of the events are held outside. So that means some additions to the checklist for what to bring for both you and your swimmer. In addition to the suits, caps, goggles, towels, water bottles, snacks, etc that you pack you will need to add sunscreen for both you and your swimmer. While we do have a canopy, there is no guarantee there will be deck space for it and that every swimmer will get under it.

Chairs- most of the time the swimmers will be inside the fence where there are no bleachers and will need chairs to sit in. So will you. Unless it is one of the few indoor events in LC, you will need to bring you own chair.

Shade-It gets hot at these meets and there is usually not a lot of natural shade for spectators. However there is usually plenty of space to setup a canopy to sit under. Parents bring their own and usually congregate in one area under one or two of them.

Hydration-If you thought it got hot at the indoor meets, you ain't seen nothing yet. Make sure both you and your swimmer have extra hydration (Water). The sun and humidity will zap your strength more than you realize.