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Long Course FAQs

What is "long course"?

- Short Course refers to competitions held in 25 yard/meter pools.
- Long Course refers to competitions held in 50 meter pools. Our long course season typically runs from May-July.

What is the long course Practice Schedule?

- Long course practices are held on Saturdays during Spring Conditioning (April, May) at the Y
- In early June, we will begin to practice at the University of Delaware 50m long course pool (next to the Fred Rust rink). Tentative days/times are as follows
Tues/Thurs night: 8-9pm, Sunday morning: 9-11am
 - Due to space constraints, younger long course swimmers may only be permitted to practice on Sundays at the Udel 50m pool.
- Swimmers attend all other regularly scheduled practices at the Y during the season.

What is the Cost?

- Long course is an additional \$45 per swimmer (no discounts can be applied to this cost). Long course is open to any silver, gold, advanced and national swimmer.
- Currently, we do not have a long course program price. You will need to register for summer swim team with the additional long course fee. This will allow you to practice with us at any time during the summer and compete with us at long course meets.

What meets can we participate in?

- All meets are posted online at westernwahoos.org
- In order to participate in long course meets, swimmers must be USA swimming registered
- Some meets have age and qualifying time requirements

What should I expect in regards to times?

- Swimmers' Long Course times are almost always slower than their Short Course times for a couple of reasons:
 - A 50, 100, 200, etc. event in Short Course is typically in yards and the corresponding event in Long Course is in meters. There are approximately 54.6 yards in 50 meters, so a 50 free (for example) in Short Course is a shorter distance to swim than a 50 free in Long Course.
 - In Short Course you get twice as many opportunities to flip turn and push off the wall than you do in Long Course, which is almost always faster for a swimmer than swimming consistent yardage.

What are the Advantages of long course competition?

- Different course pushes swimmers out of their comfort zone
- Additional endurance and competition
- Opportunities to swim longer events that they ordinarily would in a summer season
- More prepared for short course season

For additional questions, please email Coach Ryan rschultz@ymcade.org or Coach Kayla kandrews-large@ymcade.org