

SES Championship Meet Committee Report

At our previous meeting, Jay Newton, SAC, John Morse, NAC, Pam Braseth, BWB, Matt Weber, BSL, and John Woods, SCAC volunteered to form a committee to discuss many facets regarding the Southeastern LSC Championship Meet. We discussed many things in reference to the SES Championship Meet, but our discussion was primarily in reference to the season change that was passed by USA swimming, moving the Short Course National Championships to December. Moving the Short Course National Championships to December and proposing that the Long Course season start in January leaves us as a LSC with the job of determining how this affects our Championship Meet. After many e-mails and a conference call, the following are the issues we discussed and the recommendations that we have for the SES Championship Meet. This report is a little long, but feel free to look over the recommendations and then read the discussion for clarification on our thought process.

USA Swimming's change in season scheduling leaves us with a tough decision on how we choose to schedule our seasons. Our discussion brought out many factors that must be taken into account when looking at this issue. Among these include, when meets are hosted, outdoor 50 Meter pools, Senior/National Level swimming vs. Age Group swimming, High School State Meets, and the loss of swimmers for some teams during long course season. When making a decision on this subject we have to really take all perspectives into account. We came up with three possible options that should be discussed.

1. We could mirror USA and hold our LSC Championship in Dec. possibly the week after Nationals. This would give all swimmers in the LSC including National qualifiers the opportunity to participate in the meet. The District meets would be held the week before on the same weekend as Nationals. An additional option to add to this would be holding a 14 and under championship style meet in late Feb. or early March where the top 16 could swim in finals for all age groups. This meet wouldn't have to be a LSC championship meet.
2. We could work to move the district and LSC Championship Meet up on the schedule so that we could complete our short course season by mid or late Feb.
3. We could keep our schedule the same as it currently is.

All these options have both pros and cons. We are at a crossroads for our sport and our LSC. It is very important that we give these options and others serious thought before we act.

Other issues we discussed included scoring. We all felt that any heat swimming in the finals should score points. We also feel that all age groups should receive points for 1-16 in individual events. We acknowledge that due to time constraints it is probably not possible to swim the top 16 in every age group and in every individual event. We

feel that the scoring would increase the feeling of involvement for the 10 and under, 11-12, 13-14 groups. This scoring change could also add to excitement associated with the team scoring.

RECOMMENDATION- Score 1-16 for all individual events.

We also discussed the situation regarding the C Final in the Senior Age Groups. We all agreed that the C Final should be dropped, because the swims in this heat are not champion level, often not as fast as the 13-14 top 8, and do not encourage top swimming in the prelims (which is necessary in educating swimmers on how to final at top level meets). This heat has not accomplished its purpose and needs to be eliminated. Dropping the C Final would drop approximately 20 minutes from the finals session (20 minutes is the average; actual time varied from 18 – 24 minutes depending on session).

RECOMMENDATION- Drop the C Final.

Note: If we were to add a consolation heat for all 13-14 individual events it would add approximately 20 minutes to the finals session.

We also discussed moving the Age Group Relays from prelims to finals. This would greatly benefit the SES Championships by bringing more swimmers back to finals and creating a more exciting atmosphere. This move would also increase the involvement of the 10 and under and 11-12 swimmers in finals. The addition of Age Group relays to finals would add approximately 20 minutes to finals (20 is average; actual time varied from 18-24 depending on the session). Another idea discussed along with this move would be to allow the fastest heat for each age group swim first, then have all other heats. This is inline with the way relays were conducted at Nationals (EX: 1 top heat of 10 and under girls, 10 and under boys, 11-12 girls, 11-12 boys, etc. Next would follow any additional heats of 10 and under girls, 10 and under boys, 11-12 girls, 11-12 boys, etc)

RECOMMENDATION- Move the Age Group Relays to Finals. Allow top heat of each age group to swim, followed by all additional heats of each age group.

In the area of Meet Management, we discussed the 15 minute break between the end of warm-ups and the start of the meet. We believe this break is too long. Shortening the break is probably not the answer because we have assigned warm-ups so it is not fair to the swimmers in the last warm-up session to not have time to change into their racing suits. With all factors taken account we believe that the 15 minutes following the last warm-up session could be best used by allowing open warm-ups for 10 minutes to allow swimmers from the early warm-up sessions to warm-up and then take a 5 minute break to check the pads before the start of the meet.

RECOMMENDATION- Allow 10 minutes of open warm-up and then 5 minutes of clear pool before the start of the meet instead of the 15 minute break.

Our final major discussion revolved around two issues that are related. The first issue involves the length of our championship meet. At 3 ½ days and taking into account travel our LSC Championship is long. Schools are now making attendance a major issue, is there a way to reduce the length of our meet to 3 days? We recommend that we try to shorten the meet. The How we shorten the meet is much harder.

This lead to a large discussion regarding age group distance events (10 and under 500 free and 11-12 1000 free) and the 13-14 and senior 1000 and 1650 free. If we were to shorten our LSC championship to 3 days we would have to eliminate some events. In National and International competitions males swim the mile and females swim the 1000 (800). At the Short Course Nationals, both men and women will swim the 1650. Our discussion on the 10 and under 500 free and 11-12 1000 free had mixed opinions. We never came to any consensus opinion. We do recommend that the cut times for these events be determined using the 12th place finisher due to the lack of participants. The following are the facts regarding the 10 and under 500 free and the 11-12 1000 free.

Womens 10 & Under 500 Free					
Year	1st	8th	16th	last	# of swimmers
2006	05:52.60	06:22.75		06:46.31	14
2005	05:54.60	06:31.18		06:38.18	11
2004	05:55.07	06:23.05		06:42.76	13

SES Qualifying
Time
06:49.19

Mens 10 & Under 500 Free					
Year	1st	8th	16th	last	# of swimmers
2006	05:43.76	06:57.06		07:07.09	9
2005	05:44.30	06:12.37	06:32.26	06:56.86	21
2004	05:57.86	06:25.94		06:54.44	13

SES Qualifying
Time
06:54.69

Womens 11-12 1000 Free					
Year	1st	8th	16th	last	# of swimmers
2006	11:03.62	11:32.18		11:47.98	11
2005	10:43.67	11:54.70	12:28.89		16
2004	11:04.08	11:30.35		12:41.09	14

SES Qualifying
Time
12:25.69

Mens 11-12 1000 Free					
Year	1st	8th	16th	last	# of swimmers
2006	11:27.37	11:53.16	13:20.66		16
2005	10:53.46	11:56.92		12:12.91	11
2004	10:57.65	11:53.22	12:28.70	13:15.49	24

SES Qualifying
Time
13:17.29

500 free girls

	AAAA	AAA	AA	A
	5:57.39	6:14.39	6:31.39	6:48.39
# of swims	2	6	1	2

500 free boys

	AAAA	AAA	AA	A
	5:54.09	6:10.89	6:27.79	6:44.59
# of swims	3	0	3	1

1000 free girls

	AAAA	AAA	AA	A
	11:16.29	11:48.49	12:20.79	12:52.99
# of swims	3	8		

1000 free boys

	AAAA	AAA	AA	A
	11:12.79	11:44.89	12:16.89	12:48.89
# of swims		6	2	3