

April 17, 2011

Sr. Circuit proposal for 2012

1. **Purpose:** To provide high quality competition for top level senior swimmers in the VSI LSC and potentially other senior swimmers from outside of the LSC.
2. **Two meets**
 - Weekend of Oct 22-23 or 29-30 or Nov 5-6
 - Weekend of Jan 14-15 (Martin Luther King, Jr Holiday weekend)
3. **Four sessions**
 - Meet one: Sat mid morn, Sat evening, Sun AM distance, Sun mid morn
 - Meet two: Sat mid morn, Sat evening distance, Sun mid morn, Sun evening
(Can keep the same schedule as meet one, however holiday on Monday allows teams to travel Sunday evening and have Monday to recover. Also would mean only one night of hotel stay)
4. **Coaches roundtable/social** Saturday evening. Potential opportunity for coaches to gather together to talk shop and discuss current issues.
5. **Qualifications (Pick one):**
 - a. 13-14 AA time standard across the board.
 - b. Minimum of two 15-16 AA time standards excluding the 50 free.
 - c. Minimum of two VSI Sr Champ cuts excluding the 50 free.
 - d. Suggestions??
6. **Additional entry limitations**
 - a. 3 per session no more than 5 a day plus relays
 - b. BB or A minimum.
7. **Event order**
 - Meet one: Senior Champ order
 - Meet two: Start each session 200 IM, 500 free, 400 IM to give priority to these events as they are normally stuffed at the end of the champs sessions.
8. **Other notes**
 - a. Open meet with VSI swimmers given first preference.
 - b. No awards
 - c. Score the meet. Limit scoring for each team to three swimmers.
 - d. 1000 in Meet one, 1650 in Meet two.
 - e. Financial assistance if necessary from VSI to make the meet financially feasible.
 - f. Suggest host team run two additional session, one on Saturday and one on Sunday for senior swimmers who do not qualify for the Sr Circuit.
9. **NEEDS AT TIME:**
 - a. Two teams from different parts of the state to bid for the Circuit meets.