

PC Swim Series

2024 Season

The PC Swim Series is a motivational program that allows swimmers across the club to compare themselves to the other athletes. Swimmers participate in a designated combination of five events and, based on the power points scored for each of those swims, earn a combined score that is called the PCS, PCM, or PCX score.

POINTE-CLAIRE SPRINT (PCS)

50 Fly
50 Back
50 Breast
50 Free
100 Free

POINTE-CLAIRE MEDLEY (PCM)

100 Fly
100 Back
100 Breast
200 Free
200 IM

POINTE-CLAIRE EXTREME (PCX)

200 Fly
200 Back
200 Breast
400 Free
400 IM

AGE CATEGORIES

- 10 and Under
- 11 and 12
- 13 and 14
- 15 and Over

**A PCS, PCM, or PCX score is only established after a swimmer has swum all the events required for their age group in a sanctioned competition. Additionally, a swimmer must complete all the events in the same course (SCM or LCM) to have a score in that course.*