

## Procedures for Start of Meet for SJSSL

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| <p><b>Pre-Meet</b></p>    | <ol style="list-style-type: none"> <li>1) Meet with the Head Meet Official prior to the beginning of the meet to discuss how the meet will run.</li> <li>2) Review the Starter system and Dolphin Starter (if applicable) to insure that all equipment is connected correctly and working properly.</li> <li>3) Run a test of equipment.</li> </ol>  |
| <p><b>During Meet</b></p> | <ol style="list-style-type: none"> <li>1) Blow your whistle to gain the attention of the swimmers and crowd.</li> <li>2) Announce Event – Heat – Age Group and any Combined Events or Combined Heats (this should be done in a calm, conversational tone of voice).</li> <li>3) Ask <b>TIMERS ARE YOU READY</b> (Timers should raise their hands)</li> <li>4) Give the following commands to swimmers to <b>START</b> the race:             <ol style="list-style-type: none"> <li>a) <b>SWIMMERS STEP UP</b> (make sure all swimmers are up on the blocks and ready. If swimmer(s) are not ready, ask swimmers to step down and repeat this step)</li> <li>b) <b>SWIMMERS TAKE YOUR MARK</b> (make sure all swimmers go down to ready position and hold their position without false starting, see definition at the bottom of this box)</li> <li>c) Start the race using the Starter System.</li> <li>d) If you feel that the swimmers are taking too long to come down and set in the ready position, it is ok to stand them up and go back to step 4b.</li> </ol> </li> <li>5) At the end of the race             <ol style="list-style-type: none"> <li>a) Keep all swimmers in the water until all competitors have completed the race.(remind all swimmers that are swimming an event over 50 yards to stay in the pool, remind the swimmers that we are doing fly - overs and to stay in pool until they are ask to exit the pool)</li> <li>b) Reset the Dolphin Starter –If applicable</li> <li>c) After the start of all races do flyovers ask the swimmers to exit the pool</li> </ol> </li> <li>6) Go Back up to Step 1 to set up for the next race and repeat until the end of meet.</li> </ol> <p>FALSE START – THE SWIMMER GAINS AN ADVANTAGE AT THE START BY MOVING FORWARD AND BREAKING THE IMAGINARY PANE OF GLASS THAT EXTENDS 6 FEET STRAIGHT UP FROM THE FRONT EDGE OF THE BLOCKS. THE FIRST FALSE START SHOULD BE CHARGED TO THE FIELD.(ANNOUNCE THIS TO THE SWIMMERS IF A FALSE START OCCURS.) THE SECOND FALSE START SHOULD BE CHARGED TO THE SWIMMER THAT FALSE STARTS AND THAT SWIMMER MUST BE DISQUALIFIED(FILL OUT A DQ SLIP FOR THE SWIMMER THAT FALSE STARTED AND TURN IT IN TO COMPUTER OPERATOR)</p> |