

CONFERENCE Pre-meet Coaches-Captain Meeting [Swim]

Captains and coaches are responsible to communicate important information back to the team and to reinforce that information.

Coaches

1. Introductions
2. **Conduct:** The Championship meet is meant to be a celebration of a successful swim season. Each coach, swimmer, official and parent is expected to contribute in a positive manner to this meet. Swimmers may only use the competition pool, the warm-up lanes and additional designated areas.
3. **Coaching Packet** provided and includes: Four (4) copies of the swim meet program, swim meet roster, relay team event entry cards and meet timeline.
4. **Team Areas:** Only team members, coaches, and approved volunteers will be allowed in the team areas
5. Review facility limitations.
6. **RELAYS:** PLEASE ENSURE recorders have the correct order.
7. **DQs:** Disqualification notification procedure: Meet Referee will hand over to Coaches during the meet.
 - a. **In Championship competition: (Play Rulings: 3.2.2 A and 3.2.2 B, etc.) If a swimmer does not swim and event and does not declare a false start they are ineligible to swim any further events in the competition.**
 - b. Delay in the Meet: Considered a DQ but is not disqualified for the rest of the meet (3.2.2 C)
 - c. Open hand raised above official observing violation;
 - d. Notification of swimmer if he/she is found before leaving the start/finish area;
 - e. Notification of coach if he/she is near;
 - f. Referee shall stand by the starting block on the lane of the disqualified swimmer.
 - g. Relay take-off judging; e.g., who will do what – raise hand after last swimmer of the relay takes off
 - h. False start procedure; both referee and starter shall record the lane number before discussing the potential false start.
8. **Uniform / Attire:**
 - a. Jewelry – No disqualification EXCEPT for anything that is considered a PACER (e.g. Watch, fitbit, etc) cause for disqualification and the rest of the meet. See rule 3.3.4, play ruling 3.3.4 situation B, and 3.5 situation C.
 - b. Caps – double cap caution
 - c. Sports Tape – Swimmers using sports/kinesio tape must provide a written note from medical professional.
9. **Meet Format:**
 - a. Timed finals. Top six individual swimmers and top six relay teams in each event will advance to the Regional Meet regardless of time.
 - b. NO Dive Over Starts:
 - c. Wait for all competitors to complete
 - d. Whistle Protocol
 - e. 500 Free Boards
10. **Seeding slowest to fastest** - this is a 10 lane pool and there will be two heats for each event.
11. **Breaks / Awards:** Top 3 Finishers in each event will receive awards.
 - a. After Event 8 Break: TOP 3 PLACES FOR EVENTS 1-6
 - b. After Event 18: TOP 3 PLACES FOR EVENTS 7-16
 - c. After Event 24: TOP 3 PLACES FOR EVENTS 17-24
 - d. Presentation of Team Championship Trophies

Team March: At 6:40 PM. Team march-on will be in the following order: **Battlefield, Patriot, Osbourn, Stonewall Jackson and Osbourn Park.** Each team is asked to bring a team banner or flag to be carried by the lead team member during the march-on. March-on will begin near the lifeguard station and proceed down the seating side of the pool.

Warm-up Assignments (Swim):

- 5:15 to 5:35 Osbourn: Lanes 1 through 5
 Patriot: Lanes 6 through 10
- 5:35 to 5:55 Stonewall Jackson: Lanes 1 through 5
 Osbourn Park: Lanes 6 through 10
- 5:55 to 6:15 Battlefield: Lanes 1 through 5
 Open: Lanes 6 through 10 (Circle Swimming)
- 6:15 to 6:30 Open: Lanes 1 through 10 (Sprints)

Wish them luck and tell them to have fun!

Other Important Stuff

1. Determination of Finish; e.g., unless a disqualification or deck procedural problem occurs, it will be when the chief timers are ready for the next event; Excessive foreign substances;
2. Warm up and warm down during meet; e.g., at pools that offer additional lanes that do not disrupt either diving or swim events;
3. Taunting, verbal abuse, dissent with official decisions;
4. Cheering swimmers on during meet; e.g. permitted at turn end of pool so long as officials can observe swimmers.
5. Entering pool between and during competition; e.g., only with Referee's acknowledgment;
6. Relay events:
7. The leadoff swimmer, once called to the platform, may not change his/her swimming order in the relay event with any other teammate

SEQUENCE OF EVENTS

<u>BOYS</u>	<u>EVENT</u>	<u>GIRLS</u>
1	200 Medley Relay	2
3	200 Freestyle	4
5	200 Individual Medley	6
7	50 Freestyle	8
PRESENTATION OF AWARDS FOR TOP 3 PLACES FOR EVENTS 1-6		
11	100 Butterfly	12
13	100 Freestyle	14
15	500 Freestyle	16
17	200 Freestyle Relay	18
PRESENTATION OF AWARDS FOR TOP 3 PLACES FOR EVENTS 7-16		
19	100 Backstroke	20
21	100 Breaststroke	22
23	400 Freestyle Relay	24

PRESENTATION OF AWARDS FOR TOP 3 PLACES FOR EVENTS 17-24**PRESENTATION OF TEAM CHAMPIONSHIP TROPHIES**

OBSERVED MEET CONDITIONS: This meet is an observed Meet and the following conditions will be taken (more information may be provided in the meet announcement):

1) Electronic Timing must be used in accordance with conditions outlined in 102.16, USA Swimming Rules & Regulations.

2) Officiating

a) The meet must be officiated by a minimum of 4 certified officials. If all officials are also certified by USA-S, no observers are necessary. Officials may note compliance with USA Swimming Technical Rules only for those swimmers requesting observation, or the entire meet may be observed, in which case heat sheets would be marked indicating compliance or non-compliance with USA Swimming Rules;

b) Or, a minimum of two USA Swimming stroke & turn certified officials shall be assigned, one at each end of the pool, to verify compliance with USA Swimming Technical Rules for those swims requested to be observed. If the meet is a YMCA/YWCA National Championship or NCAA Championship, observers must be approved by the National Times Coordinator.

c) The meet referee must verify compliance with applicable rules and procedures, and shall forward any proof of times requests and final results to the LSC Verification Chairperson.

3) Proof of Times Requests

a) If an athlete's USA-S ID # or full name and birth date is included in the electronic meet results, no individual request for championship qualifying time is necessary. The LSC NTV officer shall enter times for any such athlete into SWIMS.

b) If the above data is not included in the electronic results, individual requests for reportable times must be made to the LSC verification chairman where the meet took place.