

Procedures for SJSSL Starters

Pre-Meet

1. Meet with the Head Meet Official prior to the beginning of the meet to discuss how the meet will run. Verify the use of Flyover Starts.
2. Review the Starter system and Dolphin Starter (if applicable) to ensure that all equipment is connected correctly and working properly.
3. Run a test of equipment.

During Meet

- 1) Announce Event – Heat – Age Group and any Combined Events or Combined Heats (this should be done in a calm, conversational tone of voice).
- 2) Ask TIMERS ARE YOU READY (Timers should raise their hands)
 - a. Not at every start, usually only after Timer move from end to end
 - b. If you see Timers being inattentive in order to gain their attention!
- 3) Give the following commands to swimmers to START the race:
 - a) SWIMMERS STEP UP (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). Note: for Backstroke, SWIMMERS, ENTER THE WATER is appropriate.
 - b) SWIMMERS TAKE YOUR MARKS (make sure all swimmers go down to ready position and hold their position without false starting, see definition at the bottom of this box)
 - c) Start the race using the Starting System.
 - 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 3b. “SWIMMERS, STAND UP”
 - e) For relays, do your best to ensure all participants are lined up—especially 25 yds (turn end)
- 4) At the end of the race
 - a. Keep all swimmers in the water until all competitors have completed the race. (remind all swimmers we are doing flyover starts. Exception: Backstroke.
 - b. After the start of all races do flyovers ask the swimmers to exit the pool
- 5) Go Back up to Step 1 to set up for the next race and repeat until the end of meet.
- 6) For 25 yard events, Timers will move to the TURN end of the pool. When they appear to be in position, check each Lane by asking: “TIMERS, ARE YOU READY?” then call each lane out in order 1-6 or 1-8 as needed.
 - a. Move them along—be with HMO during timers meeting and set expectations
 - i. Derek rule – “I will start the race before you are back behind the blocks”
 - ii. No stopping during transition—get a sub if you need a nature break, etc.

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)

Timer Briefing

Gather ALL timers (Sessions 1 and 2) about 7:40am.

Items to go over:

Welcome new timers and new volunteers, thank them profusely!

Ask for “experienced” timers from both teams

Confirm Head Timer is at meeting.

Have Starter Clipboards, sheets, watches and pencils all set up.

- Timing is done via WATCH and plunger. Always START the watch, and STOP the watch and plunger appropriately.
- If the watch fails or you got a bad START on it, immediately step up and lean over the lane/water and get the Head Timer’s attention or the Starter’s attention. The head timer will swap watches with you.
- Listen to the starter for directions on 25 vs. 50 yard events—move as directed by the starter. After a move from the block end to the turn end (or vice versa) the starter will ask each lane to indicate they are ready. Wave your hand or watch
- If you need to step away to cheer your swimmer or for a “nature break,” get the starter’s attention well ahead and a sub will be assigned to your position for that time period. Return as soon as is practical.
- Lane sheets
 - Confirm swimmer name before the event
 - Start Stopwatch on the Strobe
 - ALWAYS move to the end of the deck to STOP timing
 - When any part of the swimmer’s body touches the wall, press the Watch STOP and Plunger
 - Write down the watch times on the sheet.
 - Ignore the “soft touch box”
 - Be sure to give the swimmer their time if they ask.
 - Runners will be by to collect sheets periodically
- Questions?