**Coaches Briefing (Meet Referee and/or Meet Director)**

* Introduce yourself, Meet Director and Admin Official/Referee
* Special thanks to those who’ve traveled from another City to our event
* Please display your coaching credentials while on-deck, or have Deck Pass handy
* Has everyone read and understands the meet information sheet?
	+ Deck Entries Close at: \_\_\_\_\_\_\_\_\_\_\_
	+ Relay Cards due by: \_\_\_\_\_\_\_\_\_\_\_
	+ Positive Check-In closes at \_\_\_\_\_\_\_\_\_\_\_
* Cover Warm-up procedures … including cool down/warm-up during the meet
* Starting Protocol:
	+ Fly-over starts (yes/no)
		- Remind your swimmers to remain in the water (with hands off the starting block) until the next heat is started.
	+ 3 short whistles to get ready will be blown when last swimmer of preceding heat ….
	+ 1 long whistle to mount the blocks, or enter the water (backstroke).
	+ 3rd whistle for backstrokes to grap handles, or gutter.
	+ Referee will raise hand signaling that the starter assumes control of the start.
	+ Starter will say “Take Your Mark”, and fire off when swimmers are set & still.
	+ **Notes:**
	+ Any swimmer who mounts the block, or enters the water after the referee passes control to the starter may be disqualified for delay of meet.
	+ Any swimmer who mounts the block after the starter has started the race will be marked as a No Show and NS rules would be in effect.
	+ Please instruct your swimmers to come down and hold steady prior to the start.
	+ Please remain quite prior to the start.
* Cover DQ procedures
	+ DQ slips distributed (yes/no). If not, where will log be posted.
	+ Coaches (.. and only coaches) should provide protests in writing to the Deck Referee, not a Stroke & Turn official.
* Breaks
* No K-Tape
* Sportsmanship & Safety are paramount!!!

**High School Notes**

* Jewelry violation is NO MORE … Yay!
* Uniforms … no large Logos (greater than 2”) on cap or suit; No doubling up on suits etc.
* No K-Tape w/out a note from the Dr.