

MOUNTAIN HI SWIM LEAGUE STARTING WHISTLE PROCEDURE

Why MHSL requires one long whistle to be blown before each heat begins its swim:

- It alerts the timers to clear their watches
- It alerts the officials to be in position for the next heat
- It alerts the crowd to be quiet for the start of the next heat
- It alerts the swimmers to be ready to start their swim
- It alerts the Starter that the Meet Referee has determined the pool is clear and safe for the next heat to swim

Blowing the whistle in the starting sequence as a signal for the swimmers to step up on the blocks (or into the water for backstroke starts) has the following benefits:

- The swimmers do not mistake the whistle for the starting device and leave early, potentially causing a false start to be charged to those swimmers
- The meet is not delayed because swimmers that left early require extra time to return to the starting area
- Wet swimmers are not up on the blocks, shaking because they are cold (or crying and now won't swim)
- It brings uniformity to the sport of swimming by following protocols set by other National Governing Bodies, including USA Swimming, YMCA, National Federation of High Schools, and NCAA

Starting Protocol for MHSL Referees:

- Blow a series of whistles to signal the next heat of swimmers to approach the starting blocks and get ready to swim; do so when the last swimmer in the heat is approximately one length from finishing the race (at about the far end backstroke flags – for 25's, it would be the near end backstroke flags)
- Shall blow the whistle before each race to signal the swimmers to step up or step in, to signal the Starter that all officials are in position, that the course is clear, and that the competition can begin
- Shall blow a whistle once the swimmers have stepped into the water for a backstroke event to alert the swimmers to immediately return to the wall and get ready for the start
- Shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control