

Starting Protocol

USA Swimming and CCSDA:

Four short chirps to get the swimmers ready. Starter or announcer announces the event number and heat number as well as the distance and stroke for the first heat of the event - just heat number for subsequent heats. One long chirp to get the swimmers up on the blocks. (for backstroke, the first long whistle gets the swimmers in the water, the second long whistle gets them to the wall and ready to take their mark) Referee then extends the arm so that the starter can see it. Starter says "take your mark" and then starts the race.