

Coaches,

We are looking forward to the upcoming Nevada State Meet. A lot of swimmers are going to be given the opportunity to compete. As a result, we are going to do what we can to keep the meet moving. As coaches, you can help prepare them so they will be ready for this meet. Please be aware of the following procedures that will be used and instruct your swimmers so that they will more likely be aware of and follow them. We want to do all that we can to help make this an enjoyable experience for everyone. Thank you!

- **Flyovers:** We will be doing flyovers. (For those who don't know, this means that the finishing heat of swimmers should stay in the water as the next heat will be signaled to start very shortly after the last swimmer finishes the prior heat.) Please let your swimmers know about this procedure and instruct them to stay in the water until the next heat is started. Younger or newer swimmers should also be aware that they may be signaled to step up on the blocks before the prior heat is finished swimming.
 - **Whistle commands:** Whistle commands will be used to prepare swimmers for the start of the next heat. Please review these as needed so swimmers will be familiar with them. Simply put:
 - The 1st whistle command is a series of short blasts. This signals the swimmer to "get ready"--take off drag suit, adjust goggles, remove flip flops, etc. NOT to step up on the block.
 - The next command is a long whistle. This signals the swimmer to step up on the block--or in the backstroke, to step into the water.
 - In backstroke events, there will be another long whistle. This signals the swimmer to come back to the wall quickly and to set their feet. (Please note: They do NOT have to get into their starting position at the 2nd long whistle--they do that on the verbal "Take Your Mark" command)
 - The next thing the swimmer hears is the verbal command to "Take your mark" and then the horn when all the swimmers are deemed to be stationary.
 - **Racing Start Certification:** All swimmers starting on the blocks or the side of the pool MUST be USA Swimming Racing Start Certified. More information available [here](#). (ctrl +click)Those not Racing Start Certified may still compete but must start in the water.
 - **Combining Heats:** Please note that some heats may be combined. All combining of heats will be clearly marked on the heat sheets.
 - **Check -in/Scratches:** It is very important that that swimmers check -in for their events the by the deadline so they are seeded into their proper place. If a swimmer needs to leave before their race, they need to tell the Admin or the Deck Referee so we don't hold up the meet looking for them.
- MAAPP** • Please review MAAPP protocol with your team before the meet.
- Legal suits:** • Please ensure that your swimmers compete in legal suits--this includes only 1 suit to be worn in competition. More detailed information on swimsuit rules is available at Socalswim.org

Thank you! I look forward to seeing you on deck!

Alina - Admin Referee

Omar -Meet Referee