



## 2021 SCY 13&Over State Championships Safety Flow Breakdown

### Set-Up

1. Have 2 sets of bullpen chairs as we do today.
2. Have 2 chairs behind the block and 1 chair against the wall for the timers.
3. At the conclusion of the heat, timers return to chairs against the wall and record times and prep for start of next heat
4. Officials will stand behind middle chairs but in front of timers until swimmers step up on the blocks or enter the water (backstroke), at which time they move near the edge of the pool

### Flow

1. Heat 1 starts behind the block. Swimmer removes the mask and places it in a zip lock they bring along and places one of the chairs. (Extra boxes of zip locks) could be by timers if the swimmer “forgets”.
2. Heat 2 is in bullpen chairs closest to starter
3. Heat 3 is in second Bullen chairs
4. For 50s Heat 4 could queue by the Shark room
5. No other heats should be in the area but swimmers will have to pay attention because 50s will go fast
6. Heat 1 starts.
7. Timer cleans block. While this is going on Heat 2 moves to chairs behind the blocks
8. Heat 2 swimmer removes mask and places in zip lock they bring along and places on the opposite chair from Swimmer 1.
9. Heat 1 Swimmer no longer exists on bulkhead but moves to the right side of the lane (Lake side). This will put adequate distance between swimmers in the water in all lanes from 1-10
10. Heat 2 may do a flyover start at the meet referee's approval.
11. Heat 1 exits the pool and puts on a mask and exits on the LAKE side of the pool. No one returns back via the bullpen area. All swimmers are required to have their mask on their faces before the finishing heat is allowed to move out from behind the blocks, allowing the next heat to enter the racing area.
12. If a swimmer wants to consult with the coach after the race they must go all the way around the pool by which time they will be masked up again.
13. Repeat for Heat 3 and so on.