**2022 \_\_\_\_\_\_\_\_\_\_INVITE**

COACHES MEETING @\_\_\_\_\_\_\_am/pm

1. **Introduce** yourself, meet director (let em speak)
2. **Introduce** Lead Refs at each pool: **Girls:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Boys**: \_\_\_\_\_\_\_\_\_\_\_
3. Special Notices: if any: parking, awards, weather, pool conditions.
4. Who Coaches Talk to about: Entries, Times, DQ’s: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. **Trainer** located: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. **Traffic Control**: spectators restricted to spectator area .Closed-Deck. No one but swimmers behind blocks; coaches control your team;
7. Pools: Boys:\_\_\_\_\_\_\_\_\_\_\_\_\_ Girls: \_\_\_\_\_\_\_\_\_\_\_\_
8. **Time-line**s: Girls Pool:\_\_\_\_\_\_\_\_\_\_\_ Boys Pool:\_\_\_\_\_\_\_\_\_\_\_\_

Warm-up: Time: \_\_\_\_\_\_\_\_\_\_ Meet Starts Time: \_\_\_\_\_\_\_\_\_\_\_

Warm-Down: During <Meet:(Where)> \_\_\_\_\_\_\_\_\_\_\_-

15 Min. Break after the 50’S; first 10 mins can be in-pool.

**Meet Format:** Each of 11 high school events swum in orderIn 2022, Boys first, then Girls.

**Entries:** Limit: 4 swimmers & 1 relay entries per event (only 6 names on relay card),

Except: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time standards for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

500’s deck seeded. Check in by: \_\_\_\_\_\_\_\_\_\_\_

No Deck entries or entry time changes.

**No Shows:** Penalty \_\_\_\_\_\_\_\_\_\_\_\_\_ or Not ?

**Relay Cards:** Pick up at\_\_\_\_\_\_\_\_\_\_\_\_\_.. Yes, you can change swimmers up to start of race:

make sure the 4 swimmers and lead-off are noted on the card by the *end* of the heat.

**Any Disabled Swimmers/medical Equipment or Conditions ?:** Please tell us NOW

You need written AIA approval, also for any Suit Exceptions:

**Blood/:**  Suspended from meet til resolved- must re-enter through Pool Referee

**Swim Suits**: ONLY ONE PIECE IN WARM-UPS AND COMPETITION.

We will be enforcing the decency rule.

**No Shows: No penalty except on 500**: Must tell us now, or no shows out of rest of meet.

**Events:**

**Fly-over Starts**- the starting heat flies-over the in-water heat that just finished.

Finished swimmers remain in water until after next heat starts.

**Sequence**: Heat announced, then a series of short whistles signaling to be ready& behind block

One long whistle to signal get up on block/in the water.(This closes the event)

Starter’s command to “Take your Mark.” Get in starting position.

The Starting Beep.

Swimmers responsible to be there at long whistle (closes heat) or miss event or get delay DQ..

**False starts & Early Relay Take-offs** DQ’s require dual confirmation

**Finishes:** Hit finish pads hard, NOT the tops or flat handed. Stay in pool til next heat starts. .

**DQ’s:** every attempt will be made to notify the swimmer, but.........

If you have a question, you or swimmer (not parent) see admin desk at that pool.

**Rules:**

**Suits: Only one piece suits in warm-up and competition.**

**Enforcing decency regs**.You”re testifing suits are OK. I will inform you of need to change suit.

Boys: no cracks; Girls: must cover -most of- the buttocks. No discussion. You enforce.

Markings: Name, School Name, Nickname, Logo

**Caps**: May wear more than one cap, Blank or School caps; NO CLUB/COLLEGE CAPS.

**Manufacture logos** on suits or caps: Questions or measurements: find me.

**Tape: No Tape** except by previous written permission of AIA. No compressives.

**No Deck Changing of primary suits:** penalty is ejection

**Jewelry: Allowed, encourage medical Alert bands.**

**Sportsmanship**: taunting, deck changing, disrespect to officials will result in DQ meet ( inc. prior

events & next meet.