

RECOMMENDED SUMMER STARTING ROUTINE 2006

Theory: This uses everything that USS swimming recommends, with a little bit more talking. This will prepare your swimmers for the Invitationals and Senior County, and is no harder to learn than any other procedure. Once you decide on your procedure, BE CONSISTENT. Do every heat the same way, with about the same amount of time in between heats, so that you get a rhythm going.

1. At the beginning of each EVENT, **Starter** speaks.
Example: “**The next event is Event 8; 11 and 12 Boys 50 yard Freestyle.**”
This is spoken while the last heat of event 7 is in the water.
2. **Referee** blows **3 or 4 short whistles**.
This is the signal for the swimmers on deck to get ready for the next heat. If they step on the block at this point they should be asked to step down. This signal is given when the slowest swimmer in the water passes under the flags, or earlier for a very large meet. For a small dual meet, it can be given when the last swimmer touches.
3. **Starter** speaks the heat number.
Example: “**Heat 2.**”
This is optional in US swimming, and necessary in Summer.
4. **Referee** blows **1 long whistle**.
This is the signal for the swimmers to step up on the block. This is usually given when the last swimmer in the water touches, but can be given earlier or later. Usually the swimmers in the water will not get out until they hear this long whistle. You need to really **TWEEEEET** this loudly.
5. **Starter** speaks: “**Heat 2 step up.**”
This is not spoken in US swimming, but we recommend it for Summer.
6. **Referee** checks to make sure the course is clear and that the proper swimmers are up on the blocks. He/she turns control over to the starter. This is indicated by the outstretched arm.
7. **Starter** speaks: “**Take your mark.**”
8. If the swimmers take their marks, the **Starter** activates the **Starting Signal**, and off they go!
9. If there is a problem with taking their marks, **Starter** says, “**Stand please.**”

10. Starter lets them wiggle a minute, then tries again, **“Take your mark.”**
11. If there is still a problem, **Starter** says, **“Stand please”** then **“Step down, please.”** Additional instructions could be given gently while they are off the blocks.
12. When the **Starter** deems they are ready, he/she says **“Step up, please”**, and we return to step 7. The Referee does not intervene. **It is up to the Starter to achieve a fair start.**
13. As the heat in the water is finishing, return to Step 2. When an EVENT is finishing, return to Step 1.
14. **BACKSTROKE.**

Step 5 becomes, **“Swimmers, step in the water feet first.”**

They jump in.

Then the referee blows **ANOTHER LONG WHISTLE.**

They should return to the wall and grab on to the wall or starting grips.

New rule- they don't have to put the toes under the water, but they still may not curl the toes over the gutter or edge.

Then continue with Step 6.