



## Uniform Directives for 2025 CHAMPS Starters:

### SAFE - FAIR - EFFICIENT

When the previous heat is about halfway across the pool from the finish, begin your directions to the field. As the last swimmer in a heat is between the backstroke flag (5m mark) and the wall, call the next heat onto the blocks.

Direction	First Heat of an Event	Subsequent Heats
Call swimmers behind the blocks	<b>"Event 2, heat 1, behind the blocks."</b>	<b>"Heat 2, behind the blocks."</b>
Call swimmers onto the blocks	<b>"Heat 1, step up."</b>	<b>"Heat 2, step up."</b>
Deck Referee	Wait for whistle and hand signal from Referee	Wait for whistle and hand signal from Referee
Identify the distance and stroke to the field	<b>"Event 2, boys 9-10. 100 IM."</b>	<b>"100 IM."</b>
	Wait for the field to be ready	Wait for the field to be ready
When field is ready	<b>"Take your mark."</b>	<b>"Take your mark."</b>
When field is set	Depress the start button	Depress the start button
For backstroke, call swimmers into the water	<b>"Heat 1, step into the water and set your feet."</b>	<b>"Heat 2, step into the water and set your feet."</b>

### ALL SWIMMERS MUST BE GIVEN ENOUGH TIME TO TAKE THEIR MARKS.

To release the field if there is a problem after "Take Your Mark" is given (Even for backstroke).  
**"Stand please." (softly)**

If you need to remind the field to come down together.  
**"Let's all come down together on my command and hold for the start."**

To clear swimmers from the pool.  
**"Thank you (or nice swim) ladies/gentlemen, please clear the pool."**

To adjust a swimmer's toes to the front of the block.  
**"Lane X, toes to the front of the block, please."**

To announce a false start.  
**"Lane X, one false start."**

If you recall a race, the Lead Starter and Recall Starter will hold the recall buzzer until the entire field has stopped. Make sure someone is assigned to use the recall rope (likely the Referee).