

MOUNTAIN HI SWIM LEAGUE

COACHES INSTRUCTIONS FOR PRELIMINARY AND FINAL SESSIONS OF DIVISIONS CHAMPIONSHIP MEETS

- Submit entries by the published due date (NO **LATER** than two days prior to the “Heating Meeting”) to the Designated Computer person for your division.
- For relays, as long as at least one (1) swimmer is in the correct age group, other swimmers may move up from any age group to swim in a relay. Swimmers may not swim on more than one (1) medley relay or more than one (1) freestyle relay per meet. There will be no exhibition heats.
- Each swimmer may enter a maximum of three individual events and two relays. He/she must also have met the League requirements - attended at least 10 team practices and competed in at least two League sponsored meets. The swimmer’s name must be on the final team/League rosters and paid the insurance dues.
- Up to three relays may be submitted per team (without the swimmers’ names) when individual event entries are submitted. Designate each relay team entry as Team Name A, B, and C, respectively, for each event.
- Bring a Team Manager computer-generated lineup of your swimmers to the heating meeting. Review and make any necessary changes to swimmer/ event entries at the heating meeting. Sign off on the Master program. There will be no event changes of the swimmers after this meeting except for additions the day of the Prelim meet for late entries. If cards are to be used, labels will be printed at the heating meeting and coaches will place them on the cards.
- At least two days prior to the Championship meet, verify relays and provide swimmers’ names (names can still be changed the day of the meet).
- At the heating meeting each Division will decide to either “swim through” events with less than 7/9 swimmers (based upon 6 or 8 lane championship pool) or require all events to swim regardless of entries at prelims.
- For the Finals heat/heats: There will be 2 alternates designated at prelims. If you have a swimmer who is in the top 6/12 or 8/16 and at Prelims you know that swimmer will not be attending Championships, communicate this information to the teams that have the alternates and the host team.
- Finals and Consolations heats: Each Division can decide upon having 2 heats per event at Championships (a consolation heat and finals heat), or just a finals heat. A swimmer in the consolation heat cannot move up in finish order even if his/her final time is faster than a finals heat swimmer.
- Votes must be cast **with** your Team’s Parent Delegate for the Sportsmanship Trophy at the Championship meet.

Revised 3/8/2012