

## **Championship Meet Procedure.**

**Stay Warm** in and out of the pool. Please bring a parka or other cover up for behind the blocks. It is extremely important that you keep your body warm before the race; otherwise you will spend your first 25-50 yards with your body attempting to adjust to the warm water instead of racing. When you are behind the blocks, the heat before your race have your pants and shoes off and goggles and cap on with just your parka or sweat shirt to peel off at the last second.

**Relays** are timed finals and subject to last second changes so please get with your coach to confirm who is on which relay.

Our **assigned warm up time** is the only time you can learn the blocks for starts and learn the bulkhead for turns.

**Expect the meet to move ahead of schedule** and do not wait to the last second to show up for your race. Even if there is a scheduled break in the program, when the weather gets tough there is a tendency to skip the breaks and keep the meet moving. They were ahead of schedule and got rid of 2 ten minutes breaks Friday night, which moved some swims up by almost 30 minutes.

**You should talk to your coach** about your goals card prior to or right after warm ups. You should talk to your coach after each race and then go warm down. You should talk to your coach first about all things swimming before looking elsewhere.

**Positive check in** is required for all events 400 yards or longer. Once checked in you are basically in a finals heat and missing that event causes big problems. See the next paragraph.

**If you make the top 16 in the morning prelims, you are in finals.** You only have 30 minutes after an event to notify your coach if there is a problem with attending finals. Only the coach can scratch you from finals. Scratches do happen and it is possible that you can place 20th or higher and still get scratched into the finals so please pay close attention to the posted meet results. Meet mobile or the score board are not official results. Per championship meet rules, a no show at finals loses points for the team and gets you fined and possibly kick out of the meet.

In summary, those that experience the best results are the ones that talk to the coach and stay warm.

Coach Chris