

Coach's Information for 2023 LC Western Great Lakes Open

Coach's Meeting

We will not run a coach's meeting unless needed. Please look over the information below and if you have any questions see one of the contacts listed below. Please be sure to have all your coaches sign in and show their credentials at their first session.

Contacts

Please contact the people below if you have any questions about the meet:

Meet Director: Mark Kohnhorst – overall meet operation.

Entry Chair: Darsi Kohnhorst – entry, scoring or results.

Meet Referee: Adam Gritt – rules or disqualifications.

Sunday Timed Finals Warm-up

The approximate starting time for the Sunday 14-Under timed finals sessions will be posted and announced after the 1500 positive check-in on Saturday night.

Positive Check-In/Pre-Seeding:

- The Friday and Saturday Prelim Sessions are pre-seeded.
- Senior 400 Free and 400 IM are **POSITIVE CHECK-IN** – due by 10:30 AM. Please turn in sooner if possible.
- Sunday 1500 will be **POSITIVE CHECK-IN** – due by 6:30 PM Saturday.
- The 14-Under Sunday timed finals session is pre-seeded – no positive check-in for the 400s. Not much of a chance of losing a heat.

Deck Entries

Deck entries will be allowed for open lanes. Swimmers may not scratch from one event to enter another. The deadline for deck entries is 7:30AM for morning prelims and 30 minutes prior to the start of the PM prelims session you wish to enter. We will allow qualified entered swimmers to deck enter events without qualification. No new heats will be created.

Warm-up

Warm-up assignments have been distributed for the AM and PM prelim sessions and the Sunday Timed Final Session. All swimmers are required to use feet-first entry from the starting end. Sprint and pace lanes will be opened per the WU assignment schedule. Two lanes will be available in the Y-pool throughout the meet. Closes at 8:00 PM.

Timeline

The timeline in the heat sheets is approximate. Do not use it as a schedule. It is only a relative guide, and we are just as likely to run ahead or behind the timeline.

Fly-Over Starts

We will be using flyover starts in the preliminary session. Please remind your swimmers to stay close to the wall and not hold onto the backstroke starting bar while waiting for the next heat to start.

Relays

We will pre-seed the relay events. No relay cards, please turn in your relay sheets with any changes at 8:00 AM for morning sessions, 12:45 PM for Saturday PM and 11:00 am for Sunday Timed Finals. Please see Darsi in the glass office to add any new relay-only swimmers prior to the start of each session so they can be added to the computer. Relay sheets are in your mailbox.

Preliminary Results

Preliminary results will be posted on the glass office while the scratch period is open and, in the hallway, when the scratch deadline passes.

Swim-offs

Swim-offs will be scheduled with the meet referee and the coaches of the swimmer.

Finals Scratch Procedures

USA Swimming and WI scratch rules are in effect. Those swimmers qualifying for finals are required to scratch if they do not intend to swim that event in finals. Alternates are requested to scratch as a courtesy but are not required to by rule. Swimmers must declare their intent to scratch, or scratch, within thirty (30) minutes after the initial announcing of the individual event results. Swimmers declaring intent must confirm scratch within thirty (30) minutes of their last individual event. The scratch table is in front of the glass office.

No-Shows in Finals

Any swimmer qualifying for a consolation or final heat in an individual event who fails to compete in said consolation or final heat shall be barred from their next event. Disqualification under this section shall only apply to swimmers qualifying based on the original preliminary results. In the event of an illness or injury after the scratch deadline, see the Meet Referee.

Alternates

Alternates should report to the starting area, prepared to swim before the consolation heat of their event.

Proof of Time

Missed cuts need to be proven if there is not a qualifying time in the national SWIMS database. We will announce required proofs occasionally. Be prepared to prove times with printed results or surrender a \$50 fine. Proof must be made, or fines must be paid prior to the swimmer's next event or the team's next relay. The proof-of-time table is located outside the glass office.

Warm-up Breaks

5-minute breaks are out of water, 10-minute breaks are in water. Please help to clear your swimmers to allow starting the next event promptly after the 10-minute breaks.

Awards

Individual and team high point awards will be available after the meet. No awards will be mailed, so please designate someone to pick up your award if you must leave before the end of the meet.

Coach's Hospitality

If you don't find what you need in the hospitality room, you may show your card at concessions for complimentary food.

Time Trials

Time Trials will be held after the Sunday timed finals session. Time trial entries will close at 1:00 PM. Please read the time trial information in the meet packet for details.

Facility and Traffic Control

- Please keep swimmers and swim bags out of the stands.
- The hallway must be kept clear during the meet – no blankets and chairs.
- Do not send relays to the blocks early since space is limited.
- Help keep parents off the deck.
- Have your swimmers clean up your team area during the meet.
- Please help monitor and control warm-up behavior.
- Lost and found is outside the glass office.
- See lifeguard for first aid.