

# ***Coach's Information for 2024 SC Senior State Championship***

## **General Meeting**

The general meeting is Thursday, February 22 at 6:30 PM. It will be a virtual meeting. The link for that meeting is:

## **Meet Management Contacts**

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

**Meet Referee:** Mike Mellock

**Administrative Referee:** Michael Harbart

**Asst. Administrative Referee:** Sarah Olson

**Administrative Officials:** Kimberly VanErmen, Shana Gliniecki

**Team Lead Chief Judge:** Melissa Vandenhouten

**Meet Director:** Mark Kohnhorst

**Entry Chair:** Darsi Kohnhorst

**The following is for your information and not intended to supersede anything in the official meet information.**

## **MAAPP Reminders**

This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.

- Make sure all interactions with athletes are observable and interruptible, including any meetings you have in between races or sessions.
- Deck changing is prohibited. Make sure you tell all your athletes this. If they are seen deck changing you can expect that someone will come and remind them or you as their coach of this expectation.
- Remind your athletes of appropriate behavior in the locker room. Be sure to include that the use of any devices that record or take photos are prohibited in the locker room and changing areas.
- There is a separate restroom for athletes and all other adults. Coaches should use the restrooms entered from the east hallway, men's on the north end and women's on the south.
- As a reminder, coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping

## **Coach Check-in**

All coaches should report to the office to check-in upon arrival. Be prepared to sign-in, show credentials, pay fees and collect a wristband for deck access and bag tags for the athletes.

## **Warm up**

There are 3 assigned 25-minute warm-up periods followed by 15-minutes of an open period for sprints, pace, and circle swim. The area between the pools is also available throughout the warm-up period. Warm-up times and assignments are in our mailbox and posted.

## **Warm-up/Cool down During Meet**

The south pool will be available throughout the meet. The Y-pool and the space between the courses are not available. Pace and sprint lanes will be designated. During award breaks the South pool will remain open for warm-up, the North pool is closed.

## **Relays**

Relay sheets are in your mailbox; return them according to the schedule below. If there are no changes from the entered relay, please turn your cards in with that noted. New relay-only swimmers must be added 30-minutes before the session in which they will compete.

800 Free Relay: 10:00 AM

400 Medley and Free Relays: 8:00 AM

200 Free and Medley Relays: 4:30 PM

## **Preliminary Results**

Preliminary results before scratches will be posted in the hall, online and available on Meet Mobile.

## **Preliminary Scratches**

Friday prelim scratches are due 30 minutes after the end of the General Meeting. Saturday and Sunday scratches are due by 6:00 PM the night before. All prelim scratches are done through the online scratch box on the meet webpage.

## **Down-seeding**

You may down-seed in the following events: 400 IM, 500, 1000 and 1650 Free, and 800 Relays. Down-seeding must be declared by the scratch deadline for the event. Declare down-seeds through the down-seed form on the meet website.

## **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 within thirty (30) minutes after the initial announcing of the individual event results. Swimmers must officially scratch within thirty (30) minutes of their last individual event. All finals scratches are done through the online scratch box on the meet webpage.

## **Failure to Compete**

Please review the "Failure to Compete" section of the meet announcement. Swimmers failing to report to the block for a final event will be barred from further competition for the remainder of the meet.

## **Swim-offs**

Swim-offs will be arranged by the officials and the coaches of the athletes involved.

## **Breaks**

During prelims, all breaks are out-of-water breaks. Changes in breaks, if necessary, will be posted or announced.

## **Championship Heat Parade**

The championship finals heat will parade and be announced before swimming. The top 8 finalists should report to the staging area in front of the office before the start of the D final for their event. If a first-place qualifier wants to select their march-in music, they should see the announcer before the start of the finals session.

## **Awards**

Award breaks are shown on the session report and posted on the website. Please have the top 8 individual and top 3 relays report to the awards staging area at least 10 minutes prior to the award break for staging. Ribbons will be placed in your team mailbox. The last events of Friday and Saturday finals and the 400 yard relays will be awarded before the next night's finals.

**State Champ T-Shirt**

State Champions should stop by the office to claim their state champion T-shirt. One per swimmer.

**Wall of Champions**

State Champions will have their photo posted on our Wall of Champions. Swimmers should feel free to take their photo home at the end of the meet.

**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.

**Timeline**

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

**Coach's Hospitality**

If you don't find what you need in the hospitality room, you may go to concessions for complimentary food. Please let them know that you are a coach.

**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.
- South Pool available during finals for warm-up and warm down. Center area is closed during the meet.
- Lost and found is outside the glass office.
- See lifeguard for first-aid.