

Coach's Information for 2023 SC Western Great Lakes Open

Welcome to the 2023 SC Western Great Lakes Open.

Coach's Meeting

To allow coaches to spend the warm-up time preparing their swimmers, we will not run a coach's meeting. Please see one of the contacts listed below if you have any questions.

Meet Management Contacts

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

Meet Director: Mark Kohnhorst – overall meet operation.

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

Meet Referee: Jason Wiedoff -- rules or disqualifications.

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

Warm up

There are 3 assigned 25-minute warm-up periods followed by 10-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. A limited number of lanes in the Y Pool and the space between the bulkheads will be open for general warm-up and warm-down during the prelim sessions. Y-Pool will close at 8:30 PM Friday and when prelims end on Saturday.

Events Moved to the North Course

To balance the timelines for each pool, we plan to move the following events from the south pool to the north pool during the preliminary session.

- Friday Events 29 and 30, 13-14 200 Breast and Events 33 and 34, 13-14 500 Free
- Saturday Events 93 and 94, 13-14 200 Free and Events 97 and 98, 13-14 400 IM

Deck Entries

Deck entries will be allowed for open lanes. They will be entered as a bonus and are eligible for finals and scoring. Any qualified swimmer may deck enter without having the meet standard. Swimmers may not scratch from one event to enter another. The deadline for deck entries is 30 minutes prior to the start of the preliminary session you wish to enter.

Check-in Events

Check-in is required for senior and 13-14 400 IMs, and 500 freestyle. Check-in for Friday ends at 3:45 PM, check-in for Saturday ends at 8:45 AM. Check-in is located on the tables in front of the glass office. Heat sheets will be available outside the office when the event is seeded. A heat sheet for check in events will be posted behind the starting area as well. Swimmers failing to check-in will not be seeded.

Relays

Relays are pre-seeded. Relay sheets are in your mailbox; return them 30-minutes before the start of the prelim sessions. If there are no changes from the entered relay, please turn your sheet in with that noted. You may also turn in a TeamUnify or Team Manager relay sheet for names. See Darsi in the glass office to add new relay-only swimmers prior to the start of each session so they can be added to the database.

Preliminary or Deck Seeded Scratches

Please let the office know of any scratches for preliminary or deck seeded events so their lane can be made available for deck entries. There is no penalty for missing a preliminary heat.

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.

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.

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 arranged by the meet referee and the coaches of the athletes involved.

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 posting of the individual event results. Swimmers must officially scratch within thirty (30) minutes of their last individual event. The scratch table is in front of the glass office.

Please have your swimmers scratch if they are anywhere in the top 24 if they will not return to allow us to try to fill any empty spots for finals

Finals No-Show

Swimmers failing to report to the block for a final event will be barred from their next event. In the event of an illness or injury after the scratch deadline, see the Meet Referee prior to the swimming of the event.

Breaks

During prelims, all 5-minute breaks are out-of-water breaks and 10-minute breaks are in-water. All breaks in Finals are out-of-water breaks. Meet management may alter the length and location of breaks to balance or expedite the meet. Changes in breaks, if necessary, will be posted or announced.

Proof of Time

Missed cuts only 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. Proofs 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.

Awards

Individual and team high point awards (1st-3rd) will be announced after the meet. Individual awards (1st-8th medals for 12-Under only) will be available for pick-up in front of the glass office as soon as they are processed. No awards will be mailed, so please designate someone to pick up your award if you must leave before the end of the meet. Cash awards will be distributed to teams at the end of the meet. Unclaimed cash awards will be mailed.

Australian Skins Elimination Rules

The championship of the senior 50-yard events will be determined using an Australian skins format. There will be 5 elimination rounds run alternating female and male. Both the male and female consolation heats will be run before the start of the Skins elimination rounds.

For example: Female 50 Fly Consolation, Male 50 Fly Consolation, Female 50 Fly Round 1 Elimination, Male 50 Fly Round 1 Elimination, Female Round 2 Elimination, Male Round 2 Elimination, etc.

- Round 1 will consist of the top 8 qualifiers from preliminaries. The 7th and 8th place finishers will be eliminated and score 7th and 8th place points based on their Round 1 times.
- Round 2 will consist of the 6 swimmers surviving round 1, remaining in the same lanes. The 5th and 6th place finishers will be eliminated and score 5th and 6th place points based on their Round 2 times.
- Round 3 will consist of the surviving 4 swimmers from Round 2, remaining in the same lanes. The 4th place finisher will be eliminated and score 4th place in the event.
- Round 4 will consist of the surviving 3 swimmers from Round 3, remaining in the same lanes. The 3rd place finisher will be eliminated and score 3rd place in the event.
- Round 5 will consist of the surviving 2 swimmers from Round 4, remaining in the same lanes. The 1st place finisher will score 1st in the event and the second-place finisher will score 2nd.

In the event of a tie for the last advancing position in any round, all tied swimmers will advance to the next round. The subsequent round will eliminate an additional swimmer. (For example, if there is a tie for 6th in the first round, only the 8th place finisher will be eliminated. In the second round, three swimmers (5th, 6th and 7th) will be eliminated.)

All times achieved during all rounds will be official times and included in the results. We will allow approximately 1 minute between rounds.

If your swimmer qualifies for the top 8 and does not intend to compete in all earned rounds, please indicate that on the scratch sheet before the scratch deadline and they will be moved to the consolation final. The championship heat is reserved for skins elimination participants only.

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.
- Center area is open for warm down during prelims. Slip in entry please.
- Please help monitor and control warm-up behavior.
- South Pool available during finals for warm-up and warm down. The center area is closed during finals.
- Lost and found is outside the glass office.
- See lifeguard for first-aid.