

Observed High School Meet Best Practices

- Stand consistently in the same spot at the start and turn ends. You should confirm where you can stand with the High School Meet Referee. Typically you will be in between the 2 officials on both ends.
- Don't raise your hand, don't notify anyone of any observed violations
- Observe all swimmers and record only the violations of the rules that differ from USA-S rules for all swimmers regardless if they are USA swimmers or not.
 - Currently (as of 11/02/2025) those rule differences are the use of kinesio-tape and the backstroke turn. The backstroke turn in HS events must conform to the rules of USA-S.
- Track your DQ's on the heat sheet and then summarize them on the DQ Transmittal log. Submit your transmittal log to Mary Ellen Tynan (office@wyomingswimming.org)
- Don't get involved in any disputed calls on the HS side. Any DQ's observed and confirmed by the HS officials will stand for USA-S. These will be transmitted to WYSI through the results file.
- Dress is white polo shirt, black shorts/pants/skirt, black shoes, and your Wyoming Swimming name tag.
- Further information on Observed Swims may be found in section 202.8 of the rulebook.

All Events: No swimmers may wear kinesio-tape. You must observe the athlete using kinesio-tape during the swim.

Event 1: 200 Medley Relay: Observe the backstroke start and finish; walk off deck

Event 2: 200 Free: Observe touches from the corners, try to be at opposite corners. You may be seated if possible, stand and approach the edge of the deck when the first swimmer approaches the flags, step back and sit back down when the last swimmer leaves the flags. If not able to sit, move forward and back instead of sitting.

Event 3: 200 IM: Observe from the start and turn end using typical USA-S protocols.

Event 4: 50 Free: Observe touches from the turn end corners

Event 6: 100 Fly: Observe from the start and turn end using typical USA-S protocols.

Event 7: 100 Free: See 200 Free

Event 8: 500 Free: See 200 Free

Event 9: 200 Free Relay: Observe the first swimmer's touch from the turn end corners, step off deck

Event 10: 100 Back: Observe from the start and turn end using typical USA protocols.

Event 11: 100 Breast: Observe from the start and turn end using typical USA protocols.

Event 12: 400 Free Relay: Use the 200 Free protocols for the first swimmer and then step off deck