

IOT Briefing by Chief.

IOT Start/Finish

Freestyle

Protocol

Remain seated for the start.

All stand when first swimmer reaches the 15m mark closest to the finish and move to where the finish/turn can be observed.

Remain standing until the swimmer in your assigned lane has finished, press back up button as any part of the swimmer touches the wall.,.

What to look for

Some part of the body must touch the wall at the finish.

Backstroke

Protocol

If ledges are being used, all stand on the first long whistle and move forward on the deck behind the blocks. If no ledges then remain seated until fastest swimmer is 15 m away from the finish end.

On the second whistle, the IOT should step up and move forward to observe that at least one toe from each foot is in contact with the wall or face of the touchpad. Once the swimmers toes are correctly positioned, the IOT should stand up level with the back of the block but remain standing until after the starting signal is given.

Once the starting signal has been given remove the ledge from the water taking care not to twist the straps.

What to look for

Swimmer must not be completely submerged at or prior to finish.

Turn must be initiated immediately after leaving position on the back or after the completion of the arm pull.

Executing no more than one continuous single or double arm pull to initiate the turn.

Must touch the wall with any part of the body.

Butterfly

Protocol

All stand on the first long whistle and move forward on the deck behind the blocks.

Once the start signal has been given step forward onto the boom to observe the first stroke.

Remain standing until the swimmer in the assigned lane has finished. Press back up button as soon as any part of the swimmer touches the wall.

What to look for

Swimmer must touch with both hands separated/simultaneously at the turn/finish.

All strokes must be over the water - no underwater recovery stroke.

Leave wall on their breast and butterfly kicks

One arm stroke to bring the swimmer to the surface

Breaststroke

Protocol

All stand on the first long whistle and move forward on the deck behind the blocks.

Once the start signal has been given step forward onto the bulkhead observe the second stroke.

Remain standing until the swimmer in the assigned lane has finished. Press back-up button as soon as any part of the swimmer touches the wall.

What to look for

Swimmer must touch with both hands separated/simultaneously at the turn/finish.

More than one butterfly kick after the start/turn.

Not on the breast after leaving the wall at the start/turn.

Swimmer must touch with both hands separated/simultaneously at the turn/finish.

Medley

Protocol

As per start of individual Stroke

What to look for

Finish of each section as per individual stroke.

Particular care with the back to breast turn. Swimmer can come in on their side but not turned past vertical. Look to see if you can see their bottom shoulder and back, that would be an indication of past vertical.

IOT Turn End.

Freestyle

Protocol

All stand when first swimmer reaches the 15m mark closest to the turn.

Remain standing until the last swimmer passes the 15m mark closest to the turn on their last lap.

What to look for

Some part of the body must touch the wall at the turn.

Lap Counters, turn after swimmer has completed turn and under the flags.

Backstroke

Protocol

All stand when first swimmer reaches the 15m mark closest to the turn.

Remain standing until the last swimmer passes the 15m mark closest to the turn on their last lap.

What to look for

Turn must be initiated immediately after leaving position on the back or after the completion of the arm pull.

Executing no more than one continuous single or double arm pull to initiate the turn.

Must touch the wall with any part of the body.

Butterfly

Protocol

All stand when first swimmer reaches the 15m mark closest to the turn.

Remain standing until the last swimmer passes the 15m mark closest to the turn on their last lap.

What to look for

Swimmer must touch with both hands separated/simultaneously at the turn.

Not on breast when leaving the wall.

Breaststroke

Protocol

All stand when first swimmer reaches the 15m mark closest to the turn.

Remain standing until the last swimmer passes the 15m mark closest to the turn on their last lap.

What to look for

Swimmer must touch with both hands separated/simultaneously at the turn.

More than one butterfly kick after leaving the wall.

Not on the breast after leaving the wall.

Medley

Protocol

As per start of individual Stroke

What to look for

Touch of each section as per individual stroke.

Must be on their breast before the first kick/stroke of the freestyle section.