



Check Starter

1 January 2017

Preparation

- Sign in on the Roster in the Officials' Room (at SAALC).
- Report to the Referee at least 30 minutes prior to the start of the meet.
- At least 2 Check Starters should be allocated to a session. You will need to be in the Marshalling Room ready to go, 20 minutes prior to the first race.

Checking Procedure

- When a swimmer reports to Marshalling their name is highlighted on the Marshal Sheet. If a swimmer does not report to Marshalling a dot is placed next to their name each time it has been called out. 3 "dots" indicates a "Did not Marshal".
- When the Marshal has checked off a heat they will place the "Marshal Sheet" at the front of the table ready for you to pick up and take your heat to the pool deck.
- In a loud clear voice the Check Starter must call their event and heat number out and "Follow Me". The Check Starter will then take their swimmers to the appropriate end of the pool. Arrange the swimmers in correct order – Lane 0 to 9 – with lane 0 leading. If at the finish end of the pool the swimmers can sit on the chairs in the tunnel.
- Instruct the swimmers to move out on to the pool deck, leading the first swimmer. Using your Marshalling Sheet move back towards lane 9, calling out the swimmer's name and lane i.e. Tanya Lane 0, Phil Lane 1, Kim Lane 2 etc. When you are happy with all your swimmers, stand in line with the starting stand where you can still see all swimmers. This indicates to the Referee that your heat is ready to race. Keep an eye on the swimmers to make sure a swimmer from the following heat has not moved into a vacant lane in your heat.
- Once the start has occurred you move back to the Marshalling Room for your next group while the other Check Starter will bring the next heat on to the pool deck. The swimmers can sit on the chairs provided for each lane.
- If a swimmer suddenly appears in their lane and they did not marshal (indicated by the "3 dots"), you **must** immediately inform the Referee.

First Heat

- For the first heat of the session take the swimmers out to the pool deck about 5 minutes before the starting time, ready to go.

50 metre Events

- For 50 metre races you need to have **two** heats in the chairs ready for their races on pool deck and **one** heat waiting in the tunnel. This keeps the meet flowing smoothly.

Championship Finals

- At Finals Sessions of Championship meets, the swimmers will be introduced. Ideally there should be two Check Starters with one leading the swimmers out and the other following the last swimmer. The Check Starters stand in their position at each side of the pool until the race starts. Immediately the race begins, the Check Starter on the far side walks back across and they both walk back to Marshalling together to collect the next group of swimmers.

Check Starting for Relays

- The Marshalls should have a copy of the meet program for relays. It will contain the names of the swimmers in each team and also their order of swimming. Same as for any race except for 4 x 50m (LC) relays (also 4 x 25m in SC) when swimmers 1 and 3 go to finish end of the pool and swimmers 2 and 4 go to the 50m other (turn) end. In Medley Relays this means Backstroke and Butterfly swimmers at the finish end of the pool and Breaststroke and Freestyle swimmers to the other (Turn) end. You will also need to remind each team of their order of swimming.
- Just a friendly reminder that swimmers are focusing on their race and should not be having conversations with Technical Officials unless they need information for their race.

THANK YOU FOR VOLUNTEERING