

## Coaches Information: Meet of Champs

- a. Entries have been turned in. No changes to individual events.
- b. If swimmer does not show up:  
Relays – make substitution with someone already in meet  
Individual – leave lane open, no substitutions
- c. If you do make substitutions in a relay race, supply the computer person with a list of names that will swim the relay. Make sure you put your team initials on the sheet with the event #.
- d. No swimmers in the pool unless at designated warm up time or when racing. Breaking this rule will result in swimmer being disqualified from swimming. All warm-ups will be done at designated times.
- e. Only head coach allowed to approach Meet Director with challenge/protest. Cost to parent will be \$20 to challenge results: if the league made a mistake, parent will get refund, if not, league keeps money. Protest Forms will be available from Meet Director.
- f. Warm up lanes will be posted. Prior to the warmup time, coaches will meet with the meet director and/or WHALe board member at each meet to receive 3 heat sheets free and to discuss any other questions or comments.
- g. Make sure children and parents behave.
- h. All swimmers will be located outside. Bring canopies, shade of some kind. Cleaning up your area is essential!!!
- i. Coaches relays on Sunday.
- j. **NO WRITING ON BODIES WITH ANYTHING!!!!** No swimmer number, no event numbers. Bring alcohol and cotton as precaution.
- k. At All-Star Meet all spectators will not fit in the facility. People will be asked to come in and watch their swimmer's race and exit. No one will be allowed to stand at the edge of the pool in the way of the officials. League reps and coaches need to inform parents before the meet so they can plan accordingly.
- l. Ankles can be used in the start of the backstroke race.
- m. No noisemakers used by coaches and or spectators will be allowed during the meet.
- n. Backstroke flip turns will be allowed to kick into the wall or glide into the wall.
- o. If something is wrong with your medals please send an email to [board@swimwhale.com](mailto:board@swimwhale.com) and we will give you instructions on how to swap them out. Extra medals should be returned for next season's use.
- p. No technical racing suits will be allowed at MOC and ASM.