

SWIM MEET CONSIDERATIONS

OVER THE TOP STARTS

More Masters Swim Meets in Queensland are now adopting the “Over the Top” start. This is only used where starts and finishes are at the same end of the pool.

“Over the Top” starts are used to reduce the time taken for swimmers to leave the pool after their heat has finished and for swimmers to start the next heat.

Most swim meets have used the “Over the Top” start in recent times, but not too many swimmers know what to do.

As soon as you finish your race, remain in your lane and move immediately back about 2 metres. Hold onto the lane rope and wait there. **DO NOT MOVE INTO ANY OTHER LANE.** When the next race starts, exit to pool as you normally do. You will not get the two quick whistles from the Referee with “Over the Top” starts. Practice it at your own club pool. It’s very simple once you’ve done it a few times. The good thing is you will know what to do at your next swim meet.

NO TIMES PLEASE

SWIMMERS:

Please do not ask the time keepers at the end of your swim what your time was. If you only get a time from one of the time keepers, there is a good chance it will not be the official time. When the results are posted you will wonder why the time you were given was not the same as the time in the results.

TIME KEEPERS:

As soon as the swimmer in your lane finishes, stop your watch **AND IMMEDIATELY GO AND SIT DOWN IN YOUR CHAIR.** Please do not stand at the end of the pool. When you sit down you can read your watch, complete the applicable time keepers forms and get ready for the start of the next race.