

## Coaches Information: Meet of Champs 2011

- 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. No one on bulkhead except coaches or swimmers.
- f. 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.
- g. Warm up lanes will be posted. Prior to the warm up 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.
- h. Make sure swimmers and parents behave. Please discuss sportsmanship extensively with parents and swimmers before this meet.
- i. All swimmers will be located outside. Bring canopies, shade of some kind. Cleaning up your area is essential!!!
- j. **Coaches relays at ASM?????????**
- l. At All-Star Meet all spectators will sit in the upper bleachers on the 2<sup>nd</sup> floor at KHS. Only coaches and identified team parent volunteers will be allowed on the deck with the kids. 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.
- m. Ankles can be used in the start of the backstroke race.
- n. No noisemakers used by coaches and or spectators will be allowed during the meet.
- o. Backstroke flip turns will be allowed to kick into the wall or glide into the wall.
- p. If something is wrong with your medals please go to 22432 Northlake Village Drive. Extra medals will be in a box for you to swap them. Please return incorrect medals.
- q. No technical racing suits will be allowed at MOC and ASM.
- r. Labels for medals will be printed on paper at each MOC. Make sure you stick around to get the printout.