

THE STARTER

Arizona Swimming



STARTER'S PURPOSE

Ensure all swimmers receive a fair start

STARTER PREPARATION

- Determine where to stand within 10 ft of start end
 - Forward Starts
 - Backward Starts
- Examine blocks and recall rope (if used)

PREPARATION CONT.

Test:

- Start System
- Recall System
- Volume Behind Each Block (work with partner)
- Strobe Light

TIMERS BRIEFING

Starter gives the Timers Briefing

What timing system is being used for meet?

- Automatic
- Semi-Automatic
- Manual

Test Start with Timers

REFEREE AND STARTER

- Establish:
 - False Start Protocol
 - Where do YOU want the Referee to stand
 - Fly overs starts or clear pool before each start

REFEREE AND STARTER

Second set of eyes for Referee

- Swimmers behind the blocks
- Unusual things – Timer problems, swimmer difficulty
- Swimmers in the water, especially the last swimmer

STARTER AND THE WHISTLES

Short Whistles

- Relaxed and Confident
- Often taking order of finish

Long Whistle – Second Long Whistle

- Calming breath
- Microphone in Ready position

REFEREE'S OUTSTRETCHED HAND

Signifies:

- Officials and swimmers are ready
- Swimmers under control of Starter



STARTER'S VOICE

Conversational tone

Controlled

No rapid or sharp commands



THREE SIMPLE WORDS

“TAKE YOUR MARK”

SWIMMERS START THE HEAT

NOT

THE STARTER

TAKE YOUR MARK

Swimmers immediately assume starting position

- Forward Start – One foot or both to front of block, or in water start
- Backward Start – both hands on wall or platform grips, no standing in/on gutter nor toes curled over lip of gutter

BE PATIENT – Allow swimmers to take starting position, become set....stationary

Swimmers will let you know when they're ready

STAND COMMAND

“STAND PLEASE”

- When Swimmers do not immediately respond to “Take Your Mark”
- Uneven Motion or Delay
- Referee directed
- Swimmers may Step Off Block

SWIMMER ENTERS WATER ON STAND COMMAND

May be charged with False Start – dual confirmation

May be charged with Delay of Meet – Referee

If swimmer reacted to Stand Command – no false Start

FALSE START

Swimmer starting before starting signal given

Starter indicates on Heat Sheet the Lane

Without discussion, compares with Deck Referee

- “I have a possible”

If confirmed, swimmer charged with False Start

See handout: What is a False Start

OTHER

Hearing Impaired/Deaf Starts

If recall signal inadvertently, no false starts are given

Declared False Start – DFS

Deliberate Delay or Misconduct

Ringin bell 500yds or more.....two lengths to go

OTHER COMMANDS

Refer to swimmers as Ladies and Gentlemen

Use manners: “Thank You,” “Please”

- “Thank you Ladies, You may exit the pool”
- “Exit the pool please, Gentlemen”
- “Step up, Ladies” “Step up, Please”

AFTER THE START

May relax mic, but ready for recall if necessary

Watch swimmers until heads surface

Mark: No Shows, False Starts, Declared False Starts

DURING THE SWIM

Watch field in general

Prepare for next heat

Anything unusual behind the blocks

Get ready for taking order of finish

AZ STARTER REQUIREMENTS

Starter (Minimum Age: 19)

Education and Training	Shall attend Starter Clinic. Shall take and pass USA Swimming Starter Test. Serve at least 5 sessions with 10 starts each, under 2 Referees
Evaluation and Certification	Stroke and Turn Official for 1 year. Evaluation by Instructor or Meet Referee. Finish training within 1 year of Clinic. Deck Check by Instructor
Renewal	Starter Clinic every other year, alternate year may take required test, or clinic every year. Work minimum of 4 sessions annually under 2 Referees. Deck Check every 2 years, or maintain N2/N3