

## Referee's Checklist

**Try to arrive at pool about the same time as warm-up begin, but no later than 30min prior to start.**

Check

Pool

- \_\_\_ length
- \_\_\_ 7 ft. wide lanes
- \_\_\_ Lanes numbers in place and visible
- \_\_\_ backstroke flags – altern.color, 3 flag./ la. min., 15 ft. from end, > 7 ft over water
- \_\_\_ Continuous lane markers
- \_\_\_ 15 meter marks on lane dividers or pool sides
- \_\_\_ water clarity – bottom marks visible at ends from mid-pool position
- \_\_\_ water temperature (78-82 degrees)
- \_\_\_ Appropriate water depth for starts

Starting Platforms

- a. max height 30 “ (need 4 + feet water),  
Deck start if 3 ½ - 4 ft. water, in- water start if < 3 ½ ft
- b. < 10 degree slope back to front w. non-skid surface

Other Equipment

- a. starting device
- b. recall procedure
- c. visual lap counters
- d. timing devices
- e. scoring devices

**During meet**

1. Check or delegate – swimmers in correct lanes
2. Observe for suit/jewelry violations prior to start
3. Start event
4. Assure fair start
5. Set tone of meet
6. Rectify conflicts and follow rules
7. Signal DQ's
8. Have meet manager prohibit horns, bells, etc.

**Post Meet**

1. Note finish time
2. Do an exceptions report
3. Check scores (diving and swim meet totals), sign all
4. Check and report to AD appropriate fees for # teams/exhibitions

## **Coaches/Captains meeting (hold 15 min prior to meet start)**

1. Introductions
2. Entries..where , when
3. Watches (fitbits), suit, capability of divers to do dives attestation by coaches
4. Relay starts/starts.. dual confirmation if possible
5. 500 yard cool down (length or lap) IF close to leader finish AND timer stopped and no delay of next event
6. noise slows meet
  - a. Crowd takes cue from team
  - b. Four short whistle blows means QUIET!
  - c. Remind swimmers to IMMEDIATELY leave start area after relay finish.  
No “mingling” w. friends down at the start area
  - d. Be aware of officials and do not INTERFERE accidentally  
(walking in front, talking close to them)

## **Divers Meeting**

1. List and name diver order
2. Listen to announcer in case of error
3. Can change position before dive. Remember goes to lower DD
4. If diver feels interference occurred he/she must IMMEDIATELY inform Referee (not coach)
5. Reinforce attestation of capability to do dives