

Coaches 2010

GRAL will seed Individual Events using a computer generated Meet Program. The seeding will be done 30 minutes prior to the start of the meet. Clerk of Course will no longer do on deck seeding. Clerk will ensure the swimmers are in the proper heat and lane according to the Meet Program.

POSITIVE CHECK-IN IS MANDATORY.

Clerk of Course will be run similar to the way it is at Champs. Deck Cards will be used only for relays.

Positive check - in is the key to running an efficient successful meet.

It is important for Coaches to know before meet entries are submitted to his computer coordinator if a swimmer will not be at a meet. This swimmer should not be entered. A list of swimmers that are entered in a particular meet will be generated by the computer coordinator and used for the positive check - in. It is the coaches' and the parent representative's duty to ensure that this is accomplished.

GRAL expects only those swimmers that are checked in the night of the meet to be seeded in the meet. It is important for swimmers to sign in as soon as they arrive. We recommend a check in at the 1st entrance to the pool by both teams. Don't give swimmers a chance to put down their stuff and forget to come back. All seeding will be based on the positive check - in sheets and the changes made by Coaches just prior to meet. **Coaches need to be diligent about making changes early and getting swimmers to check - in.**

If a swimmer is coming late to the meet, make sure they are entered in the later events and that someone checks them in. We want everyone who arrives at the meet to be entered. If a late comer still misses an event; the empty lane is not a problem. What GRAL does not want is an inaccurate account of swimmers with many empty lanes thus taking away the competitiveness of the meet.

Each swimmer may enter no more than 3 individual events and 1 relay.

Any changes to your original meet entries must be made at the computer no later than 30 minutes prior to the start of the meet. The swimmer's name, event number, swimmer's ID number, and the swimmer's time and rank must be written on the sheet provided for changes by the computer coordinator. You will not need to make cards for the Individual Events because Deck Cards are not used. If a relay is added, a Relay Deck Card must be made showing Team, Event Number, the swimmers' name in the correct order and Relay Rank.

Swimmers must come when they hear their event called. GRAL hopes to reduce the time spent sitting in Clerk of Course. Several events will no longer be waiting in Clerk of Course. Individual names will not be paged in most circumstances. **Swimmers who miss their event can not be added to later events.** See Procedures VI .3 in GRAL handbook.

Relays

If you want your Advance Relays to swim together in a separate heat from the Varsity Relays, tell the Host Clerk prior to the start of the meet.

Otherwise all Relays will be treated as a single event with Senior Varsity Relays getting the fastest lanes even if they are from the same team. Advance Relays will flank Senior Varsity Relays.

“No changes to Individual Events or Relay Classification may be made after the start of the meet or the distribution of Heat Sheets or Meet Program, whichever comes first”. GRAL Rule VI.2

- You may change the swimmers in a relay if it does not cause a change in classification (Advance / Senior Varsity). The relay may swim at risk of being disqualified if swimmer classifications (N, Adv, JV, V, SV) are incorrect.
- Relay Cards must have the swimmer’s name, correct order in which they will swim, and classification, (N, Adv, JV, V, SV) for that stroke.
- Midget – Senior age group Relay Cards are due to clerk by event 40/140.
- **Coaches may make changes to the swimmers in any relay until they are on the block.** After event 40/140, cards must stay in Clerk of Course.
- Mite Relays swim event one. Turn in the Mite Relay Cards at the beginning of the meet. Two parents should be assigned to each Mite Relay. Have the Mite Relay Parents talk to the Host Clerk so they are familiar with the host team’s relay procedures.
- **ADVANCE Relays** may be **same sex** or **mixed sexes** but all Advance relays must contain only Novice **and/or Advance swimmers.**
- **Senior Varsity Relays** must include both male and female swimmers with at **least one Junior Varsity, Varsity or Senior Varsity swimmer**, but may contain any other level of swimmers, (Novice, Advance, Junior Varsity, Varsity and Senior Varsity).

It is important for Coaches to remember that Clerk seeds relays based on the generated times. In order to seed the fastest relays in the fastest lanes, make sure the lowest number in the sequence is the fastest relay. For example: 2:00.00 is seeded in a faster lane than 2:01.00. This would be your “A” relay if you use ABC order.

Senior Varsity Relays begin with 2:00.00 and Advance Relays begin with 4:00.00. This year, they will be on the same color cards.

Example of the two ways to seed relays depending on the Coach’s request.

Team Antioch has four **SV** relays **A,B,C,D** and four Adv relays **E,F,G,H**

Team Fox Hall has one **SV** relay **a**, and three Adv relays **b,c,d**.

If a coach (prior to the start of the meet) requests Advanced Relays swim together, Clerk will create an extra heat and have empty lanes in the fastest heat. This is how it will appear:

EVENT	1	2	3	4	5	6
Heat 3	<i>D 2:03.00</i>	<i>C 2:02.00</i>	<i>A 2:00.00</i>	<i>a 2:00.00</i>	<i>B 2:01.00</i>	
Heat 2		<i>c 4:01.00</i>	<i>E 4:00.00</i>	<i>b 4:00.00</i>	<i>F 4:01.00</i>	
Heat 1			<i>G 4:02.00</i>	<i>d 4:02.00</i>	<i>H 4:03.00</i>	

If a coach doesn’t request that Advance Relays swim together, you will see Advance relay **b 4:00.00** in the 2nd heat with the SV relays not with any Advance relays.

EVENT	1	2	3	4	5	6
Heat 2	<i>D 2:03.00</i>	<i>C 2:02.00</i>	<i>A 2:00.00</i>	<i>a 2:00.00</i>	<i>B 2:01.00</i>	<i>b 4:00.00</i>
Heat 1	<i>G 4:02.00</i>	<i>d 4:02.00</i>	<i>E 4:00.00</i>	<i>c 4:01.00</i>	<i>F 4:01.00</i>	<i>H 4:03.00</i>