

Pre-seeding

Timer Instructions are attached. Please be sure the Head Timer presents this information in a timer meeting prior to the start of the meet. The Timer now only has to initial each event on the Lane/Timer Sheet.

Rules

GRAL RULE VI.2 states “No changes may be made after the start of the meet or distribution of Heat Sheets or Meet Program.” This includes changes to individual events or adding or changing classification of relays.

- The intent of this rule is to prevent Coaches from seeing Heat Sheets or Meet Programs before making their changes prior to the start of the meet. Parent Reps should file written grievances to the GRAL Board in cases of non compliances.

Pre-seeding Process

- The Host Team will print a Meet Roster for both teams.
- **Check-In is extremely important.** Only swimmers checked-in will be seeded into the meet.
- Each team’s Meet Roster will be used by the Parent Rep or designee to check-in all swimmers the day of the meet. This should be done at the pool entrance before a swimmer enters for warm ups. **Make sure to have someone check-in any swimmer that will be coming late to the meet.** Phone a friend to have them check you in if you are running late.
- The Host Team should make continuous announcements about positive check-in including a final announcement just before closing.
- Positive Check-In closes 30 minutes before the start of the meet and the Meet Rosters are given to the Computer Person.
- **An accurate Check-In is important to minimize empty lanes.**
- The swimmer who arrives before the start of the meet or distribution of heat sheets can still be added to the meet. **They should go directly to the Computer Person.** Clerk will validate the addition with the Computer Person.
- The Coaches will make their additions and changes to events 30 minutes prior to the start of the meet. Attached is a copy of the form they will use for these changes.
- The meet will be seeded after check -in and all coaches’ changes are entered.
- A Meet Program with at least the first 6 events will be printed. Lane/Timer Sheets for the first half of the meet will be printed. Lane/Timer Sheets have 2 events per page.
- Clerk uses the Meet Program to tell swimmers their correct heat and lane and get them to the blocks.
 - Empty lanes are acceptable and expected.
 - No Shows will be recorded by the timer on the Lane/Timer Sheet with NS.
 - Combining heats due to numerous empty lanes requires notifying the recording timer of each lane that is effected, the Referee, and the Starter.