

## Coaches' Summary – MA Senior Champs, March 30-April 2, 2017

1. Meet Referee - Mike Malmstrom  
Admin Referee - Sandy Hartmann  
Meet Director – Brian Gunn
2. **Please email any pre-meet scratches to the meet director.** Brian Gunn (bgunn@accomhs.com).
3. Scratch box – located with Admin Ref, table behind Starting Blocks.
  - a. Closes at **8:00 AM** on for that day's events on all days.
  - b. Scratch next day's event or whole meet to not be seeded (or too many daily events.) Use the Scratch Form provided. For PRELIMS only.
  - c. May take a DFS – with Admin Ref, or with Deck Ref before start of the heat.
  - d. Penalty – if a 'No Show' in an event. No further events that meet day and must positive check-in for events on subsequent days.
  - e. Scratch for FINALS– use Scratch Form on Admin Ref table (as usual)
4. Positive check-in events - 1000 and 1650 Free
  - a. By **5:00** pm for Thursday's events; will swim fast-to-slow, alternating.
  - b. By **9:00** am Sunday check closes for 1000/1650.
  - c. Sunday afternoon events will alternate, slow-to-fast; scheduled to end just before start of warm-ups for Sunday Finals. Sunday top heat at finals.
5. **400 IM (Fri) and 500 Free (Sat) – All heats will swim fast-to-slow, alternating Women/Men with the top 3 heats of each race circle seeded. All heats qualify for Finals.**
  - a. **Unofficial list of finals qualifiers posted at admin table every 10 ten heats.**
6. Starts - 'Fly-over' at Prelims; standard (no fly-over) at Finals with A final marching out.
7. Finals – Friday / Saturday - 4:30 warm-up / 5:30 start  
Sunday Finals - 4:00 warm-up and 5:00 start.  
Will post time-lines for Finals.
8. Relays –
  - a. All will swim at the end of the Finals sessions – alternate W/M, fast-to-slow.
  - b. Positive check-in – **will be deferred until close of Prelims.** DFS available at night.
  - c. Relay cards due back one hour before scheduled start of Relays at Finals.
  - d. Relay-only swimmers must have proof of registration, if not already entered.
9. Time Trials - available Friday; TBD Saturday and Sunday. Contact head table for forms, etc.  
No Deck entries. Proof of registration required if swimmer is not in the meet.
10. Please fill-out the 'Coach info' sheet and leave with the Admin Ref.
11. Because this will be a full meet warm-ups will begin at 6:30am Friday-Sunday and will be open. Lanes 1 and 8 in the competition pool will become pace lanes and lanes 2-7 will become sprint lanes no later than 8:20am.