

2009 VSI LONG COURSE SENIOR CHAMPIONSHIPS INFORMATION FOR COACHES

SCRATCH PROCEDURES:

The scratch procedures listed in the current USA Swimming Rules and Regulations, Article 207.12.6, will apply, with the following modifications:

1. The General Meeting will be held at 2:00 pm on Thursday July 23rd
Teams not represented will still be held accountable for the information presented
2. **Times not proved (designated with an “*” on the psych sheet) will not be seeded unless proof of time is provided to the Administrative Referee prior to the close of the scratch box for that event**
3. Scratches from Trials will be done through the scratch box using a “*Scratch Card*”
Individual Events (including the 800 M Freestyle)
 - Scratches for Friday’s events will be due by 5:30 pm Thursday
 - Scratches for Saturday’s events will be due by 6:30 pm Friday
 - Scratches for Sunday’s events (including the 800 M Freestyle) will be due by 6:30 pm Saturday
(Including 800 M Freestyle; athletes wanting to swim in the afternoon and not in the fastest heat in finals, must designate that desire on the check-in sheet prior to the close of the scratch box)
4. Check-in for distance events (1500 M Freestyle and 800 M Freestyle)
 - Scratches will be made on sheets at the Clerk-of Course for 1500 M Freestyle by 3:00 pm Thursday
 - Scratches will be made through the scratch box for the 800 M Freestyle following the above schedule (#3)
5. Positive check-in for Relay Events
 - Positive check-in will be made on sheets at the Clerk-of Course
800 M Freestyle Relay: 9:30 am Friday
200 M Freestyle Relay: 6:30 pm Friday
400 M Medley Relay: 9:30 am Saturday
200 M Medley Relay: 6:30 pm Saturday
400 M Freestyle Relay: 9:30 am Sunday
 - Relay teams wanting to swim Sunday morning and not in the Sunday evening must designate that desire on the positive check-in sheet
 - **Relay teams who do not check-in will not be allowed to swim the event**
6. Scratches caused by a swimmer exceeding the 3 individual event/day rule or 6 individual events/meet rule
 - **Swimmers having events not scratched through the scratch box, which if swum would put them in violation of either the 3 event per day rule or the 6 events in the meet, will not be permitted to swim the event or events which would be in violation of the meet invitation**
 - The events to be eliminated will be counted in strict numerical sequence as listed in the meet invitation, no other penalty will be applied
7. Scratching from Finals
Individual Events (excluding the 1500 M Freestyle and 800 M Freestyle events)
 - **All scratches or intentions to scratch from finals will be made through the Administrative Referee.**

- The scratch rule regarding finals (Article 207.12.6) will apply to all 3 heats, Final, Consolation, and Bonus (A,B,C)
- A swimmer must scratch or declare their intent to scratch within 30 min of the announcement of the finalists for the event
- If an “intent to scratch” is declared the swimmer must inform the Administrative Referee of their final decision within 30 min of the swimmer’s last individual event; if the swimmer does not finalize the scratch before the deadline, the swimmer must swim the event

RULES REGARDING FAILURE TO COMPETE (NO SHOWS)

1. Preliminary Events

- **A swimmer who misses an event into which they have been seeded may not participate in any other events, relay or individual, in that day’s competition**
- A final for which he/she has qualified prior to the missed event is exempt from this penalty
- **If the swimmer desires to swim in the competition on the subsequent days of the meet they must be reentered for their events by the coach, otherwise they will be scratched from all their events (see Administrative Referee)**
- In events not having preliminary heats (1500 M Freestyle, 800 M Freestyle, all relays), this rule does not apply and there is no penalty for a “no show”
- The swimmer may miss a preliminary event without penalty if they exercise their option for a declared false start prior to the start of their race; if the swimmer wants to exercise this option the declaration must be made to the Deck Referee **prior** to their race being called to the blocks

2. Final Events

- **Any swimmer qualifying for finals in an individual event who has not properly scratched from the event as described above and does not participate in that event will be barred from further competition in the meet**
- A swimmer may be excused by the Meet referee if the failure to compete is caused by circumstances outside of the control of the swimmer
- Declared false starts are not permitted in finals

RELAY INFORMATION:

- Relay cards for teams swimming in the morning sessions will be handed out in the morning; teams swimming in the evening will receive their cards at the start of warm-ups before the finals sessions
- All relay cards must be filled out with the swimmers’ names and order in which they are swimming
- The “COMPUTER” copy can be returned to the Administrative Referee prior to the start of the event and will be used to get the names into Meet Manager early; the “LANE COPY” should go to the blocks with the swimmers and changes can be made up until the start of the race

TIME TRIALS

- Sign-up deadline will be no earlier than 10:30 am each day; a later time may be announced once the session is underway
- Refunds/credits are given if the swimmer decides not to swim

GOOD SPORTSMANSHIP:

Please observe good sportsmanship in regard to scratches for both individual and relay events. If your swimmer is not going to participate, fill out a scratch form and turn it in within the required time frame. This is particularly important on the last day of the meet. Even if it does not look as if your swimmer will be in a final, if they do not want to participate, or will not be there, please scratch them.