



For the first heat of an event:

Referee:	4-5 whistle blasts.
Announcer:	"Event (number), (gender), (distance), (stroke). Heat 1."
Referee:	1 long whistle blast. Additional long whistle blast if backstroke or medley relay.
Starter:	"Take your mark." Starting signal.
	Swimmers swim

For subsequent heats of the same event:

Referee:	4-5 whistle blasts.
Announcer:	"Heat (number)." (Starting with heat 2, only the heat # is announced. Do not announce gender, distance, or stroke.)
Referee:	1 long whistle blast. Additional long whistle blast if backstroke or medley relay.
Starter:	"Take your mark." Starting signal.
	Swimmers swim
Continue in this pattern until all heats of this event have been swum.	

After all heats of a given heat have been swum, recycle back to the first heat of the next event.

NOTES

The announcement of event #, gender, distance, and stroke should immediately follow the 4-5 whistle blast.

Use the singular for distance (yard, not yards; meter, not meters).

Use the complete event name, not an abbreviation (Individual Medley, not IM; Freestyle, not Free; Breaststroke, not Breast; Backstroke, not Back; Butterfly, not Fly or Butter).