



Assisted Self Marshalling – Time Trial Official and Non-Official Nights

- Swimmers are expected to know what event, heat and lane they will be swimming in from the Time Trial program emailed on Monday night, copies of the race sheet will also be posted on pool deck.
- Due to late withdrawals or any necessary changes, it is important to check the race sheets posted on the night for any amendments to the Time Trial program.
- Swimmers are to take position on the chairs behind the timekeepers 2 heats prior to their heat, the first 3 heats of the night should take position 5 minutes prior to the 6.30 scheduled start time.
- Swimmers are responsible for being ready to take their position on the starting block or in the water when whistled up by the Referee or Starter.
- After the start of the previous heat, swimmers are to progress to the next deck chair position or to the starting block for their heat.
- In order to avoid congestion, we ask that only swimmers that are taking position for their heat be at the deck chairs.
- To avoid delays swimmers are requested to stay near the starting end of the pool so they are aware of what event/heat is in the water at all times.
- A Check Starter will be available to assist, support and direct swimmers when requested by the swimmer or when required due to late changes on the program.
- If a swimmer misses their heat, they must alert the check starter as soon as possible and they will be placed in a spare lane of another heat if available. The Referee must be notified and approve of any heat changes on an Official night.
- Where a swimmer has entered, but will not be in attendance, please advise by email, text or FB messenger prior to the commencement of the event.

We look forward to your assistance and cooperation in making this change a success, it will benefit the performance of our athletes, better prepare them for competition and will promote a fun, smooth and stress-free night for all!