

“Chase Start” Procedures

“Chase starts” are a procedure where both ends of the pool are used for starting events. It saves significant time during the meet because of an overlap that occurs after the swimmers make their last turn and are heading for a finish with the next heat CHASING them to the finish.

For this meet, the Girls events will **finish** at the east end of the pool. All girls events EXCEPT for 50M events will start at the east end. The Boys events will **finish** at the west end (dive well) of the pool. All boys events EXCEPT for 50M events will start at the west end.

Here is how it runs for a 100 or greater race: The first heat of the girls event steps up and starts. After they make their final turn and are heading back to the finish the Referee will step up the first heat of the boys event. At a point not earlier than the mid point of the pool and based on the Referees feel for how the slowest swimmer(s) in the heat are progressing, they will start the heat of boys. When the boys make their final turn, the process is repeated for the next heat of girls. It is very important that IMMEDIATELY after finishing a 100M or greater race and the 50M backstroke race the swimmers exit the pool.

For the 50M Free, Breast, Fly events, swimmers remain in the water as motionless as possible **at the wall**. The next heat of the event will be starting over the top.

If there are an uneven number of heats between male and female events, all heats of the event with the most heats will be completed before the next series of events begin.

