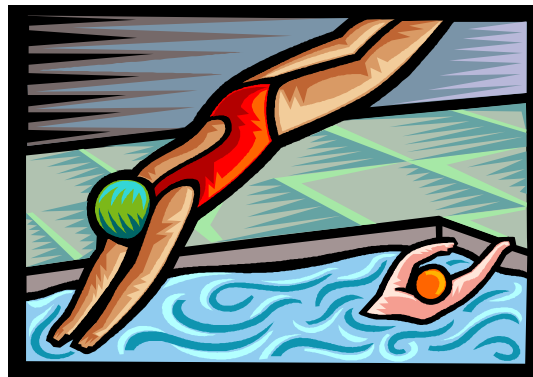# Adopting Dive-Over Starts in Potomac Valley Swimming

September 2006
Revised: After PVS Board Meeting

Topics

- Rationale for adoption
- Background
- Starting Procedure
- Considerations
- Role Responsibilities
- Current Status
- Questions
- Appendix

Process For Developing the Procedures

- Conducted research on dive-over starts using the Internet

- Informal conversations with officials in other LSCs (VA, MD, and HI) who regularly use dive-over starts

- Initial draft of procedure was developed by Tim Husson, Jack Neil, Pam Starke-Reed and Jim Thompson

- Several rounds of review by members of the PVS Officials Committee and other senior PVS officials

- Provided early copies to coaches on the PVS Board for comment

Rationale

- Adding "a tool to the tool kit" for managing meet session time lines

  – Existing tools include positive check-in and limiting entries

- Provide swimmers a little extra time to catch their breath

- Help prepare our swimmers for higher level meets outside PVS where this starting option is common

Background

- **Dive-over starts**
  - Forward starts only
  - Swimmers are called to the block while the previous race is still underway
  - The heat is started while the previous heat's swimmers remain in the water at the conclusion of the race

Background II

- Meet Referee/Meet Director will decide on the use of dive-over starts and publish in the Meet Announcement.
- Dive Over Starts should be used when:
  - Meet time line has one session ending within a short period of time prior to the start of the warm-ups of the next session.
  - Meet time line precludes finishing the meet within the prescribed pool rental time.
- When should dive-over start NOT be used?
  - 8&U Mini-meets
  - Backstroke and Relay (Medley and Freestyle) starts
  - Finals session of a Prelims/Finals meet
  - When using only Manual timing
  - Any 25 yard/meter event

Background III

- Within a particular meet, the use/non-use of dive-over starts should be consistent for the respective age groups.

- Based on prior experience in PVS Sanctioned meets it is expected that Dive Over Starts will be the norm

Dive Over Starting Procedure

- Four or more whistle chirps sounded after the last swimmer passes the 15m mark from the finish end on the last lap
- Starter/Announcer announces next event/heat
- Long whistle to bring up next heat's swimmers to the starting blocks when last swimmer passes the backstroke flag
- In-water swimmers go to the corner of the lane at the conclusion of their race. They must remain quiet with their legs hanging down. They must not hold onto the starting blocks.
- When Referee sees the next heat is ready, he/she passes control to the Starter by extending his/her arm.
- Starter says, "Take Your Mark" and sounds the start signal when all swimmers are in position
- In-water swimmers exit the pool once the heat is started

Considerations

- For backstroke & relay starts, all swimmers will exit the pool prior to start of the next heat

- For a forward, in-water start, the previous heat exits the pool

- Dive-over starts are permitted when swimming two adjoining pools. Alternate heat starts will follow the usual practice.

- Requires changes to timer's procedure

Responsibilities

- Coaches
  - Train swimmers in the dive-over procedure and monitor
  - For each session, notify Referee of any considerations (swimmer with disability, inexperienced swimmer) that may affect the use of dive-over starts.

- Referee
  - Ensure the safe running of the session
  - Confirm with Coaches that all participants are aware of plans to use or not use dive-over starts
  - Modify use of dive-over starts based on notifications by coaches

Current Status

- Officials Committee approved a recommendation for the PVS Board to formally adopt the use of Dive Over Starts

- Officials Committee prepared a paper detailing how Dive Over Starts should be implemented

- Recommendation presented to the Competition Committee

- Concept for Dive Over Starts approved by PVS Board

- Operations Division responsible to implement procedure for 2006-2007 Short Course Season