

2026 HS State Championships Coach Handout

Welcome! We are looking forward to a great meet with fair and fun competition for the swimmers.

Questions: Text or call the Meet Referee with any concerns:

4A/3A/2A/1A – Jack Burnett –

5A – Judi Creech –

6A – Julie Carpenter –

Unsportsmanlike Conduct will NOT be tolerated!

- **All swimmers must report to the staging area when called.**
- The race starts when the LONG whistle blows. If swimmer does not step up with long whistle, they will be disqualified. If they are not behind the block at this time, they may be determined a “no show” and the penalty will apply. We do not want an athlete to be disqualified because they were not at the blocks and ready to swim.
- **Reminder of the penalty:**
 - A no-show in prelim will be out for the rest of the meet – including relays – except for pre-qualified events.
 - A no-show in finals – out of the rest of the meet.
- **Scratches and Declared False Starts:** Scratches for prelims were due on Monday. After this time, an athlete may withdraw from their event without penalty by doing a **Declared False Start**. The swimmer must notify the Referee (or Deck Referee) **prior to the 1st heat of the event**. A DFS still counts as an entry for the competitor. Missing a final will eliminate the athlete from the rest of the meet. If you are aware of a scratch by 4pm on Wednesday, notify the OSAA Office and the next eligible athlete will be added to the event(s).
- In the unlikely event that there is a no-show in the A final, the fastest seed of the B final **MAY** be brought up into the empty lane in the A final – **TIME PERMITTING**.
- Alternates for the **“B” final** must be ready to swim in the Starting Area if they want the chance to swim.
- **Over swimmer starts** will take place in Prelims, the **pool will be cleared** for the championship final heat.
- **Water Entry: Athletes are not to enter the water prior to competition without the approval of the Referee or Deck Referee. They may not re-enter the water after they have exited the pool.**
- **Swimmers must remain in their assigned lane until the race is finished.**
- **Relay Starts:** At least 1 foot must be in contact with the starting platform during take-off. “Running starts” for relays are not permitted. See information below about relay cards.
- **For Relays:** The first 3 swimmers must exit the pool promptly in their lanes.
- **Lap Counters:** Okay to count up or down. One person counting per lane.
- **Swimsuits & Caps:** Remember the logo rules for suits and caps – no jumbo, club, college, etc. Please review the Uniform Rules in the HS Handbook for details.
- Please review the rules about **swimsuit coverage** and be sure that your athletes are properly attired. Referee will speak with coach (not athlete) about any suit issues.
- **Deck changing** is a conduct violation and will result in the swimmer being **disqualified from the meet**.
- **Tape** must have a doctor’s or trainer’s written okay. Tape is allowed during warmups. Wearing tape during competition will disqualify athletes from having their times put into the USA Swimming database. Please see the Meet Referee at the beginning of warmups to provide written documentation.
- **The Competition Pool** will **NOT** be open during award breaks.
- The **North end** of the pool will be open for continuous warm up and warm down with coach supervision.
- **No Heat Sheets will be provided.** Please print prior to arriving at the facility.
- **Cheering** is allowed for all events from teams designated areas.
- Teams will have **assigned seating** – they must remain in team area if not swimming.
- The turn end of the pool is not accessible to swimmers unless they are counting for the 500.
- Swimmers are not allowed in the officials and coaches area. Swimmers must remain in their team area.
- Please monitor your athletes: **NO food allowed on the deck** – all participants must eat outside of the building.
- Please ensure that your athletes clear up their area before leaving.

- Noisemakers, Spirit Signs, Banners, Balloons and Glass Containers are prohibited by OSAA policy.
- No photography or video is allowed behind the blocks at any time.
- Cell phone use of any kind is not permitted in locker rooms or behind the blocks.
- Awards will be given during the awards breaks. **Presenting Coach** – please be ready!
- Restrooms: Coaches and volunteers must use designated restrooms for non-athletes.
- Coach Conduct: All interaction with athletes must be observable and interruptible.
- **Please notify us of any athletes that need accommodations.**
- **Please let us know right away if there are any issues with your athletes.**

Relay Cards:

- A relay slip, card, or paperwork with the names of the four athletes scheduled to compete shall be submitted to the Meet Admin Official no later than the following deadlines:
 - **Medley Relay – 45 minutes prior to the start of the competition**
 - **200 Free Relay – at the start of the Girls 100 Butterfly**
 - **400 Free Relay – at the start of the Boys 500 Free**
- There shall be no changes in the four athletes once the deadline has passed (the order may be changed) except as permitted in NFHS Rule 3.2.2 (...illness or injury certified by a physician or the referee forces a competitor to withdraw).
- The first swimmer of the relay team, once called to the starting platform by the referee, shall not change his/her swimming order in the relay with any teammate (NFHS Rule 8.3.4).
- **After being called to the block, swimmers 2-4 may change their order – have athletes notify timers of the change.**
- Make sure your team and alternates are listed on the back of your entry card. Include first and last name and year in school on the cards.

Warm-Up and Safety Procedures:

- The use of hand paddles and other training devices during warm-ups is prohibited.
- Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time.
- Warm-up procedures shall be enforced for any breaks scheduled during the meet.
- **General Warm-up: First part of warm-up**
 - NO DIVING OR BACKSTROKE STARTS are allowed from the blocks or edge of pool.
 - Swimmers shall enter the pool feet first in a cautious manner.
 - No sprinting is allowed during this general warm-up session. Circle swim only.
 - All lanes are to be used for general warm-up.

Remember: Even though this is a two-day meet it is still considered one meet. Watch your individual participants in regard to relay swimmers vs. alternates. If they swim in 2 events on Friday, they cannot swim in 3 relays on Saturday.

4A Prelims - 2 heats of 6

4A Finals – 1 heat of 6

5A Prelims - 2 heats of 6

5A Finals – 1 heat of 6

6A Prelims - 2 heats of 9

6A Finals – 1 heat of 9

Breaks:

- 15-minute break following 50 Free – both days (competition pool will be open)
- 5-minute break following 500 Free – Friday
- 5-minute break following 100 Back – Saturday
- Additional breaks for awards on Saturday

GOOD LUCK TO YOUR ATHLETES!!