

NEW INSTRUCTIONS FOR SWIMMER LINE-UP AT LEINSTER GALAS

Coaches and Team Managers will all receive heat sheets before the start of each session.

All swimmers **MUST** be informed by the Coaches/Team Managers what **event number** they are swimming in, what **heat number** and what **lane**. We will have several areas around the pool where the Heat Sheets will also be posted in case swimmers forget.

The responsibility is on the swimmer to get themselves in the correct place.

Swimmers will no longer check in or be checked in. There will be officials in the area to oversee everything.

Swimmers must arrive to the line-up area at least 6 heats in advance of when they will be swimming.

There will always be 3 lines up swimmers behind the blocks e.g.

- Heat 1 ready to dive in
- Heat 2 behind this heat, behind the timekeeper
- Heat 3 sitting further back

Each Heat will move forward as the heat on the blocks dive in.

We will have 3 sets of 10 chairs where swimmers will identify their Heat if they are in Heats 4, 5 and 6 and sit on the relevant chair for their lane, once Heat 1 dives in then Heat 4 will move to the timekeeper area etc.

This rotation will continue throughout the swimming session.

Swimmers **MUST** check their name with the timekeeper before they move forward to the blocks.