



MCSL Coaches Clinic
May 18, 2025

Agenda

- Safe Sport
- Concussion Protocol Training
- Purpose of League
- Coaches Responsibility
- 2025 Rule Changes
- Technical Rule Differences Between USA Swimming and MCSL
- MCSL Judging of 15 Meter Mark
- Dual Meet Preparation
- Dual Meets
- Division Relay Carnival
- MCSL Coaches Invitational Long Course Meet
- Division Championship Meet
- All Star Relays
- Individual All Stars

Safe Sport Presentation

- We thank Greg York for spending some time with us this evening
- Greg has many years coaching in MCSL and in PVS and is the PVS Safe Sport Chair

Safe Sport

- Keeping everyone safe is your number one priority
- Read the MCSL Safe Sport Practice Guidance, MCSL Action Plan to Address Bullying and the Recommended MAAPP Policies for MCSL (to be discussed next)
- THINK before you act, always ask yourself how your actions will be viewed/perceived by others and use common sense
- Do not hesitate to email safesport@mcsl.org with questions

Safe Sport Documents

- MCSL Safe Sport Practice Guidance, MCSL Action Plan to Address Bullying and the Recommended MAAPP Policies for MCSL are available on the MCSL web site

Concussion Protocol Training

- It is strongly recommended that coaches responsible for running practices complete Concussion Protocol Training, either through the National Federation of High Schools (NFHS) or the Centers for Disease Control (CDC)
 - <https://nfhslearn.com/courses/concussion-in-sports-2>
 - <https://www.cdc.gov/heads-up/training/sports-officials.html>

References

- The following are available from your Team Representative. Head Coaches should have a copy of both books:
 - MCSL Handbook – contains league rules
 - MCSL Meet Management Handbook – intended audience is Team Reps, but contains useful information for coaches and first time and/or unexperienced referees as well
- Coaches desiring a refresh on swimming technical rules are encouraged to attend an MCSL Officials Clinic

Purpose of League

- To provide organized, friendly team competition within a fair and wholesome environment at the neighborhood pool level
- To help young people develop athletic skills
- To foster good sportsmanship, teamwork and an appreciation of the relationship between effort and success

Coaches Responsibility

- Primary Responsibility: safety and well-being of the swimmers in your charge
- MCSL is a developmental swim league
 - It's fine to compete, but make it a fun experience for all swimmers regardless of skill level or meets they participate in
 - Create an environment that allows all swimmers to gain a love for the sport of swimming and to learn, improve and grow
 - Model and champion good sportsmanship at all times
- Gain a thorough understanding of the MCSL Rules of Competition
- Two meets per week, but ONE team
- In addition to the above, your contract with your team outlines specific responsibilities

Technical Rule Differences Between USA Swimming and MCSL

- MCSL follows USA Swimming Technical Rules, except where noted
 - MCSL does not use starting blocks
 - For backstroke starts a swimmer may utilize one assistant's legs no higher than mid-calf. The assistant's heels shall not extend beyond the edge of the pool
 - A swimmer disqualified for a false start prior to the starting signal being given may swim the event as an exhibition swimmer
 - Additional kicking and gliding is allowed during a backstroke turn
 - There is no Delay Initiating Turn or Delay Initiating Pull violation in MCSL
 - Refer to Handbook MCSL Technical Rules, 4.c

Technical Rule Differences Between USA Swimming and MCSL

- Taping
 - MCSL rules regarding use of tape are identical to USA Swimming
 - Refer to USA Swimming 108.1.E
 - “Therapeutic elastic tape is prohibited. Any other kind of tape on the body is not permitted unless approved by the Referee”
 - Prohibited tape includes Kinesio tape and any tape that provides compression
 - A note from a health care provider has no standing

MCSL Judging of the 15 Meter Mark

- In MCSL, any part of a swimmer's head that fails to break the surface of the water at or prior to the far end backstroke flags has committed a 15 meter violation
 - Rationale: not all community pools are properly marked and MCSL does not use separate stroke judges (officials judging from the sides of the pool)

12 and Under Technical Suit Prohibition

- 2.e.12: No technical suit shall be worn by any 12 and under MCSL athlete in competition at any dual meet, division relay meet, division championship meet, Coaches Invitational Long Course Meet, All Star Relay or Individual All Star meets.
 - A Technical Suit is one that has the following components:
 - Any suit with bonded or taped seams regardless of its fabric or silhouette;
 - Any suit with woven fabric extending past the hips
 - Note WOVEN FABRIC: A suit with woven fabric and sewn seams that does not extend below the hips is permitted
 - Note KNIT FABRIC: A suit with knit fabric and sewn seams not extending below the knees is permitted

Uniform violation (suit or cap)

- **Uniform violations (swim suit or swim cap) 2.f (clarification).** Penalty. A swimmer that is observed to violate rule 2.e.4, 2.e.5 or 2.e.12 shall receive one warning to correct the uniform. If the observation of a violation occurs before the event, the swimmer shall correct the uniform before the start of the race. If the observation of the violation occurs after the start of an event, then the swimmer must correct the violation prior to their next event. Failure to correct the violation after a warning prior to an event will result in disqualification in that event. A brief delay to allow inverting a swim cap is appropriate. A delay to allow changing a swimsuit is not appropriate.
- **Note: duct tape is a quick way to cover a logo on a suit or cap**

12 and Under Technical Suit Guidance

- Virtually all suits that fall within the definition of restricted have a FINA approved logo. Suits with the FINA logo that are considered legal for 12 and under use have an additional green checkmark logo in conjunction with the FINA logo.
- FINA logo only: not legal for 12 and unders to wear in MCSL competition. FINA logo and green check mark: legal for 12 and unders to wear in MCSL competition.
- A suit without a FINA logo might still be approved for 12 and under swimmers.
- The burden is on the parents, coaches and swimmers to know if a suit is legal prior to competition. Officials are not suit police.
 - Coaches please ensure your athletes are properly attired!



12 and Under Technical Suit Guidance for Officials

- Note that this rule applies to swimmers competing in 12 and under events – athletes who were 12 and under as of June 1
- If there is any doubt about the legality or composition of a suit, let the swimmer compete and move on!
 - Do not delay a meet to have a lengthy discussion to try and figure whether a suit is legal!!
 - As mentioned, officials are not the suit police and officials shall not touch a suit on a swimmer to try to identify the type of material or seam

Sportsmanship

- Any MCSL team that conducts itself in an unsportsmanlike manner or creates an unsportsmanlike or unsafe environment may be considered for appropriate action or penalty by the MCSL Board.

2025 Rule Changes

- Scoring for seven team divisions has been codified in the rules
- New relay entry cards

Relay Entry Cards

- First, discard old tan and yellow relay entry cards from previous seasons
- There is now a white relay entry card for relays that can score (even if the relay contains a swim-up). Swimmers swimming up are indicated with a checkmark
 - Relays containing swim-ups can score at dual meets, relay carnivals and divisionals, but are ineligible for the All Star Relay meet
- Blue relay entry cards are used for exhibition relays that do not score

Official Relay Entry Card (White)

2025-03		MCSL RELAY OFFICIAL ENTRY CARD		
		<i>(Relay containing Swim-Ups Are Ineligible for All Star Relays)</i>		
Event No.		Lane	Team	Date
Swim Order	Medley Stroke	Full First & Last Names		Swim-Up (Check)
				Age
1	BACK			
2	BREAST			
3	FLY			
4	FREE			
5				

Exhibition Relay Entry Card (Blue)

2025-03		MCSL EXHIBITION RELAY ENTRY CARD (Relay Does Not Score)			
Event No.		Lane	Team	Date	
Swim Order	Medley Stroke	Full First & Last Names		Swim-Up (Check)	Age
1	BACK				
2	BREAST				
3	FLY				
4	FREE				
5					

Dual Meet Preparation – Order of Events

- The order of events has changed starting with the 2021 season
- The order of events can be found on the back cover of the MCSL Handbook and the MCSL Officials Guide
- All strokes are swum in age group order:
 - Individual Medley
 - Freestyle
 - Backstroke
 - 10 minute break
 - Open 200 Meter Medley Relay
 - Breaststroke
 - Butterfly
 - Five minute break
 - 175 Meter Freestyle Relay

Dual Meet Preparation – Number of Events

- Number of events per swimmer:
 - A swimmer may swim in five events, but of those five events, a maximum of three may be individual events (freestyle, backstroke, breaststroke or butterfly)
 - This means that a swimmer may swim in up to three individual events and also be entered in:
 - An individual medley event and a relay (either the Open 200 Meter Medley Relay or the 14 and under 175 Meter Freestyle Relay)
 - Both the Open 200 Meter Medley Relay and the 14 and under 175 Meter Freestyle Relay
 - Any swimmer entered in four individual events results in the butterfly event being swum as an empty lane
 - Check your entries!! Your automation person can help you. These types of errors are more common than you'd think.

Dual Meet Preparation – Preparing Entries

- Consider your meet entries throughout the week
- Note swimmers who will not be able to attend the meet
 - Communicate to swimmers and parents the importance of letting you know as soon as possible if a swimmer will not be available on Saturday morning
 - Your team's software platform may provide a way for swimmers to opt-out or commit to be present at a meet
- Aim to finalize the meet entries on Thursday

Dual Meet Preparation – Swim Ups

- The purpose of the Swim Up rule is to allow teams with an insufficient number of swimmers of a specific age and gender to fill lanes in events, requiring swimmers from that age and gender group, which would otherwise be left empty.
- The Swim Up rule shall not be used for the purpose of a team gaining a competitive advantage by replacing a swimmer, that is the correct age and available to swim, with a faster or more proficient swimmer from a lower age group. Should it be determined that a team deliberately misrepresented the availability of a swimmer in order to utilize a Swim Up, the team may be subject to sanctions as determined by the MCSL Board.

Dual Meet Preparation – Swim Ups

- General Application of the Rule
 - If a team does not have a sufficient number of swimmers of the correct age and gender in an age group, expected to be available to swim at the time entries are submitted, and all the available and entered swimmers, not subsequently scratched, are entered in the maximum number of Age Specific Events available for swimmers of their age group, the team may swim a younger swimmer in an older age group (“Swim Up”) if:
 - the younger swimmer swims in the older age group for the entire meet; and
 - the younger swimmer is not filling a position that is vacant because a swimmer in the older age group has been moved up to an even older age group.

Dual Meet Preparation – Swim Ups

- Definition of Age Specific Event
 - For purposes of the Swim Up Rule, an Age Specific Event is defined as events swum at MCSL Dual, Division Championship and Division Relay Meets, with the exception of the 200M Open Age Medley Relay and the 100M 12 & Under Individual Medley.
- Definition of Available Swimmer
 - For purposes of the Swim Up Rule, an Available Swimmer in a particular age group is:
 - a swimmer of the correct age and gender that meets all MCSL eligibility requirements under Rule 7 of the MCSL Rules for Competition
 - is listed on the team's complete membership roster
 - has no conflict or medical condition that would prevent the swimmer being present and swimming at the meet
 - Availability of a swimmer is not impacted by the speed in which a swimmer is able to swim a particular stroke or the swimmer's ability to swim a stroke legally.

Dual Meet Preparation – Swim Ups

- Identifying Swim Ups.
 - Swim Ups must be identified on the meet entry report and relays that include a Swim Up must indicate by check mark on the relay entry card any swimmers swimming up.
- Times Achieved by Swim Ups.
 - Times achieved by Swim Ups are not eligible for use as a qualifying time for the Coaches' Invitational Long Course, Relay All Star or Individual All Star meets and are not eligible to set an MCSL record.

Dual Meet Preparation – Swim Ups

- For Dual Meets:
 - Subject to the provisions of Rule 9.b.(ii), Swim Ups are allowed in the fastest heat of an event when a team has less than four Available Swimmers of the correct age in an age group.
 - Teams with fewer than six Available Swimmers of the correct age in an age group may also use Swim Ups in the slower heat of freestyle as long as the conditions under 9.b.(ii) are met.
 - The 200M Open Age Medley Relay shall not be considered when determining if an Available Swimmer of the correct age has been entered into the maximum number of Age Specific Events available to that swimmer.
 - The 12 & Under Individual Medley shall not be considered when determining if an Available Swimmer of the correct age in the 9-10 and 11-12 age groups has been entered into the maximum number of Age Specific Events available to that swimmer.
 - All Swimmers, including both Swim Ups and swimmers of the correct age, are subject to Rule 11.h.(i) which governs the number of events a swimmer may swim at Dual Meets

Dual Meet Swim Up Example 1

Using 4 swimmers to fill all events in **15-18** Age Group:

Swimmer →	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
Individual Medley	X	X	X	
Total Age Specific Entries	4	4	4	3
200 Open Medley Relay				

Swimmer 3 is sick and not at meet:

Dual Meet Swim Up Example 1

Using 4 swimmers to fill all events in **15-18** Age Group:

Swimmer →	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
Individual Medley	X	X	X	
Total Age Specific Entries	4	4	4	3
200 Open Medley Relay	*	*	*	*

Swimmer 3 is sick and not at meet:

Swimmer →	1	2	3	4
Freestyle	X	X		X
Backstroke		X	Swim Up	X
Butterfly	X	X	Swim Up	
Breaststroke	X		Swim UP	X
Individual Medley	X	X		X
Total Age Specific Entries	4	4	3	4
200 Open Medley Relay	*	*	*	*

Swimmer 4 was not entered in their maximum number of Age Specific Events and must be entered in the Individual Medley before a Swim Up may be utilized. Swim Up's may then be used in the Backstroke, Breaststroke, Butterfly or the slower heat of Freestyle. The 200 Open Medley Relay is open to swimmers of any age so that event would not require a Swim Up.

*Since none of the 15-18 Age Group swimmers has reached their maximum limit of five entries, swimmers 1, 2, 4 or a swimmer being swum up into the 15-18 Age Group to fill another event, could also be entered in the 200 Open Medley Relay.

Dual Meet Swim Up Example 2

Using 4 swimmers to fill all events in 13-14 Age Group (two of these would be entered in the 175 14&U Freestyle Relay):

Swimmer→	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
Individual Medley	X	X	X	
175 14&U Freestyle Relay	X	X		
Total Age Specific Entries	5	5	4	3

Swimmer 2 is sick and not at the meet:

Dual Meet Swim Up Example 2

Using 4 swimmers to fill all events in **13-14 Age Group** (two of these would be entered in the 175 14&U Freestyle Relay):

Swimmer →	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
Individual Medley	X	X	X	
175 14&U Freestyle Relay	X	X		
Total Age Specific Entries	5	5	4	3

Swimmer 2 is sick and not at the meet:

Swimmer →	1	2	3	4
Freestyle	X	Swim Up		X
Backstroke		Swim Up	X	X
Butterfly	X	Swim Up	X	
Breaststroke	X		X	X
Individual Medley	X		X	X
175 14&U Freestyle Relay	X		X	
Total Age Specific Entries	5	3	5	4

Swimmers 3 & 4 were not entered in their maximum number of Age Specific Events and must be entered in available Age Specific Events before a Swim Up may be utilized. In this case, in order for a Swim Up to be entered in an event swimmer 4 would need to be entered into the Individual Medley and swimmers 3 or 4 would need to be entered in the Freestyle Relay. Swim Up's may then be used in the fastest heat of Freestyle, Backstroke, Butterfly or the slower heat of Freestyle.

Dual Meet Swim Up Example 3

Using 4 swimmers to fill all events in 11-12 Age Group (two of these swimmers would be entered in the 175 14&U Freestyle Relay):

Swimmer →	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
175 14&U Freestyle Relay	X	X		
Age Specific Entries	4	4	3	3
12&U Individual Medley				

Swimmer 2 is sick and not at the meet:

Dual Meet Swim Up Example 3

Using 4 swimmers to fill all events in **11-12 Age Group** (two of these swimmers would be entered in the 175 14&U Freestyle Relay):

Swimmer→	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
175 14&U Freestyle Relay	X	X		
Age Specific Entries	4	4	3	3
12&U Individual Medley	*	*	*	*

Swimmer 2 is sick and not at the meet:

Swimmer→	1	2	3	4
Freestyle	X	Swim Up		X
Backstroke		Swim Up	X	X
Butterfly	X	Swim Up	X	
Breaststroke	X		X	X
175 14&U Freestyle Relay	X		X	
Age Specific Entries	4	3	4	3
12&U Individual Medley	*	*	*	*

Swimmers 3 & 4 were not entered in their maximum number of Age Specific Events and must be entered in available Age Specific Events before a Swim Up may be utilized. In this case, in order for a Swim Up to be entered in an event either swimmer 3 or swimmer 4 would need to be entered into the 175 14&U Freestyle Relay. Swim Up's may then be used in the fastest heat of Freestyle, Backstroke, Butterfly or the slower heat of Freestyle. The 12&U Individual Medley is open to swimmers in the 12&U, 9-10 and 8&U age groups so that event would not require a Swim Up.

*Since none of the 11-12 Age Group swimmers has reached their maximum limit of five entries, swimmers 1, 3, 4 or a swimmer being swum up into the 11-12 Age Group to fill another event, could also be entered in the 12&U Individual Medley.

Dual Meet Swim Up Example 4

Using 4 swimmers to fill all events in **9-10** Age Group (two of these swimmers would be entered in the 175 14&U Freestyle Relay):

Swimmer →	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
175 14&U Free Relay	X	X		
Age Specific Entries	4	4	3	3
12&U Individual Medley				

Swimmer 3 is sick and not at the meet:

Dual Meet Swim Up Example 4

Using 4 swimmers to fill all events in **9-10** Age Group (two of these swimmers would be entered in the 175 14&U Freestyle Relay):

Swimmer→	1	2	3	4
Freestyle	X	X		X
Backstroke		X	X	X
Butterfly	X	X	X	
Breaststroke	X		X	X
175 14&U Free Relay	X	X		
Age Specific Entries	4	4	3	3
12&U Individual Medley	*	*	*	*

Swimmer 3 is sick and not at the meet:

Swimmer→	1	2	3	4
Freestyle	X	X		X
Backstroke		X	Swim Up	X
Butterfly	X	X	Swim Up	
Breaststroke	X		Swim Up	X
175 14&U Free Relay	X	X		
Age Specific Entries	4	4	3	3
12&U Individual Medley	*	*	*	*

In this case, all three swimmers of the correct age were originally entered in the maximum number of Age Specific Events so no adjustments are required to their entries before a Swim Up may be entered. Swim Up's may then be used in the Backstroke, Butterfly, Breaststroke or the slower heat of Freestyle. The 12&U Individual Medley is open to swimmers in the 12&U, 9-10 and 8&U age groups so that event would not require a Swim Up.

*Since none of the 9-10 Age Group swimmers has reached their maximum limit of five entries, swimmers 1, 2, 4 or a swimmer being swum up into the 9-10 Age Group to fill another event, could also be entered in the 12&U Individual Medley.

Dual Meet Preparation – Entry Exchange

- Exchange entries by noon on Friday
 - Understand the ramifications of email exchange vs in-person exchange
 - Refer to Handbook 11.j. Either in person or email exchanges are expected to be done simultaneously
 - Teams waive their right to protest any issues arising from email exchanges
 - It is assumed that each team will have two relay teams per relay event; the entry becomes official when the Relay Entry Card is submitted to the Clerk of Course
 - The order and composition of relay teams may be changed prior to the relay entry card being submitted to the Clerk of Course
 - Double check entries before submission to make sure there are no errors that may result in an empty lane or unnecessary use of the three available scratches.
 - Once the exchange is completed, no changes are permitted until the Scratch Meeting without the consent of both Team Representatives

Dual Meets – Marshalling Warm-Ups

- Coaches are responsible for overseeing the safety of team warm-up
- Dives are permitted only if the water depth is 4 feet or greater
- Coaches may designate one-way sprint lanes where swimmers dive in, swim and exit at the far end of the pool

Dual Meets – Scratch Meeting

- Takes place 15-20 minutes before meet start
- Attended by Referee, Announcer, Automation, Clerk Of Course, and Coach and Team Rep(s) from both teams
- Allows you to scratch up to three swimmers and substitute them with other swimmers
 - **Note: a scratched swimmer is eliminated from all events they were scheduled to swim. A swimmer cannot scratch from a chosen event or events.**
- Substitutes for scratched swimmers
 - Must be on the team roster that was exchanged with the meet entries
 - Swim in the place of the scratched swimmer
 - Not exceed their individual event limitations resulting from the added event(s)
 - If the substitute is a Swim Up, the substitute cannot displace an available substitute in the correct age group

Dual Meets – Scratch Meeting

- Use the scratch meeting as an opportunity to identify any disabled swimmers and to let the Referee and other team know of any other issues relative to the meet
- Identify who will be signing off on disqualifications

Dual Meets - Disqualifications

- Disqualifications happen
- Referee vets call with the Stroke and Turn official
- Referee then approaches coach (or designee) and presents the disqualification
- The DQ card will have the swimmer's name and team listed.
- The coach (or designee) signs the slip.
 - Signing does not mean that the coach agrees, but it serves to acknowledge that the coach was made aware of the violation.
- The disqualification is then sent to the automation table, where it is recorded and is affixed to the meet paperwork

Dual Meets – General Advice

- Make every effort for the meet to play out “in the pool”
- Competition is great, but keep it friendly
- Refrain from any derogatory or unsportsmanlike team cheers
- Be courteous visitors and gracious hosts
- Make sure any swimmers attending who are not swimming are involved and feel like they’re part of the team
- Be and set an example
- Win or lose – have fun and make sure everyone on the team does too!

Protest Procedures

- As an advocate for your team, it is within your right to question disqualification calls or decisions made at the meet that affect your team
- Remember that officials and other meet personnel are volunteers. Please treat them with courtesy and respect.
- Try to resolve disagreements at the meet. Your team rep should work with you.

Types of Protests

- Types of protests (Handbook Rule 19)
 - Protests involving strokes, turns and other swimming technicalities
 - Protests regarding other MCSL rules
 - Other protests

Protests Involving Swimming Rules

- Protests involving judgement decisions of Starter, Stroke and Turn and Relay take-off judges must be considered and resolved by the Referee at the meet
- These protests must be lodged with the Referee by the Team Rep no later than 30 minutes after meet scoring has been completed
- The Referee can overrule any Starter, Stroke and Turn or Relay take-off judge only on a point of rule interpretation or on a judgement decision pertaining to an action that the Referee personally observed

Protests Regarding Other MCSL Rules

- An attempt to resolve protests regarding MCSL Rules that do not involve swimming technicalities should be tried to be settled by the parties involved at the meet
- If the issue cannot be resolved the protest must be lodged by the Team Rep with the MCSL Rules Committee within three days of the meet using the online MCSL Protest Form

Other Protests

- Facilities and Equipment
 - Should be lodged by the Team Rep at least 12 hours prior to the start of the meet
- Ineligible Swimmer
 - Protest can be lodged by Team Rep at any point during the season

Division Relay Carnival

- The division relay carnival occurs within the relay carnival window (weeks 2 through 4) at a date/time and venue agreed to by all Team Reps in the division
- Team rosters must be exchanged no later than noon the day preceding the original date of the meet
- Each team enters one relay team per event
- There is no limit to the number of relays a swimmer competes in, subject to age and gender

Division Relay Carnival

- Relay Carnivals may be run differently if the host pool's start and turn ends are both deep enough to allow for diving starts.
 - This is done to minimize the number of times that timers need to rotate from one end of the pool to the other
 - All 100 Meter relays require two in-water starts and the 250 Meter Crescendo relay requires one in-water start, regardless of pool configuration.
 - Have your Team Rep check the configuration in which the meet will be run at the organizational meeting and make sure coaches and assistant coaches know.

Division Relay Carnival

- A chart showing relay events and swimmer/timer locations is available in the MCSL Meet Management Handbook
- An alternative chart for Relay Carnivals run in pools with two legal dive ends can be downloaded from the MCSL web site
- Make sure coaches and assistants have copies of the proper chart and understand
 - The end of the pool (deep or shallow) where events start
 - Events requiring in-water starts and/or in-water exchanges

Division Relay Carnival

- Swim Ups

- Subject to the provisions of Rule 9.b.(ii) Swim Ups are allowed at the Division Relay Meet when a team has less than four Available Swimmers of the correct age.
- The 200M Open Age Medley Relay shall not be considered when determining if an Available Swimmer of the correct age has been entered into the maximum number of Age Specific Events available to that swimmer.
- Relays that contain swim ups must indicate by check mark on the relay entry card which swimmers in the relay are swimming up

Division Relay Carnival

- There is no scratch meeting. However, a Team Rep or Coach should notify the Referee before or during the meet in advance of the event if not participating in an event.
- Relay entry cards are used to record entries.
 - White relay entry cards are used for relays that score
 - Blue relay entry cards are used for exhibition relays
- The order and composition of a relay may be changed at any time prior to the relay entry card being submitted to the Clerk of Course
- Lane assignments for the first event are in division seed order. Lane assignments then shift to the next lane (or from lane 6 back to lane 1) for subsequent events
- It is permissible for coaches to be present at either end of the pool to instruct swimmers
 - Especially younger swimmers or swimmers doing in-water starts
- Disqualifications are handled in the same manner as dual meets

Division Relay Carnival

- With the exception of the Open 200 Meter Medley Relay and the 175 Meter Freestyle Relay, the winning relay of each event receives an invitation to the Relay All Star meet
 - Relays that contain a swim up or that are an exhibition swim are not invited to Relay All Stars
- Invitations to the Relay All Star meet for the Open 200 Meter Medley Relay and the 175 Meter Freestyle Relay are extended to the relay team that had the fastest time in those events over the course of the season (also including the 5 dual meets and division championship meet)

Coaches Invitational Long Course

- Typically held the Tuesday following the Week 4 dual meet
- Top 8 swimmers plus two alternates are invited to swim in each event
- A swimmer may compete in a maximum of two events
- This meet is held in a 50 meter pool and is conducted under USA Swimming Stroke and Turn rules and sanctioned as a USA Swimming Approved Meet
- Times achieved by USA Swimming athlete members are considered official USA Swimming times

Coaches Invitational Long Course

- Check the All Star Information page on the MCSL web site for meet logistics and other important information including the warm-up schedule
- MCSL dual meet times achieved during Weeks 1 through 3 are used to qualify swimmers
- Swim ups are not permitted
- Continually monitor the “All Star Rankings” on the MCSL web site to see where your swimmers stand
- Note the scratch deadline posted on the MCSL web site
 - Typically the Monday after the Week 3 dual meet at 9:00PM

Coaches Invitational Long Course

- When seeding swimmers, all qualifying times are sorted by rank. Ranking ties are broken by using the next best swim.
- Swimmers with qualifying times in more than two events who do not explicitly scratch down to two events are subject to an automatic scratch process
 - If a swimmer has more than two equally ranked qualifying times, the events swum with times that have the lowest ratio to the MCSL record for that event are chosen (Handbook 15.d.iii.2)
- Ask swimmers qualifying for more than two events which two events they would prefer to swim
 - Explicitly scratching these swimmers from event(s) they do not wish to swim is the best way to avoid disappointment

Coaches Invitational Long Course and Individual All Star Scratch Process

- An online scratch process is used for Coaches Long Course and the Individual All Star meet
- Your Team Rep should give you credentials to log on to the MCSL web site (or you and your team reps can enter scratches together)
- **You are marking events that swimmers do not want to swim**
 - Mistakes have been made in the past with coaches thinking the opposite

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- Do not just enter scratches for the top seeded swimmers
 - The two event limit can result in swimmers who are deep in the rankings to qualify
 - Suggest you enter scratch preferences for all swimmers listed, unless a swimmer does not care which events they wish to swim
- Scratch swimmers out of all events if you know they cannot attend the meet
- Press Submit Scratches to record your scratches
- Log out and log back and view scratches to ensure they've been recorded – you will also receive email confirmation
- Revisiting the page allows you to see and change scratches
 - The page is available and changes can be made until the scratch deadline has passed
- Send late scratches (illness/injury) to automation@mcsf.org so alternates can be notified and seeded

Coaches Invitational Long Course and Individual All Star Scratch Process

Select strokes that your swimmer is scratching out of. If you select a checkbox, it means your swimmer WILL NOT SWIM this event.

#	Team	USAS ID	Name	Freestyle	Backstroke	Breatstroke	Butterfly	Individual Medley
1	NCC	[REDACTED]	Brooks, Andrejs P	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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11	NCC	[REDACTED]	Patrick, Robert F	<input type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	
12	NCC	[REDACTED]	Stamatakis, Leo			<input type="checkbox"/>		

Email Confirmation

- An email confirmation will be sent confirming scratches

Subject: MCSL Long Course Scratches

From: web@mcsl.org


To: teamrep@your-domain-here.com


Date: Wed, 10 Apr 2024 19:58:22 -0000


Message-ID: <171277910200.28252.14841781662952577508@dover>

The follow athletes were scratched. ALL OTHER ATHLETES WILL BE SEEDED IN THE MEET.

These athletes will not be swimming these events:

 Drakakis, Rena M (NCC): Butterfly

 Costello, Declan L (NCC): Breaststroke

 Patrick, Ellen M (NCC): Butterfly

3 total scratches

The scratch deadline is Thursday, April 10 at 10:00AM. Scratches may be modified until that time.

Coaches Invitational Long Course

- There is no Clerk of Course
 - Swimmers are responsible for reporting promptly to their assigned lanes
 - Alternates will be seeded if a swimmer fails to report to their lane after the Referee blows the long whistle
 - Alternates should report to the Referee at least one event beforehand.
- Again, the meet is run under USA Swimming Rules, including the USA Swimming rule for backstroke turns
 - USA Swimming DQ slips are used

Coaches Invitational Long Course

- Please be patient with our Awards team, there is always a queue of teams waiting to pick up awards once the meet has concluded
- But please have someone wait to pick up your team's shirts, bag-tags and awards
- Prior to your team leaving, please ensure that your team has policed your team's area and that the team area is clean

Division Championship Meet

- Coaches and Team Reps attend the organizational and seeding meeting usually held the Sunday or Monday following the Week 5 dual meet
- Rosters and entries are exchanged at the organizational/seeding meeting and each team leaves with a meet program
- No changes to the meet program are permitted prior to the scratch meeting without the consent of all Team Reps in the division

Division Championship Meet

- Each swimmer entered in the division championship meet must have swum in a dual meet (Saturday “A” meet)
 - It is not required that the swimmer have swum a division championship event they’re entered in during a dual meet, but the swimmer had to have swum any event in at least one dual meet during the season
- Event entry limits and rules are the same as for dual meets
 - Five events of which up to three of which can be individual (freestyle, backstroke, breaststroke, butterfly) events

Division Championship Meet

- Swim Ups
 - Subject to the provisions of Rule 9.b.(ii) Swim Ups are allowed at the Divisional Championship Meet when a team has **less than three** Available Swimmers, of the correct age in an age group, that are eligible for the meet under Rule 13.c. of the MCSL Rules of Competition.
 - The 200M Open Age Medley Relay shall not be considered when determining if an Available Swimmer of the correct age has been entered into the maximum number of Age Specific Events available to that swimmer.
 - The 12 & Under Individual Medley shall not be not be considered when determining if an Available Swimmer of the correct age in the 9-10 and 11-12 age groups has been entered into the maximum number of Age Specific Events available to that swimmer.
 - All Swimmers, including both Swim Ups and swimmers of the correct age, are subject to Rule 13.g.(i) which governs the number of events a swimmer may swim at Divisional Championship Meets.

Division Championship Meet

- Two heats of each individual event are swum, allowing two swimmers from each team to compete in an event
- Each team enters a relay for the 200 Meter Open Medley Relay and the 175 Meter Freestyle Relay
- Scratches are handled during the scratch meeting in the same manner as dual meets
 - Up to three scratches are permitted
- Events are seeded by time

All Star Relays

- The All Star Relay meet is held on the Saturday the weekend after the division championship meet. The meet is held in two sections
 - Section I contains Division A through the middle division in the league
 - Section II contains the bottom half of the divisions in the league
 - If there are an odd number of divisions, then Division H rotates between Section I and Section II on an annual basis
 - Currently Division H competes in Section I in even years
 - Division H will compete in Section II in 2025

All Star Relays

- Eight relay teams are invited plus two alternates
 - Relays containing a swim up are not invited
- The team with the fastest time in the event in their division are invited first and seeded in available lanes
- If there are still positions available, then the next fastest relay team is invited to fill any remaining lanes or stand as alternates
- One heat of each event is swum
- If a tie in a relay event not swum in dual meets results in more than eight relay teams then a second heat will be added for that event
 - The tie breaker for relay events swum in dual meets is the relay team with the next fastest swim in that season

All Star Relays

- Relay teams may be composed of a complement of swimmers other than those who achieved the qualifying time
- Relays must be fielded with swimmers of the appropriate age and gender
- A relay team may not contain a swim up

All Star Relays

- The scratch deadline is the Monday after the division championship meet at 9:00PM
- Send scratches to automation@mcsf.org
- Refer to the All Star Relay page on the MCSL web site for important meet information, including warm-up procedures, sprint lanes, etc

All Star Relays

- Coaches must pick up their team's relay entry cards and programs from the Clerk of Course tent (located at the shallow end of the pool) at the start of warm-ups
- Relay entry cards must be returned to the Clerk of Course tent per schedule below
 - All relay entry cards must be returned even if there are no changes

Events Due To Clerk of Course

1 thru 4 20 minutes before start of meet
5 thru 8 No later than start of meet
9 thru 12 No later than start of Event 5
13 thru 16 No later than start of Event 9
17 thru 22 No later than start of Event 13

If a team does not turn in a completed relay card in accordance with the above schedule and an alternate team has been assigned the original team **WILL NOT** be allowed to swim the event.

Only relay cards must be returned to the Clerk of Course. Swimmers should report directly to their assigned lanes.

All Star Relays

- Write No Change or “N/C” on the Relay Entry Card if there are no changes
 - We will call you back to the Clerk of Course table if you fail to do so
- The deadlines listed on the previous slide is the latest you can turn in cards.
 - However, please try to turn in your Relay Entry Cards as soon as possible!

All Star Relays

- Please be patient with our Awards team, but please pick up awards at the end of the meet
- Prior to your team leaving, please ensure that your team has policed your team's area and that the team area is clean
- Please ask your team to vacate the venue promptly to allow us to either get ready for the next section coming in or to clean up and allow the Rockville Swim Center staff to turn the pool over

Individual All Stars

- Held on the Sunday the weekend after the division championship meet
- Top 16 swimmers plus three alternates are invited to swim in each event
- A swimmer may compete in a maximum of two events
- This meet is held in a 25 meter pool utilizing electronic timing
- Check the All Star Information page on the MCSL web site for meet logistics and other important information including the warm-up schedule

Individual All Stars

- MCSL dual meet times achieved during Weeks 1 through 5 as well as times achieved at the division championship meet are used to qualify swimmers
- Swimmers must have swum in at least two dual (“A”) meets or one dual (“A”) meet and the division championship meet in order to qualify
- No swim ups are permitted
- Continually monitor the “All Star Rankings” on the MCSL web site to see where your swimmers stand
- The scratch deadline is the Monday after the division championship meet at 9:00PM

Individual All Stars

- When seeding swimmers, all qualifying times are sorted by rank. Ranking ties are broken by using the next best swim.
- Swimmers with a qualifying time in more than two events who do not explicitly scratch down to two events are subject to an automatic scratch process
 - If a swimmer has more than two equally ranked qualifying times, the events swum with times that have the lowest ratio to the MCSL record for that event are chosen (Handbook 17.d.iii.2)
- Ask swimmers qualifying for more than two events which two events they would prefer to swim
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Thank You!

- Thank you for attending this course
- We hope you have found it useful
- The MCSL Board is always available to answer your questions

Entire board	board@mcsl.org
President	president@mcsl.org
Treasurer	treasurer@mcsl.org
Secretary	secretary@mcsl.org
Officials	officials@mcsl.org
Clinics	clinics@mcsl.org
Awards	awards@mcsl.org
Advertising	ads@mcsl.org
Rules committee	rules@mcsl.org
Competition committee	competition@mcsl.org
Web site	web@mcsl.org
Automation	automation@mcsl.org
Handbook	handbook@mcsl.org
Hall of Fame	halloffame@mcsl.org
Safe Sport	safesport@mcsl.org