

# Captains/Coaches Meeting

Welcome/Introductions

Starting procedure – electronic or whistle?

Multiple whistles to come to blocks.

Scoring - 6 lane / 4 lane

Odd \_\_\_\_\_ Even lanes \_\_\_\_\_

Entries at the table? (Changes can be made) On Cards?

Diving after event 4? Leave diving sheets at table.

How long a break? \_\_\_\_\_

Warm downs after each swim? How long \_\_\_\_\_

Comply with the NFHS uniform rule?

NY State Modification letter?

Nassau only - Exhibition Heats? \_\_\_\_\_

Suffolk Only - Location of the Defibrillator?

NYS PHSA Sportsmanship Card – have read

Good Luck Teams!

Note: 15 meters marked on deck?

Three flags over each lane?



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