

## Fly-over

### Starts:

- Fly-over Starts are utilized **ONLY** for individual (not for relays) events when it is safe and expedient to do so
- Fly-over Starts are not therefore, utilized for relays or backstroke events
  - Fly-over Starts may or may not be utilized for individual events of 400 / 500-meters / yards and longer at the discretion of the Meet Referee who will provide any necessary information at the coaches' meeting prior to the start of a meet
- The purpose of fly-over starts is to conserve time and to establish and maintain meet momentum
- Under ideal conditions and with appropriate cooperation from the athletes, intervals between races can easily be held to less than 25 seconds, or roughly half the time normally taken
- The conditions required:**
  - As swimmers finish their race, they **MUST stay in the water and close to the wall** as the next heat is started over their heads
    - A failure to do so could possibly result in a disqualification for delay of the meet
    - More importantly, however, a failure to do so could create potentially dangerous situations
  - As soon as the outgoing race is in the water – **but not before** - the just finished swimmers must promptly exit the pool
- The procedure:**
  - When the last swimmer in finishing race is approximately five yards from the wall, the Deck Referee will sound the short whistles, which alerts the next heat to be immediately ready to mount the blocks
  - When the last swimmer in the incoming heat is within approximately one yard or less of touching the wall, the Deck Referee will sound the long whistle and all swimmers **MUST IMMEDIATELY** mount the blocks and prepare for a start
  - As soon as the Deck Referee is satisfied the course is clear and all is in readiness, her / his arm will be extended and the Starter will give the "Take your mark" Command
  - The same process is then repeated for each additional heat
  - Intervals between events are similarly managed, i.e., there will be no delays
- Because this procedure is time sensitive with minimal delays, upcoming swimmers must anticipate their next race, have caps and goggles in place, be properly situated behind their blocks and be immediately ready to mount the blocks on hearing the long whistle
- It is therefore, absolutely essential that individual swimmers maintain a high level of attention as to the progress of any event in which they intend to compete
- If careful attention is not given to the situation at hand, swimmers can very easily miss their race and / or be disqualified for delay
  - There is, of course, no possible relief for any swimmer who either misses an event or is disqualified for delay