



SWIM T3

JUNIOR LEAGUE

Guidelines for Team Managers

For many children, their first experience of competitive swimming will be in the Swim T3 Junior League. Also, for many parents, this will be their first experience on 'official duties'. We look forward to this and hope to create an environment that ensures these 'firsts' are positive experiences.

The following helpful notes have been provided for your assistance, particularly for those of you who are accepting a Team Manager's position for the first time:

Before the commencement of ASL Junior League you will find a copy of the Swim T3 Junior League Rules and a Team Manager Sheet on the ASA website which will list the events to be swum. Events swum in Rounds 1, 3, 5 are slightly different to Rounds 2, 4, or 6, therefore, make sure that you are using the right Team Manager Sheet. Refer to the Swim T3 Junior League page on the ASA website for all information.

Teams will be notified of their start times.

'Over the top starts' will be used in the Swim T3 Junior League. Swimmers may use the starting blocks or start in the water from the side of the pool. Recognising that for many swimmers this will be their first time 'competing', a 'two-start' rule procedure will be used.

Before Coming to the Pool

- Refer to the programme of events and decide which swimmer will swim in which event. Try to give each swimmer the same number of races and be aware of the sequence of races so that the swimmer does not have to swim races too close together. Remember, teams can participate even if there are only a minimal number of members available (subject to the minimum / maximum events ruling as specified in the Information Sheet).
- Enter the full name of each swimmer on the Team Manager Sheet.
- Contact each swimmer in your team and advise them which team they are in and where and when they will be swimming.
- Complete the Team Manager Sheet and return to the ASA office prior to the commencement of each round, either scanned and emailed, or using the on-line form.
- You will receive notification of your start-time at the pool (which may differ from round to round depending on grading) and lane draw.
- Arrange officials as requested making sure that your Timekeepers know to average the time (i.e. TK1 = 38.75, TK2 = 38.95, therefore averaged time is 38.85)

If they are not confident about averaging, they can just write all times on the sheet, leave, and the recorders will attend to this.

- During the course of the Swim T3 Junior League round, your volunteer officials may also be expected to act as:

- ☞ Runner
- ☞ Assistant Recorder
- ☞ Rope Steward
- ☞ False Start Official

Upon Arrival at the Pool

- Changes to your Team Manager Sheet can be made up to 10mins before start time, but please ensure that you hand in a copy of your Team Manager Sheet to the Recorder's table before the commencement of the session.
- Make sure the swimmers know which event they are swimming, your team's allocated lane for warm-up and competition, and that they are ready to swim as required.
- Over-the-top starts will be used so please ensure that your swimmers are prepared for this. Please consult your coach if unsure.
- Check with your Timekeepers and advise them to report to the Recorder's desk 15 mins before your round begins, to be allocated their lane and be given stopwatches and timekeeping sheets.
- Each swimmer must report back to you immediately after each event and remain with you to be advised of their next swim.
- The Swim T3 Junior League program should take about 55 minutes for each 'round'.
- If you and your team are well organised, you, your new swimmers and their parents will enjoy their first experience of competitive swimming.

The order of the Individual Medley is:

Butterfly
Backstroke
Breaststroke
Freestyle

The order of the Medley Relay is:

Backstroke
Breaststroke
Butterfly
Freestyle