

Fly-over

Starts:

- Fly-over starts are utilized ONLY for individual (not for relays) events when it is safe and expedient to do so
- For high school swimming Fly-Over Starts will not be utilized for the Relays, the 500-yard Freestyle and the 100-yard Backstroke
- 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 be held to less than 20 seconds
- 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 can 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 finishing race is approximately ten 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 two yards 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 pool 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 little or no 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
- If careful attention is not given to the situation at hand, swimmers can very easily miss their race and / or be disqualified for delay