

2011-2012 Verbal Starting Commands

Forward Starts:

1. To bring the swimmers to the starting area the announcer or referee/starter announces event/distance/heat – “this is the varsity girls’ 200 yard freestyle, heat 3”.
2. Referee/starter blows long whistle
3. And immediately says, “step up”
4. When swimmers are settled into position, starters says, **“take your mark”**
5. When swimmers are stationary, starter activates the starting signal.

Backstroke Starts:

1. To bring the swimmers to the starting area, the announcer or referee/starter announces event/distance/heat – “this is the varsity girls’ 200 yard medley relay”.
2. Referee/starter instructs swimmers to “step in”.
3. When all swimmers have surfaced, referee/starter blows a long whistle to have the swimmers return to the wall and instructs swimmers to “place your feet”.
4. When swimmers are settled into position, starter says, **“take your mark”**.
5. When swimmers are stationary, starter activates the starting signal.