

Appendix III

WHISTLE START

1. The referee will give a series of short whistles to have the swimmers disrobe to their suits and approach the platform. *
2. At this time the starter or announcer will call the event.
3. After the event is announced and all swimmers are at the step, the referee then gives a long whistle blast to have the swimmers step onto the platform and assume any foot position. **
4. When the swimmers appear ready, the referee will signal with an outstretched arm to the starter for the start to commence.
5. The starter only says "TAKE-YOUR-MARK" and when all are motionless, gives the starting signal.

When "TAKE-YOUR-MARK" is the only command, the pause, after the referee's whistle, should be long enough for the swimmers to step onto the starting block and settle into their ready position. If neither foot is at the front edge of the platform before the command, one foot must move forward to the edge of the platform. If a swimmer assumes a position with at least one foot at the front edge of the platform before the "TAKE-YOUR-MARK" command, the other foot does not need to move forward on the command. When all swimmers are motionless, the starter needs to activate the start signal.

* Use a minimum of 4 or 5 short whistles (or chirps). This should only be loud enough to get all lanes in the next events, or heats, attention in preparation for their swim. The suggested procedure is to use the tongue on the end of the whistle as you exhale to create the short pause between each whistle in the series.

** The Long whistle will still be used to step the next heat up, or in for the backstroke, and alert the venue that a race is about to start.