

# Mountain Hi Swim League

## Starting Whistle

### Information, Policies and Procedures

Why the MHSL requires one long whistle to be blown before each heat begins its swim:

- It alerts the timers to clear their watches
- It alerts the officials to be in position for the next heat
- It alerts the crowd to be quiet for the start of the next heat
- It alerts the swimmers to be ready to start their swim
- It alerts the Starter that the Meet Referee has determined the pool is clear and safe for the next heat to swim

Blowing the whistle in the starting sequence as a signal for the swimmers to step up on the blocks (or into the water for backstroke starts) has the following benefits:

- The swimmers do not mistake the whistle for the starting device and leave early, causing a false start to be charged to those swimmers
- The meet is not delayed because the swimmers that left early require extra time to return to the starting area
- Wet swimmers are not up on the blocks, shaking because they are cold (or crying and now won't swim)
- It follows USA Swimming starting procedures

Blowing the whistle once the swimmers are on the blocks or in the water has the following benefits:

- It leaves the procedure the way it has been in the past for those teams who chose not to adopt the new USA Swimming procedure