

CBST-USAS Swim Meet Attendance Expectations - Scratch Policy

Once entered into a meet, CBST swimmers are expected to swim all the events for which they are signed up (including finals in a prelims/finals meet if they qualify and including relays). Barring emergency circumstances, swimmers will not be scratched from events the day of the meet (if a swimmer is considering scratching, they must do so prior to the day of the meet). Regardless of timing, it is required that a swimmer talk to their coach first about potentially scratching from a meet or an event and do so as far in advance as possible.

CBST has team expectations which are documented in this policy about how to scratch from an event/meet when it is necessary. It is important that our swimmers and their families are aware of and adhere to our team's policy regarding scratching meets/events as scratching causes a much larger impact than may be immediately obvious. For some meets (particularly prelims/finals meets), the meet hosts also have procedures, rules, and penalties related to scratching which are documented in the meet information sheet for each meet and must be followed.

Procedures and basic information:

Swimmers and their families must always read the meet information sheet for any meet they are considering attending prior to signing-up for the meet and make note of the scratch procedures, including required timing of scratches.

Prelims/Finals meets: If you qualify for finals then you **MUST** swim in finals, if swimmers are unwilling/ unable to stay for finals of a particular event/meet then they should not sign-up for the prelims session of that event/meet. When reviewing the meet information swimmers/families should also note the timing of their events, including finals and only select meets/events for which they are available and able to stay for finals (even when finals are on a Sunday night). Similarly, swimmers should note timing of relays and relay finals and only indicate they are available for relays if they are willing and able to stay for the relays, including possible finals. Swimmers/families should not make any assumptions about qualifying for finals - they need to be prepared to stay for finals if they qualify, even if they think it is very unlikely. While there are a number of reasons swimmers/families may want to get home (challenging to stay motivated after a long weekend, inconvenient to stay at an out-of-town meet if you've checked out of your hotel room, school/work the next day, etc.), that should all be taken into account before signing up for an event. If you don't want to stay for the finals session (whether you think you'll qualify or not) then you should not sign up for the prelims session on any day on which you will not be able/willing to stay for the finals session.

Scratch Procedure: If a swimmer is considering scratching from a full meet or an event in a meet, CBST policy requires the following steps depending on timing:

- Prior to meet day (up until noon on the last non-holiday weekday prior to the meet) -
 - Discuss the possibility of a scratch with their head coach (Geoff Hawksworth for senior group swimmers or Chris Skabla for age group swimmers). If it is very close to meet day this may need to be via email, but in person is preferred when possible.
 - If the scratch is approved by the coach, email Heather Yim* with their head coach copied to document the scratch so that the host can be notified in advance. This must be done by noon on the last non-holiday weekday prior to the meet.
 - If, based on the meet schedule, you would like to arrive later than our stated warm-up time, you must arrange that by following the same communication procedure described above for scratching. Absent communication about being late, swimmers not on deck at warm-up time might be scratched from the meet.

- On meet day (only for extreme, unforeseen emergency situations such as illness/injury)
 - Discuss the possibility of a scratch with the coach on deck as soon as the issue is known.
 - If the scratch is approved by the coach, the coach will help the swimmer follow the host's scratch procedures.
 - If the swimmer is not at the meet (wakes up sick) and needs to scratch email their head coach and Heather Yim.*
 - If you find yourself running late on meet day, email the coach and Heather Yim* to let them know you are coming to the meet and when you expect to arrive, otherwise, you might be scratched from the meet.

*It is imperative that Heather Yim be copied on these communications as well as the head coach as Heather is the CBST representative in touch with meet directors ahead of time and, on meet day, both Heather and the head coach will know which coach is on deck at the session so will be able to get in touch with that coach to let them know what is going on with your swimmer. If you just email the head coach on meet day, it is possible that they will not see the message until too late, either because they are actively coaching on deck or because they are not working that day.

Also note that when a swimmer scratches from a meet or an event (for any reason), they still will be required to pay the related entry fees.

Consequences:

The consequences for CBST swimmers who scratch without following the above procedures (including no-shows) will include any penalties (financial and/or participation) imposed by the meet host or LSC as well as a possible fine from CBST and being barred from participating in a future meet.

Additional Information:

Not only is it good policy (respectful to all swimmers on the team, other swimmers attending the meet, coaches, meet host, officials, etc.), it's also generally best for the individual swimmer to swim in finals as when competing at prelims/finals meet, there are several factors that can lead to you performing better a second time around.

- Research shows that body temperature increases later in the day and as a result your muscle function and reaction times are better leading to improved swims during finals.
- Motivation is higher due to being in a final.
- There is a potential for improved technique through feedback and analysis from prelims.
- Swimmers also have the opportunity to make the most of their peak performance, especially off the back of a taper.

There are no excuses for being a no-show to your event/meet. Communication with our coaches and administrative staff is required. Being a no-show is disrespectful, unfair to your teammates, coaches, and others at the meet, and it wastes everybody's time.

When our team has high numbers of scratches at a meet or even in the last few days leading up to one, and/or a high number of no-shows, it creates a stigma around our entire team - even those who do show up. Meet hosts are unlikely to invite us back, our reputation as a team is diminished, and our own home meets see fewer teams wanting to compete against us.

Relays: When there are relays at a meet, swimmers will be instructed to indicate availability for relays when they sign-up for meet the meet and should carefully read the meet materials to understand the relay timing within in the session (including finals for prelims/finals meets) and in relation to their individual events. The coaches will determine each relay team on the day of the meet based on who indicated availability for relays but in order to know if we have enough swimmers to form relays in each age group so that we can properly submit our team's entries, we need to know at the time of meet sign-up who is available for relays. Not all swimmers who indicate that they would like to swim in a relay will be selected to do so, but indicating yes for relays commits a swimmer to participate if selected.