

## WHAT IS HANDICAPPED SWIMMING

In Handicap swimming, the swimmers are "equalised" by commencing their start at different time intervals based on entry times submitted for a determined style and distance. It would be anticipated that if each swimmer swam to his submitted time (or swam to his "handicap") that all swimmers in that race would arrive at the finishing line at the same time.

In practice the SLOWEST swimmer, based on his submitted time (or handicap), starts FIRST at the command "GO". The other swimmers leave the starting platform when their HANDICAP NUMBER is called, until the last swimmer who has the FASTEST submitted time, has his starting number called and he commences the race.

For Example

Heat 1		Freestyle 50m	
<i>Lane</i>	<i>Name</i>	<i>Entry Time</i>	<i>Handicap</i>
1	A Green	40	<b>GO</b>
2	B Blue	39	<b>1</b>
3	C Charlie	38	<b>2</b>
4	D Dark	36	<b>4</b>
5	B Black	34	<b>6</b>
6	F Brown	33	<b>7</b>
7	G Bloggs	31	<b>9</b>
8	H Jones	30	<b>10</b>

The Starter gives the usual command "Take Your Marks" and when the Starter sounds the starting device, all swimmers on **GO** will commence their race, all other swimmers will wait until the Check Starter calls out their relevant **Handicap** for them to start their race. You will hear the Check Starter count out "one, two, three, four, five, etc, whilst walking behind the swimmers, continuing the counting until the highest handicap in that race is called out.

There are no False Start recalls in Handicap events, unless there is a malfunction in the timing system being used. Any swimmer starting before their handicap number will be disqualified unless they redeem themselves by returning to the place of starting and commence again after their starting number is called, if time permits this can be climbing out and wait for the correct handicap or if there is not much time spare, come back touch the wall and then push off and re-continue your race.

### TIMEKEEPING

In Handicap events, **all** the Timekeepers start their watches on the signal of the start "**Go!**"

**Each** Timekeeper will stop their watch the instant any part of the body of the swimmer in their lane makes contact with the finishing wall.