

# VPSU GUIDELINES FOR EVENT/HEAT ANNOUNCING<sup>1</sup>

## **For the first heat of an event:**

**Referee:** 4-5 whistle blasts.

**Announcer:** "Event (*number*), (*gender*), (*distance*), (*stroke*). Heat 1."

**Referee:** 1 long whistle blast. Additional long whistle blast if backstroke or medley relay.

**Starter:** "Take your mark." Starting signal.  
*Swimmers swim...*

## **For subsequent heats of the same event:**

**Referee:** 4-5 whistle blasts.

**Announcer:**

"Heat (*number*)."  
*(Starting with heat 2, only the heat # is announced. Do not announce gender, distance, or stroke.)*

**Referee:** 1 long whistle blast. Additional long whistle blast if backstroke or medley relay.

**Starter:** "Take your mark." Starting signal.  
*Swimmers swim....*

*Continue in this pattern until all heats of this event have been swum.*

*After all heats of a given heat have been swum, recycle back to the first heat of the next event.*

## **NOTES**

The announcement of event #, gender, distance, and stroke should immediately follow the 4-5 whistle blast.

Use the singular for distance (yard, not yards; meter, not meters).

Use the complete event name, not an abbreviation (Individual Medley, not IM; Freestyle, not Free; Breaststroke, not Breast; Backstroke, not Back; Butterfly, not Fly or Butter).

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<sup>1</sup> Adapted from Virginia Swimming Announcing Guidelines