

**JSSL**  
**2007 Championship Meet**

**July 21, 2007**  
**Stanford University**

**Procedures for Opting out of an Event and for Scratches**

**What to do if you decide the morning of Championships that you are not going to swim an event for which you were entered:**

First, we highly encourage all swimmers to swim all events for which they are entered.

There may be the rare instance when a swimmer decides at the last minute not to swim an event for which they are entered. We refer to this as “opting out”, (as I have just learned!) One example would be the young 6 and under who is overwhelmed by the size of the meet and gets scared feet at the last minute.

If a swimmer decides to opt out of a race, the swimmer or the coach must show up to Clerk of Course and inform Clerk of Course that they are not swimming that event.

**What to do if something unfortunate happens at the last minute and you are unable to participate in the meet at all:**

First, we highly encourage all swimmers who are entered in the meet to participate. We do understand that sickness and accidents can happen.

If you are entered to participate in Champs and for some reason find yourself unable to participate, you must inform your coach immediately. If this situation arises the morning of the meet, please find a way to contact your coach early. The Coaches are to submit a scratch list at 8:30am. The scratch list is the list of entered swimmers that will not be participating afterall.