

Fast to Slow Seeding:

- Accomplished swimmers (& coaches) will know approximately when they will swim based on the Meet Program
- Accomplished swimmers will set an example and rhythm for their event, especially important for the younger age groups in 25 yard events
- Ability to add swimmers who missed their heat to the last heat without having to split heats (in meets where no show penalty is not enforced-beneficial for swimmers)

Impact on meet Timeline - meets are running faster than seeding slow to fast.

- Swimmers' times remains constant- i.e. does not swim faster due to seeding format change
- Timeline is greatly affected by the interval duration - elapsed time between the last swimmer's touch to when the swimmer from the next heat enters the water.
- More accomplished swimmers are now starting an event. They know what to do with regard to getting to the correct blocks and be ready to swim. They react promptly to the whistle commands and are on the blocks preparing for the TYM command.
- The first few heats sets the pace and rhythm for later heats.
- More accomplished swimmers know to check for the number of heats in the previous event and are ready at the change of events. Change of events is where the interval can get out of control. Less accomplished swimmers are not aware of the number of heats and more often are late for the first heat, resulting in more calls made for missing swimmer(s) in the first heat. Less accomplished swimmer run to the blocks missing goggles or swim caps or are simply not ready to swim.

On deck observation after 1st year of testing:

- Interval at change of events is much more efficient, often times shorter than the interval between heats.
- Lower frequency of calling for missing swimmers (approx. 5 sec per call, longer if name of swimmer is difficult to pronounce)
- Much more friendly toward swimmers who miss the call to the blocks (or late swimmers) as they are now given a chance to swim.
- Meets are running 30-45 minutes faster than before
- Interval of 25 sec was used for routine timeline calculations, 22 sec interval are now used as meets routinely run faster than the 25 sec interval timelines.
- Meets can accept more swimmers before closing to meet the 4 hour rule or other restrictions.
- All meets in Pacific Swimming are now seeded Fast to Slow (except Grand Prix). Masters Championship Meets have also switch to fast to slow seeding.

Note: Meets in Pacific Swimming are all seeded on deck. We routinely have a 10% scratch rate for most if not all meets. The uncertainty of the number of heats in any event often leads to intervals of as much as 1-2 minutes as swimmers report to the wrong side of the pool and novice swimmers miss their event. Switching to Fast to Slow seeding brought most of the delay factors under control, making for much smoother meet operations. There are 17,000+ swimmers in Pacific Swimming. Meets usually close early due to timeline restrictions. Any thing we can do to get more swimmers into a meet is beneficial.