

Timers

Equipment/supplies

- Stopwatch (provided)
- Pencils (provided)
- Water Bottles (Drinks/Meals/Snacks provided through hospitality)

Task

1. Check-in will be at the timers meeting (Always ~15-20 Minutes before the start of the session)
2. Review timers procedures, designate timers to lanes, & verify we have enough timers during the timers meeting.
3. Once you are assigned & reported to your lane, you follow the below steps for each heat:
    a. Grab your watch. Make sure your watch is cleared (should read 0:00.00)
    b. When swimmers step up to the blocks, look for the starting light.
    c. Begin your watch when the light flashes.
    d. Stop your watch along with the timing plunger when the swimmers hand touches the wall.
    e. Record the watch time onto the Lane/Timer Sheet provided.
    f. Clear your watch.
4. At the end of each event, you will turn your Timer Sheet into the “Runner” who will come grab your times.
5. You will repeat task 3&4 until the end of the session.
6. At the end of the session, you can hang up your clipboard, stopwatch and pencil on the wall behind your lane.

Notes

- If your watch does not start properly, you can flag the “Head Timer” who will have a running watch for each heat.
- If your watch is broken, you can replace it at the admin table by the scoreboard.