



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.