



Runner

Equipment/supplies at concessions

- Shoes to walk in (Tennis Shoes are preferred)
- 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. Report in with the Admin Official (AO), who will be the first seat at the admin table, working at the Meet Manager Computer.
3. At the end of each event, you will collect each Lane/Timer Sheet from the timers.
4. You will repeat this task until the end of the session.

Notes

- If the AO needs a specific heat and time during an event, most common during events 400 or longer, you may be asked to grab a time from that needed timer.
- If we are short on timers, we may substitute the runner into being a “Head Timer” who will start the watches at the beginning of each heat as backup for the other timers, or sub the runner as a regular timer.