

Instructions for Timers

1. CHECK-IN:
 - ❖ Correct swimmer present for NEXT heat? If not, call name and look around.
2. STARTING:
 - ❖ Know what the watch buttons do before the meet starts.
 - ❖ Start the watch at the instant of observing the strobe.
 - ❖ If you miss the start raise your hand and get a replacement watch from the head timer.
3. POSITION:
 - ❖ Do not block swimmers access to the starting block, or starter's line of sight.
 - ❖ Stand where you can see the starting strobe at start, then step back.
 - ❖ Stand directly over the lane at finish and stop the watch and button.
 - ❖ Know what equipment (buttons, pads, etc.) to take on end moves -move quickly
4. RECORDING:
 - ❖ At finish look and memorize time. May need to record after next race is started.
 - ❖ Record watch times or the absence of a swimmer. Record missed pad, perceived soft touch or other information to aid accurate time verification.
5. RELAYS:
 - ❖ Confirm swimmer order as listed on final relay entry form received from swimmers. Turn form in with lane timer sheet at end of event.
6. DON'T ABANDON POST!
7. MISSED RACE: If swimmer misses race, send them to referee immediately!!!



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