



# NORTHERN LIGHTS SWIM CLUB PACE CLOCK WORKSHEET



Hi, I'm a **pace clock**, and I have several purposes in my life:

1. I help swimmers know when to start their sets in swim practice;
2. I help swimmers be able to know how fast they are swimming;
3. I can be used as a method of "traffic control" during practice.

I come in several shapes and sizes but usually I have two hands to help me do my job. In my current look (see my photo on left), I have a red hand and a black hand. The red hand moves 1/60th of the clock every **second**. The black hand moves 1/60th of the clock every **minute**. In addition, I have 12 big numbers (from 5 to 60) that are placed next to 12 red triangles. Each red triangle shows 5 seconds of time (as measured by the red hand) or 5 minutes of time when measured by the black hand.

## Send-Offs

To introduce swimmers to my first function, known as a **send-off**, you need to understand that coaches may want you to be ready at a moment's notice to start a swim set. Knowing the location of the numbers on the pace clock will help you be ready on time. Watching me at the start of a set is critical for leaving accurately and with your other teammates at the practice who are working on the same set. **See if you can draw a red hand on my face that shows where the hand would be if you needed to leave on:**

The 60



The 15



The 30



The 25



Often swimmers at practice will find that they are sharing a lane in the pool with several other swimmers. As not every swimmer can leave the wall at once as it would cause a huge traffic jam in the swim lane, coaches often wisely have swimmers start their set taking turns and leaving five (5) or ten (10) seconds apart in most cases. **Here are additional challenge questions. See how many you can get right:**

A) You are going second in the lane and you are told to leave 10 seconds apart starting on the Top. Draw where the red hand would be when you should leave the wall.



B) You are 4th in your lane and told by the coach to go five seconds apart. The first swimmer leaves on the 30. Draw the red hand for your send-off.



C) You are the lane leader and your coach says to leave on the bottom of the clock. Draw the location of the red hand when you would leave the wall.



D) If you are 3rd in a lane and the coach says, "Go 10 seconds apart. First swimmer on the Top (or 60)". Draw the red hand where it would be when it is your turn to leave the wall.



E) You are last in a lane with 6 people in it. The coach tells the first swimmer to leave on the 30. Draw where the red hand will be when you will get to go.



F) You are 2nd in line on a set of 10x50 freestyles. The set started on the 60. Everyone is 5 seconds apart. The 50s are on 1:05 each. Draw where you would start the 3rd 50.



