Before we look at the clock, it is important to know what the words we use mean.

**HOW TO READ THE SWIM CLOCK**

**Interval:** The amount of time given to do the activity.

When we look at the clock, we need to know which numbers of the clock are the most important.

**01:57**

The last two numbers are the important numbers when trying to find out when it is your turn to go.

Next, we need to learn the words of the clock.

**On the TOP:** Is when the last two numbers are **:00**.

**01:00**

**On the BOTTOM:** Is when the last two numbers are **:30.**

**01:30**

All the other numbers are normal.

Normally, you will go **5 seconds apart** unless the Coach says otherwise.

So, if the person in front of you goes on the **TOP**

**01:00**

You will go will go on the **:05**

**01:05**

Another example, if the person in front of you goes on the **:15**

**01:15**

You will go will go on the **:20**

**01:20**

To find out when to go next you can either add

When you start

**+**

the interval last two numbers

**–**

60 [if the addition is greater than 60 because the clock does not have numbers that high]

**=**

leave next

Or you can find the pattern of the interval. The difference between the two numbers will always be the same throughout.

If the interval is on the **1:30** and the first person leaves on the **TOP** then leave on the **BOTTOM**

**01:30**

**01:00**

First leave Leave next

If the interval is on the **1:30** and the first person leaves on the **BOTTOM** then leave on the **TOP**

**01:00**

**01:30**

First leave Leave next

For the intervals, that are greater than a minute the only part that matters is the last two numbers. The clock does not have any number bigger than **59**. The number **60** is the is considered the **TOP** or **:00**.

The pattern for the **1:30** is **adding 30 seconds** to the last number. [60 turns into :00]

If the interval is on the **:50** and the first person leaves on the **TOP** then leave on the **:50**

**01:50**

**01:00**

First leave Leave next

If the interval is on the **:50** and the first person leaves on the **:50** then leave on the **:40**

**01:40**

**01:50**

First leave Leave next

If the interval is on the **:50** and the first person leaves on the **:40** then leave on the **:30**

**01:30**

**01:40**

First leave Leave next

If the interval is on the **:50** and the first person leaves on the **:30** then leave on the **:20**

**01:20**

**01:30**

First leave Leave next

If the interval is on the **:50** and the first person leaves on the **:20** then leave on the **:10**

**01:10**

**01:20**

First leave Leave next

If the interval is on the **:50** and the first person leaves on the **:10** then leave on the **TOP**

**01:00**

**01:10**

First leave Leave next

The pattern for the **:50** is **subtracting 10 seconds** to the last number. [60 turns into :00]

If the interval is on the **:45** and the first person leaves on the **TOP** then leave on the **:45**

**01:45**

**01:00**

First leave Leave next

If the interval is on the **:45** and the first person leaves on the **:45** then leave on the **BOTTOM**

**01:30**

**01:45**

First leave Leave next

If the interval is on the **:45** and the first person leaves on the **BOTTOM** then leave on the **:15**

**01:15**

**01:30**

First leave Leave next

If the interval is on the **:45** and the first person leaves on the **:15** then leave on the **TOP**

**01:00**

**01:15**

First leave Leave next

The pattern for the **:45** is **subtracting 15 seconds** to the last number. [60 turns into :00]

If the interval is on the **1:20** and the first person leaves on the **TOP** then leave on the **:20**

**01:20**

**01:00**

First leave Leave next

If the interval is on the **1:20** and the first person leaves on the **:20** then leave on the **:40**

**01:40**

**01:20**

First leave Leave next

If the interval is on the **1:20** and the first person leaves on the **:40** then leave on the **TOP**

**01:00**

**01:40**

First leave Leave next

The pattern for the **1:20** is **adding 20 seconds** to the last number. [60 turns into :00]

**These are a couple of examples of the intervals they use during practice. Hopefully, this is helpful.**

**Sharks Coaches**