

TIMER TRAINING MEETING AGENDA

1. SWIMMER CHECK-IN:

- Make sure the swimmer is present and in the correct lane. Start looking for next swimmer as soon as watch is started. On 50s try for 2 heats in advance. Don't wait until the starter is calling for the heat/swimmer.
- If there is a missing or incorrect swimmer or other problem signal the starter. Never grab or stop a swimmer once they have stepped up on the long whistle- just record their name so the correct time can be attributed to them.
- LISTEN to the starter for adjustments.



2. STARTING:

- Start the watch at the instant of observing the strobe. If the strobe is not observed, start the watch upon hearing the sound of the horn. (Index finger has been shown to be more accurate than the thumb.)
- If you miss the start raise your hand and get a replacement watch from the Head Timer. (Make sure you know what the watch buttons do before the meet starts.)

3. POSITION:

- Stand where you can see the starting strobe, then step back. Do not block swimmers access to the starting block, or the starter's line of sight.
- Step up for the finish. Stand directly over the assigned lane to observe the finish and stop the watch and button when any part of the swimmer's body touches the wall.
- Know what equipment (buttons, pads, etc.) to take on end moves -move quickly

4. RECORDING:

- As soon as the race is finished look at and memorize the time. You may not have time to write it down until after the next heat has started. Record watch times or the absence of a swimmer. Record and report if the swimmer has missed the touch pad at the finish, or if there is reason to believe any of the times may be inaccurate (soft touch, scoreboard keeps running, etc.).

5. DISTANCE EVENTS:

- Check that counter is right. You may be asked to record lap times.

6. RELAY EVENTS

- The Head Lane Timer should receive the final relay entry form, showing swimmer's names and the leg/order that they will swim, when they report to the block immediately prior to swimming their heat, confirm the order.

7. DON'T ABANDON POST

- If you cannot stay for the whole meet (including long distance events when swimmers are not required to provide their own timers) you should have made arrangements for your relief. We cannot stop the meet to recruit for a replacement.
- Raise your hand if you need a bathroom break. Head Timer will let the volunteer coordinator know.

8. SWIMMER MISSES RACE

- If for some reason a swimmer misses their race, have them report to the referee immediately!!!