

MOUNTAIN HI SWIM LEAGUE TIMERS INSTRUCTIONS

- Check your watch to be sure it is “zeroed out” before each start.
- Before each heat is up on the blocks or in the water, check your swimmer’s name against the card to be sure the swimmer is in the correct heat and lane. For relays, check the names and order of the swimmers. When timing 25’s, always check the swimmer’s name once he/she finishes the race to be sure the swimmer in your lane matches the name on the card. If the name does not match your card, write down the name of the swimmer who was in your lane for that heat and let the scoring table sort out the issue.
- If you do not get the card for your swimmer in time for the finish, write the swimmer’s name, heat, lane, and time on a slip of paper on your clipboard. Once the cards get delivered, give your card and your note to the Runner for turning in to the scoring table.
- On the long whistle by the Deck Referee, if your swimmer does not step up on the block, or in the water for backstroke, ask the swimmer to do. Then step back away from the block to give the Starter a clear view.
- **For each start, stand back behind and away from the blocks; be still.** If your starting area behind the blocks has supplied chairs for the timers, always sit down on the Start or stand behind your chair if your view of the strobe is blocked. The Starter needs an unobstructed view of all swimmers on the blocks and may misinterpret your movement as a false start for the swimmer.
- If you have a starting system with a strobe light, start your watch on the strobe. If you have a horn, then start your watch on the sound of the horn.
- If you miss a start with your watch, immediately raise your hand and the Head Timer will provide you with a backup watch for that heat.
- Always start your watch for each race, whether you have a swimmer in your lane or not. You may be required to be a backup watch for some other lane.
- At the finish, lean over the edge of the pool and look down the wall to see the finish for your swimmer. **Stop your watch when any part of the swimmer’s body touches the wall.** Record each watch time in the appropriate places on the card, always doing so in the same order. The person who is writing the times on the swimmer’s card should record their time first and then record the others’ watch times.
- If you have semi-automatic timing devices (buttons or “pickles”), one person should press the button at the finish and may also stop a watch. If you have Dolphin watches (wireless buttons), the watches will start themselves from the Starting stand; you simply stop the watch at the end of the race.
- If the meet is using a “start over the top” procedure and you don’t have enough time to write everything down before the next start, memorize your time, clear your watch, start the next heat, and then record the times from the previous heat.
- Always record your watch times, even if the swimmer in your lane is disqualified. Do not write down any comments regarding a disqualification on the swimmer’s card.