

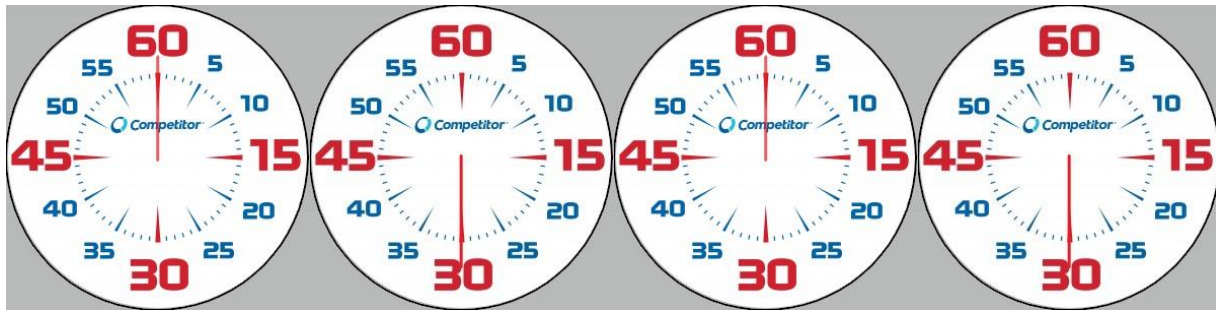
Pace Clock Common Examples / Worksheet / Answer Key

Below are a few pace clock set examples and a worksheet for your swimmers fill out (The answer key is on the last page).

Examples:

4 x 50m on 30s

In this example the swimmers should begin their next 50m every 30 seconds.



1st starts on the 60

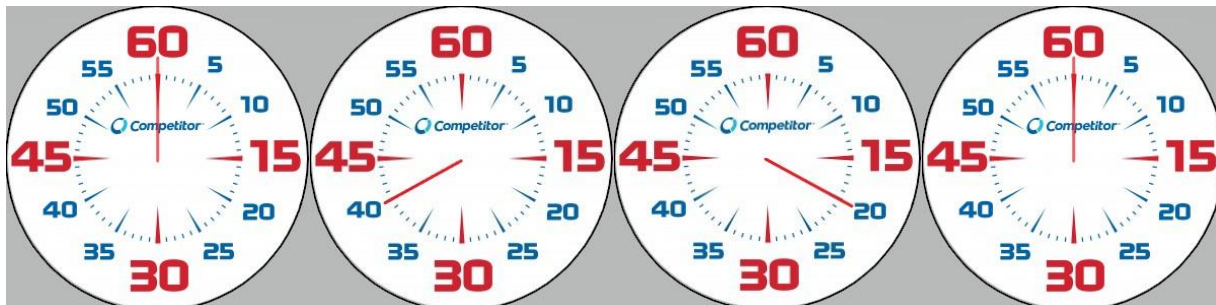
2nd starts on the 30

3rd starts on the 60

4th starts on the 30

4x 50m on 40s

In this example the swimmers should begin their next 50m every 40 seconds.



1st starts on the 60

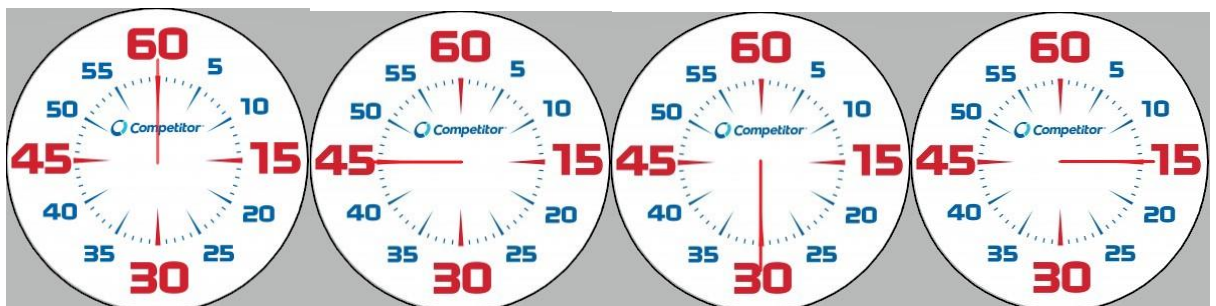
2nd starts on the 40

3rd starts on the 20

4th starts on the 60

4x50m on 45s

In this example the swimmers should begin their next 50m every 45 seconds.



1st starts on the 60

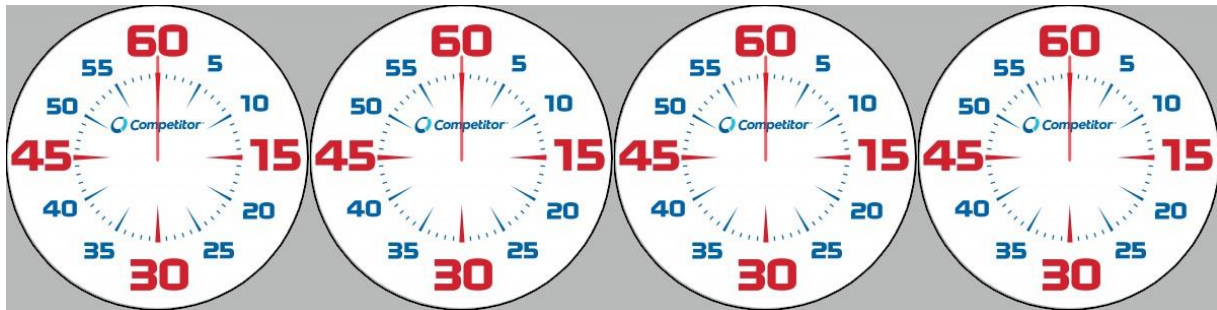
2nd starts on the 45

3rd starts on the 30

4th starts on the 15

4x50m on 60s

In this example the swimmers should begin their next 50m every 60 seconds.



1st starts on the 60

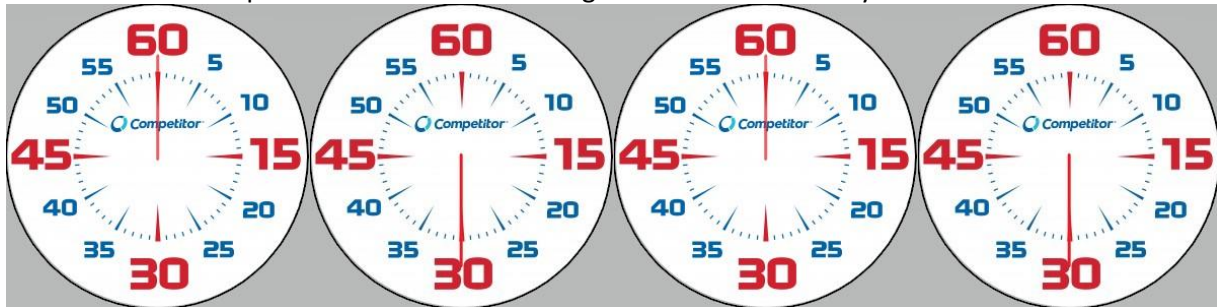
2nd starts on the 60

3rd starts on the 60

4th starts on the 60

4 x 50m on 90s

In this example the swimmers should begin their next 50m every 90 seconds.



1st starts on the 60

2nd starts on the 30

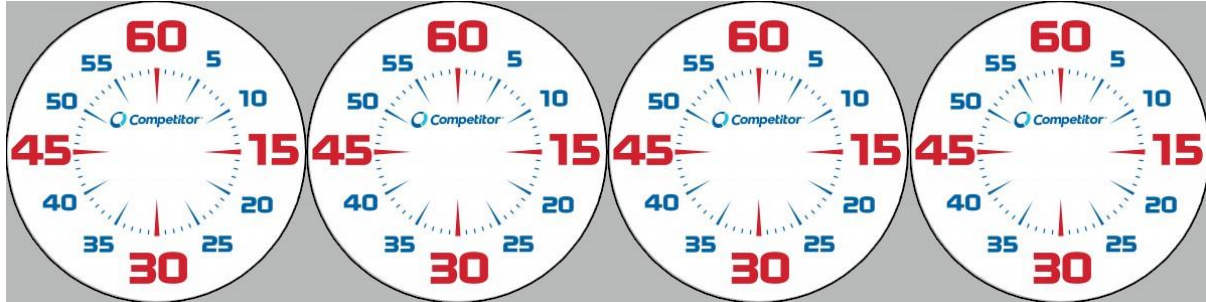
3rd starts on the 60

4th starts on the 30

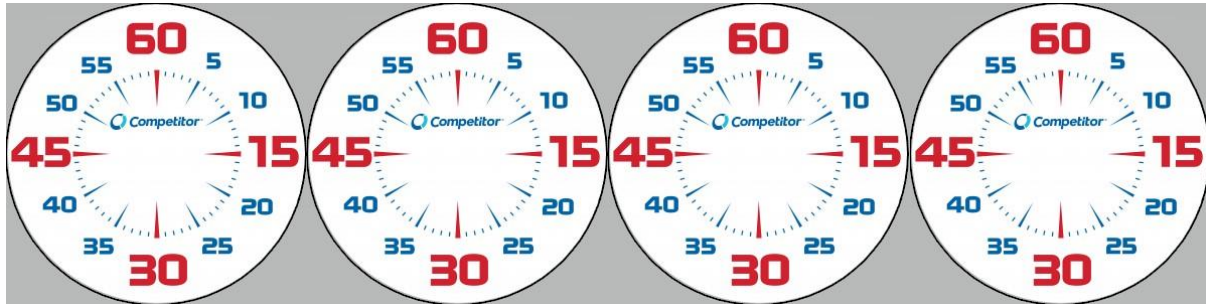
Pace Clock Practice

Have your swimmers use a red pencil to draw when each swim should begin and have them write the time below.

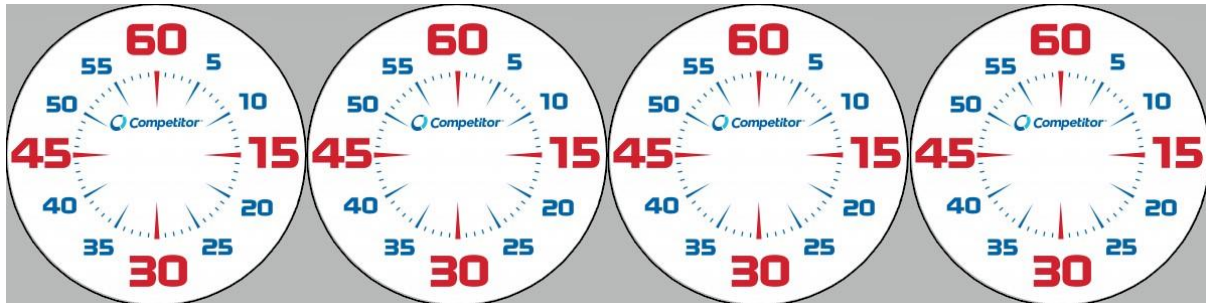
4x50m on 30s



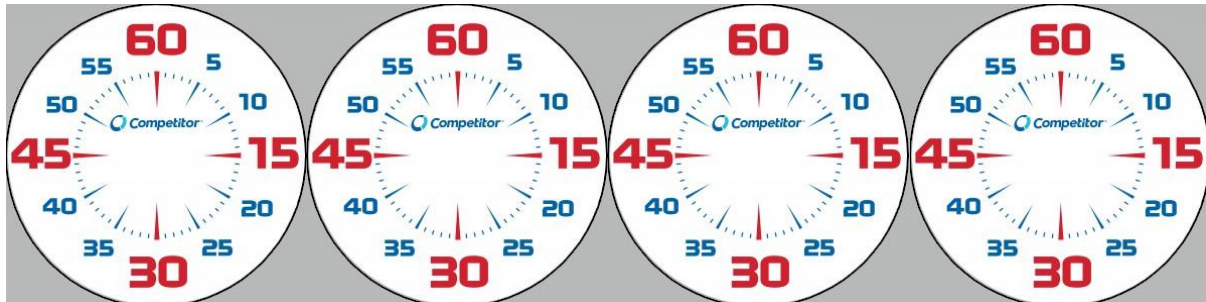
4x50m on 40s



4x50m on 45s

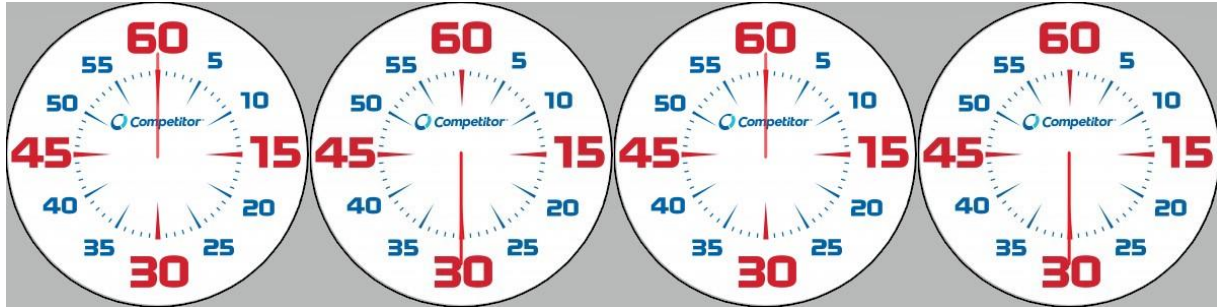


4x50m on 55s



Practice Answer Key

4x50m on 30s



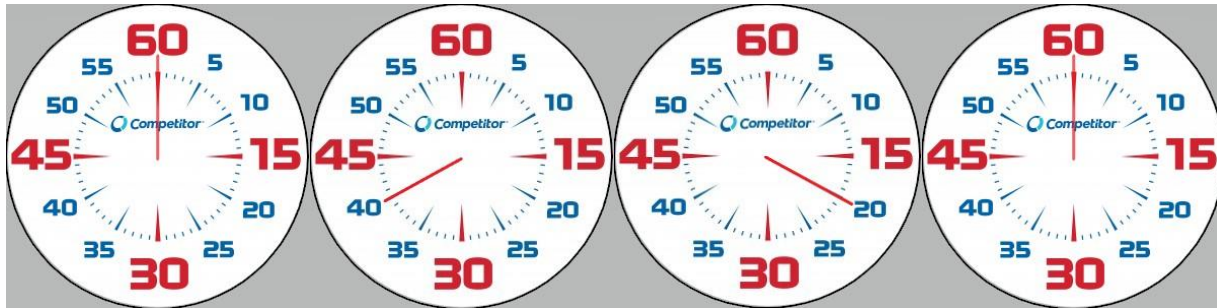
1st starts on the 60

2nd starts on the 30

3rd starts on the 60

4th starts on the 30

4x50m on 40s



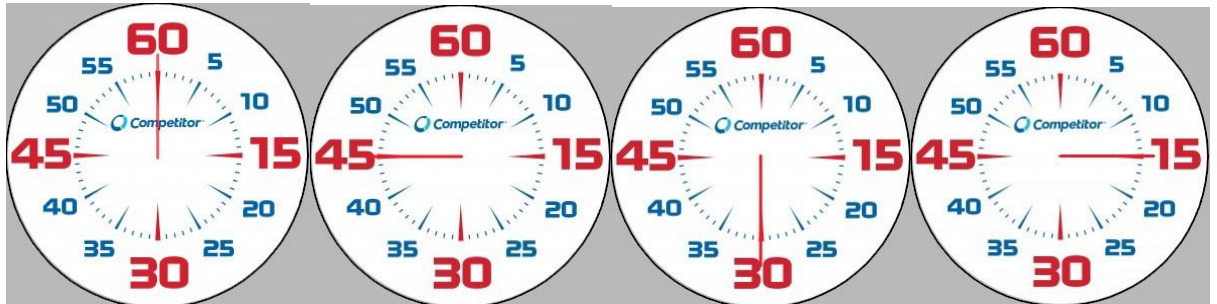
1st starts on the 60

2nd starts on the 40

3rd starts on the 20

4th starts on the 60

4x50m on 45s



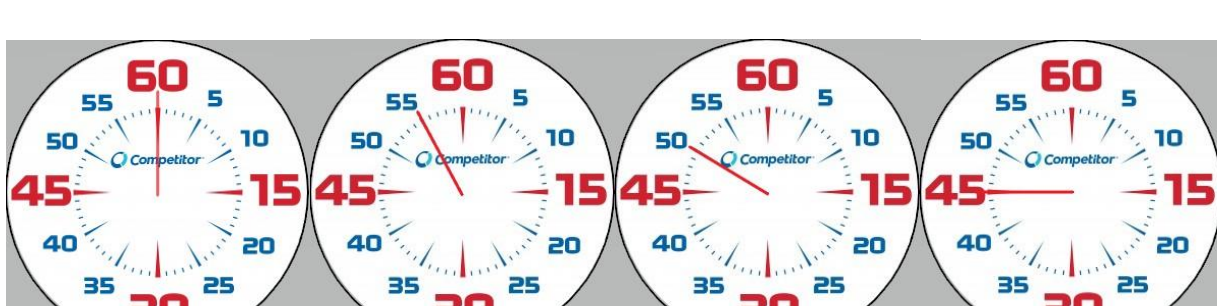
1st starts on the 60

2nd starts on the 45

3rd starts on the 30

4th starts on the 15

4x50m on 55s



1st starts on the 60

2nd starts on the 55

3rd starts on the 50

4th starts on the 45