

ROANOKE VALLEY AQUATIC ASSOCIATION RUNNERS

Each meet must have a head runner and the number of designated runners per pool as assigned in the RVAA worker assignment roster. If the Head Runner lacks sufficient runners for the meet, she or he should contact the delegate of the responsible pool(s) or the Referee for more runners.

HEAD RUNNER

1. The Head Runner must instruct runners of their duties and coordinate their efforts throughout the meet. The Head Runner will insure that at least one runner is on duty at all times and that at least two runners are on duty when a 25 meter heat is being swum (one runner to take the cards from the swimmers and to the timers, and the other runner to take the cards from the timers to the table workers).
2. Because spectators can sometimes unknowingly block the travel paths of runners, the Head Runner must insure that all runners are wearing attire (runner's vest of the like) that signifies their jobs as runners. Host pool teams provide the attire.
3. Runners who are unsure of their duties or who do not perform them correctly can slow down a meet considerably; therefore, the duties of a runner should be clearly and carefully explained.

RUNNER

The duties of the runners are to collect the time cards from the timers at the end of each heat and take the cards to the table workers. **EXCEPTION:** On heats that are 25 meters long (6 and under and 7-8 age groups) the runners must gather the time cards from the swimmers when the swimmers get to the blocks and take the card to the timers at the other end of the pool. **IT IS IMPERATIVE THAT THE RUNNERS GIVE THE CARDS TO THE PROPER TIMER.** The runner should check the lane number on the card against the timer's lane number. After the heat is swum, the runner then takes the completed cards to the table workers.