

Timing 101

(Fear not the pickle!)

A swim race has few basic needs: pool, swimmers, and timers. ***You are the timer.*** Every family that has a child entered into a meet must time at that meet. Most often, the timing requirement is one hour per child entered; however, sometimes two or more hours are needed to fulfill our team's timing commitment.

What's a timer?

- At every race, each lane has three corresponding “chairs” – timers responsible for that lane.
- Chairs are allocated to teams based upon the number of swimmers they have entered into the meet.
- Rose Bowl always has a lot of swimmers; therefore, we usually have at least 3 or 4 chairs to fill.

How does one time?

- It's easy! Every chair has a “pickle” – a button connected to an automatic timing system. When the swimmer in your lane touches the wall, push the button. That's it!
- One of the three chairs is also responsible for hand timing using a stopwatch.
 - Make sure you know how to run the watch before the first race.
 - Start the watch at the flash of light which goes off at the start of each race. Do not start from the beep.
 - Stop the watch when the swimmer touches the wall.
 - If you miss a start, don't worry! Call for a back-up watch, and you're back in business.
- One of the three chairs is also responsible for the clipboard.
 - One clipboard per lane holds sheets listing the swimmers in your lane by race.
 - Check-in swimmers prior to their heat.
 - If your swimmer isn't there, call their name – they may be in the wrong lane.
 - Record the hand time (stopwatch time) in the space provided on the sheet. An official will deliver and pick up the sheets from time to time.
- Timing responsibilities are explained by a meet official prior to every race.
- Stay at your post until you are relieved by the next timer. If your relief is late, ask another Rose Bowl parent to help find your replacement.

Best seat in the house Relax – timing is fun: you interact with the kids, get yummy snacks, meet other parents, and you have the best seat in the house to watch some great swimming!

Timing sign-up sheet at the meet

- Sign-up sheets are posted in an obvious place at the beginning of the warm up period.
- It is *your* responsibility to sign yourself up for a desired time slot. Please don't assume you're not needed if you haven't been asked to time by another parent volunteer.
- The sign-up sheet will remain posted for the duration of the meet. Check back periodically to ensure that every time slot is filled. You are responsible for getting to the right chair at the right time.

Questions? Just ask a coach to point out a timing “expert.” *You'll* be the expert in no time.

If you're at the meet, you've got a seat!

Thanks!