

Timer Instructions

Thank You for Stepping Up to Help Today!

- With your help and attention each swimmer will receive an accurate official time.
- Any new timers? That's great! It's easy to learn and we'll teach you how right now.
- Please start by turning off cell phones, any device that could distract you or the swimmers.
- Remember that stop watches are important, but the buttons are critical.

Before the Race:

- The Timer with the clipboard, please ask the swimmer/relay name and verify that the correct swimmer/relay is present and in the correct lane, heat, and event.
- Except for backstroke, remind previous heat swimmers to stay in the water for flyover starts.

At the Start:

- Make sure you can see the strobe/starter box; observe the strobe light and start the watch at the moment of the flash.
- Strobes do fail occasionally; in that case, start the watch on the horn sound.
- Please start the watch even if your lane is empty, just in case a backup is needed.

Immediately After the Start:

- Check the stop watch to ensure it has started and is working properly.
- If you miss the start or if the watch malfunctions, raise watch overhead to signal the Head Timer. They will bring you another watch

During the Race:

- Keep track of the race and the distance completed by your swimmer.
- Timer with the clipboard should be verifying the swimmer in the next heat.
- If a swimmer misses a heat, send the swimmer to the Referee.

At the Finish:

- Come forward to the edge of the pool, look directly down the wall at the touch pad.
- Stop the watch and the button when any part of your swimmer touches the end of the racing course. Remember, buttons are critical.
- Timers and officials share deck space at the finish—please be considerate of one another.

After the Finish:

- Step back to make space for the next swimmer.
- Timer with the clipboard records the watch time(s) on the sheet in the same order for each heat.
- Record "NS" if the swimmer missed the race.
- Note any other problems (late or missed pad, etc.)
- Remind swimmer to remain in the pool (except for Backstroke, or if flyover starts not being used)

Additional Instructions:

- Cameras are not permitted behind the blocks.
- Timers will need to move to the opposite end of the pool for the 25 free, 25 breast and 25 fly.
- Timers will remain behind the blocks for the 25 back, the swimmers will start from the opposite end of the pool.

Again, Thank You for Supporting Your Swimmers Today!