

## Lane Timer Instructions

- Check your watch and know how to operate; practice before meet starts.
- Check swimmer in your lane against the heat sheet; make sure it is the correct swimmer in the correct lane in the correct heat.
- Do not distract the swimmer with conversation except to confirm it is the correct swimmer.
- Check relay swimmers to ensure swimmers are all named on the heat sheet and the swimmers swim in the stated order. Note: the order can be changed prior to the beginning of the race, but not after the race has started.
- Start watch as soon as you see the light on the starter. Look at watch to make sure it's running—if not, immediately raise your hand for the head timer.
- Be in position at the finish to see the touch. Be able to look straight down the side to the bottom of the pool.
- Stop the watch at the finish of the race when any part of the swimmer makes contact with the wall.
- Record both watch times on the heat sheet, and ONLY the watch times. Record time only to hundredths of a second; if your watch displays thousandths (most won't) simply drop the thousandths digit (do not round).
- Remind relay swimmers to get out of water at the finish of their leg.
- Pay attention to the number of lengths swum so you know when to stop the watch.