TIMER INSTRUCTIONS

Each team is responsible for providing stop watches, (3 per lane) clip board and pencil

NO CELLPHONE TEXTING OR TALKING WHILE TIMING

Check timing sheet for your swimmer and ask swimmer for their name (confirming the swimmer is in the correct lane)

Whistle Starts are: **Forward Start**

4 short whistles → call for swimmers to stand behind blocks (ready to swim)
1 long whistle → beginning of heat/ step up onto the blocks (step up on blocks)

Backstroke Start
4 short whistles → stand behind blocks
1 long whistle → backstroke step into the water
2nd long whistle → get ready to start race

Step 1. Start watch on strobe flash, not on sound of beep located on start unit.
This is best accomplished by sitting in chairs so all timers can see flash. Check watch to see if running.
If not, raise hand to signal head timer, and watch will be exchanged.

Step 2. STAND at edge of pool to stop watch.
Stop watch when any part of swimmer's body makes contact with wall or pool deck at finish of race
STOP WATCH ONLY AT FINISH (last lap of event)

50 yds	=	2 laps
100 yds	=	4 laps
200 yds	=	8 laps
500yd	=	20 laps

Step 3. Record time exactly as it appears on the watch to hundredths of a second.
Example 1:23.54 1:24.56 1:23.45
DO NOT round if the watch displays more than two decimal places.
RECORD ALL TIMES FROM ALL WATHCES IN LANE.
DO NOT record split times.

Step 4. Have a seat in chair. Clear watch. **Repeat** steps one to four.