

Timing 101

(Fear not the pickle!)

Every family that has a swimmer entered into a meet is expected to work a team support job at the meet. Timing is one of those jobs, and it gives you a great seat!

What's a timer?

- At every race, each lane has 2 or 3 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 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 chairs is also responsible for hand timing using a stopwatch.
 - Make sure you know how to run the stopwatch before the first race.
 - Start the stopwatch at the flash of light, which goes off at the start of each race. Do not start from the beep.
 - Stop the stopwatch when the swimmer touches the wall.
 - If you miss a start, don't worry! Get a back-up stopwatch from the Head Timer.
- One of the 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 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 the start of the meet.
- 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, meet other parents, and you have the best seat in the house to watch some great swimming!

Timing sign-ups

- Sign-up for timing jobs in Team Unify.
- At Championship meets, if your swimmer makes finals, you are expected to fill a timing chair. Find the finals Timing Coordinator and sign up to time!
- 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.