

# 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.