



LANE TIMERS BRIEFING

Thank you for volunteering – Your position is very important, especially if something goes wrong with the main timing system!

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are observable and interruptible.
- [IF ONLY ONE LOCKER ROOM/RESTROOM] Make sure you are not alone with an athlete in the locker room, including to use the restroom. Use the buddy system. Be proactive and tell the meet director immediately if this happens, even when it occurred through no fault of your own.
- [IF MULTIPLE FACILITIES] There is a separate locker room/restroom for athletes and all other adults. Make sure that you are only using the facility marked for you.

Your Head Timer is: _____

- Know your watch. Practice before the session begins - any problems, contact your Head Timer.
- **Start your watch on the strobe!!** Not the horn. (Demonstrate how to use watch)
- The strobe is located: _____
- **There are 2 timers per lane.** Each of you will have a stopwatch to stop AND both will have a button to push at the end of the race. One of you will have a clipboard with the timer recording sheets.
- Always **write the times in the same order** for every swim, Timer A on one line, Timer B on the next line.

AT THE START OF A RACE:

- **Stand or sit behind the block** in line of sight to the strobe – The Starter needs a clear view of all swimmers.
- **The Referee will blow a long whistle:** The swimmers will step up on the block (or enter water on the backstroke)
- **Starter:** “Take your mark”. **Start your watch at the first sign of the strobe light.** Do NOT anticipate the strobe. If there is a problem, the Starter may ask the swimmers to “stand”, “relax”, or “step down”.
- **Check that your watch is running...**step back...then sit down. If your watch is not running or you or your partner *KNOW* you started late, raise your hand and the Head Timer will swap watches with you. The Head Timer acts as a back-up Timer and has extra watches started at the start of each race.
- If you don't have a swimmer in your lane, go ahead and start your watch at the strobe in case more watches are needed.

POSITION AT END OF RACE...

- Make sure you are at the edge of the deck over the lane and can visually see the swimmer's touch (DON'T guess). **Stop the watch and button** when any part of their body touches at the end of the race.
- Once stopwatch and button are pressed at the end of the race, step back and record the stopwatch time on the clipboard. Times should always be recorded to the hundredths of a second (two decimal places, do not round your numbers). NEVER, EVER take time off of the scoreboard if you missed getting the time. It's better to have no time from the stopwatch than to record off of the scoreboard.
- Once the times have been recorded, clear your stopwatch and prepare for the next race.
- If your assigned swimmer is missing or doesn't show for a heat, mark it as N/S (no swimmer or no show) on the timer sheet.
- Soft touch box—If the swimmer misses the pad or touches the pad soft enough that it does not fire properly, check the soft touch box on the lane timer sheet.
- Be aware and share space with the Turn Official...you each have important jobs to do.

IMPORTANT ITEMS TO NOTE TO TIMERS:

- Know the distance being swum. You do not want to stop the watch too soon or too late.
- **Do not help a swimmer out of the water unless they are reaching for your hand** – Let the swimmer climb out slowly OR inform the Referee/Starter. We don't want to embarrass anyone or create other issues.
- Please, no cell phones should be used while timing. Calls and texting create distractions and timing issues. If you need to step out to take a call, raise your hand and let the Head Timer know.
- No cameras behind the blocks or taking photographs while you are timing.

HELP THE REFEREE AND STARTER

- Check the name of the swimmer with your lane timer sheet. **Ask the swimmer what their name is, NOT “are you...?”** – you are more likely to get an accurate match. A swimmer may tell you “yes” because they could not hear you. If the correct swimmer is NOT nearby, the swimmer will miss the heat, but that is not your concern.
- **DO NOT** stop a swimmer from getting on the block even if their name does not match OR your timer sheet has no name listed for the race. **WRITE** their names down once the race is finished. There may have been changes to your heat sheets after the timer sheets had been printed.
- **IMPORTANT:** check **relay swimmer names** and order with your **timing sheets**.
- When there are fly-over starts, swimmers may need to be reminded to stay in the water until the after the next heat starts. Don’t impede them from exiting if they do so though.
- **If a swimmer is struggling** before the swim, at the wall at the end of a swim, or immediately getting out of the water, please let the Chief Judge or Referee know as soon as possible so they can get the coach
- **IMPORTANT:** if there will be chase starts (2 heats in the water at once) – Help us to encourage the swimmers to *exit the water QUICKLY!*; we do not want anyone “caught” OR near pad when next swimmers are touching the pad – allow them to exit themselves.