

# Timer's Instruction Sheet

Two timers are assigned to each racing lane and are responsible for capturing an accurate race time for every swimmer who competes in their lane.

- Before each heat, make sure the watch is reset to zeros.
- Confirm that the name of the swimmer getting ready to race matches the name on the timing sheet.
- When the official sounds the race starting tone, there is a light that flashes simultaneously on the starting stand. Look directly at the starting stand, and start the watch when you see the flash or hear the tone.
- There must be two watch times for each lane for an official time.
- Each timer may operate a watch and a button, if present. Buttons are present when electronic timing systems are in use. If there is a button present, press the button only at the finish.
- Know who is assigned "**Head Timer**": The Head Timer is an extra timer who starts a watch each race, and can cover for any watch problems in a lane. If one of the timers misses the start, put up your hand and call for the Head Timer to switch in the extra watch.
- When the swimmer is approaching the finish, timers should move directly over the finish wall and look closely for any part of the swimmer's body to touch the wall to stop the watch.
- Write both timers watch times on the timing sheet EXACTLY as it is displayed on the watch.
- Make sure your watch times are close to the time shown on the timing system. If they are not – let the head timer know.
- Before each heat, make sure the watch is reset to zeros.