



Instructions for Timers

A Best Practice for Lane Timers

Check every swimmer coming into your lane. **Ask them to state their name.** It is important that they say their name, rather than asking them if their name is _____? Check that the name they state matches what is on your lane sheet or card and that they are in the right lane and correct heat.

Ask them to remain behind your seats until the race in the water is finished. Allow enough space for the swimmer to pass by you to reach the starting blocks.

Unless there is an issue with an incorrect swimmer in your lane or an equipment problem, please remain seated for the start of the race. Standing at the start of the race indicates a problem. The referee may have to delay the start of the race unnecessarily. Please do not prevent a swimmer from starting a race unless you are 100% certain they are in the wrong heat or race.

Timers play a very important role in obtaining accurate times for the swimmers. The touch pads are the primary time for a swimmer providing that the swimmer does not have a soft touch. The plungers and/or stopwatches provide back-up data for the swimmer to ensure an official time. Not all swim meets will use stopwatches.

- All electronic timing equipment is started automatically, only stopwatches have to be started by the timers.
- Do not anticipate the touch, look right over the edge of the pool, and plunge the plunger when the swimmer has touched the wall or the hand crosses over the plane of the edge of the pool.
- Only pick up the plunger once the swimmer is coming into the wall, leave the plunger under the steps at all other times to ensure that it is not accidentally plunged or stepped on. Never take the plunger back to the seat with you.
- Each person should only be handling 1 time device, ie if you are responsible for a stop watch you cannot be handling the plunger, nor should you handle 2 plungers.
- All plungers provided are to be depressed at the end of the race. If the race is more than 50 metres in length **you may be asked** to provide a "split time". If so, only one plunger is to be pushed at that time.
- Do not keep pushing the plunger button multiple times or for an extended period of time. One quick push is all that is required. When finished with the plunger, carefully place them down so as not to accidentally hit the plunger button a second time.
- If a stopwatch is being used, please start the watch at the start signal, **indicated by the light on the starting unit.** Do not start the watch by the sound of the starting gun beep.
- If a stopwatch is being used and you have a finish time on the watch, you should tell the person who is the lane recorder in your group. The recorder and stopwatch person should be 2 separate people.

Accurate timing cannot happen when sitting in your chair or 2 feet from the edge of the pool. Sometimes you will be splashed; it is part of being a timer.

Please, no coaching of swimmers while timing. Your only job as a timer is to ensure you have the right swimmer and obtain the most accurate time for each swimmer. Swimmers have the option of leaving the start of a race from either the starting blocks or pool edge. During relays, it is not okay to tell a swimmer to wait or when to leave the blocks during a takeover. Please help a swimmer if he asks for your help in some way---either getting out of the pool (do not grab the arms, which may lead to injury), equipment help or even the stroke they are in. Please know this in advance as it would be unfair to give incorrect information to the swimmer. This may happen with the younger swimmers.

Please do not take any comments or instructions from an on deck official personally. We are all here to make sure all swimmers are treated fairly and equally and have access to a fair race.