



## Timer Instructions

1. Thank the timers for volunteering their time. Introduce yourself and the Chief Timer.
2. Describe whistle starts for backstroke and forward start events.
3. Timing is one of the most important positions at a meet. Swimmers deserve your best effort and attention. **You are an Official of the meet.** Do not cheer for swimmers. Do not use cell phones, text, or use cameras as a timer. Ask for relief if you need to do so.
4. Chief Timer or Starter will make Lane assignments. Timer with the clipboard is the Head Lane Timer.
5. You may operate a button and/or a watch, but not two buttons or two watches at the same time.
6. Know how to start, stop, and clear your watch, using your index finger to start/stop the watch.
7. The Head Lane Timer should check each swimmer's name. For relays, the team and order in which the swimmers compete should be checked.
8. Do not engage in conversation with swimmers prior to their race unless they initiate it.
9. Sit or stand far enough back so you will not distract the Starter or competing swimmers, but position yourself to see the strobe light. At the long whistle, please direct your attention to the strobe.
10. Start your watch at the strobe flash, not the sound, unless your view of the strobe is blocked. Buttons are not pushed at the start. Start your watch even if you have no swimmer in your lane.
11. Check the watch after the start to make sure it is running. If not, or you have a late start, raise your hand with the watch in your hand to signal the Chief Judge you need a back- up watch.
12. Be at the edge of the pool looking down at the face of the finish wall, for the finish, **but do not step on the pad.** Stop the watch and/or press the plunger when any part of the swimmer touches the wall. Then step back and record times. **Expect to get wet.**
13. Be observant for changes in distance.
14. Record watch times in the same order, which helps identify a malfunctioning watch. Do not take times from the scoreboard.
15. If there is a No Show, record N/S. If there is a poor touch, record PT.
16. For 25 yard events, you may have to go to the other end of the pool. Walk carefully, but with purpose.
17. Long course meets: 50 meter events start at the opposite end of the pool. Check names at the finish.
18. Recruit, recruit and recruit Timers to become Officials for the Club.