



Timer Instructions

First, thank you for timing. Swim meets cannot happen without the support of volunteers like you. Please stay focused on the race and be mindful of the event to ensure that the swimmers get the most accurate time possible. For the duration of your service, put your phone away.

Before each event:

1. Ensure the correct swimmer is in queue for the correct lane, heat, and event. If not, call the swimmer's name. Report unusual situations to the deck referee (or officials around you)
 - a. All other swimmers should be waiting **behind** the timers.
2. Make sure the stopwatch is clear.
3. After "take your marks" command from the starter, start the stopwatch upon seeing the flash of strobe light. If your view of the strobe light was obstructed, start the stopwatch upon hearing the sound of the starter's horn.

During the race:

1. Check to see that the stopwatch has started. If the stopwatch was not started in time, wave the watch in the air and call for the head timer. Exchange your stopwatch for a replacement stopwatch.
2. Return to the timer's seat.
 - a. Maintaining a clear lane between the starting block and timer's seat is important for smooth transition to the next heat.
 - b. Call out the swimmer for the next heat.
3. Count the number of laps especially on 200 yards and 500 yards short course! Do NOT rely on other timers or on the referee's short whistle (which can happen after the finish!).
4. Towards the end of the race, be sure to position yourself to have a clear view of the swimmer touching the wall. Lean above the edge of the pool to see the surface of the wall. A position behind the starting block is not a good position.
 - a. If you have the clipboard, please use a single button (plunger) to stop the time.
 - b. If you have the stopwatch, please stop the time using both the button and your stopwatch.
 - c. If you're the third timer, please use a single button to stop the time.
 - d. Never use 2 plungers even if other(s) timers are missing

After the race:

1. Step back! Then, record the watch time at your seat, otherwise the deck referee and starters won't be able to see the swimmers standing behind you, and it might delay the start of the following race.
 - a. If the watch time is bad or missing, never record a scoreboard time.
 - b. If the race is a one-pool-length race, verify the name of the swimmer *after* the athlete has exited the pool.
2. Be ready to time the next race.

Note: When your shift is completed, please relay the timing instructions to your relief.

Per USA Swimming Safe Sport Rule, no pictures and videos can be taken of athletes from behind the starting blocks or starting area. If you see anyone doing this, invite them to take pictures or videos by the other side of the pool.

Once again, thank you for volunteering!