

Timer Briefing

Thank you for volunteering to time! As a timer you are an official and you are critical to the swimmers getting an accurate time. Please take care and be attentive to the job. We appreciate you stepping up and committing to follow the safety protocols in addition to the normal timer job.

This meet will have **1 timer per lane** plus a head timer. Each timer will have a stopwatch and clipboard and will write down their own times. Each timer will also push a backup button at the end of the race.

Before each heat: Check if you should have a swimmer and if you do, if it is the right swimmer. Do this before they step up to the blocks if possible.

At the start: The long whistle is your cue to pay attention for the start. Watch the strobe light on the starting box and start your stopwatch upon the flash (not the sound). If you don't get a good start, immediately hold your stopwatch up in the air and get the head timer's attention. They will give you a watch that was started on time.

During the heat: Pay attention to the lap count so that you know when the swimmer is finishing. Count the laps during the 500 Free.

At the finish: Step forward to the edge of the pool but do not step down onto the gutter. Stop your stopwatch and push the backup button as soon as any part of the swimmer touches the end of the pool. Step back from the pool to write down the time.

Writing times: Write down the stopwatch time and note if the swimmer missed the pad or otherwise soft touched.

Other general guidelines:

- Cell phones should not be used behind the blocks at all.
- Your head timer is your support team, if you have any questions they will be the person to ask.
- Minimize talking with the swimmers, they are mentally preparing for their race.

COVID protocol:

- **You must wear a mask at all times, fully covering your mouth and nose.**
- You will stay in one lane for the duration of the session. There are no relief timers.
- Bring your own water bottle, no glass on deck please.
- Keep your distance from other timers, athletes, and officials.
- For each heat your movement must mesh with the movement of the swimmers into and out of the starting block area –
 - Your general position will be back well behind the blocks. A chair may be available for you to place the clipboard on. There may also be a chair closer to the blocks for swimmers to place their mask, etc and you will stand behind that chair except at the end of a heat.
 - During the start you will watch the strobe from by your chair and you'll remain there during the heat.
 - Just before the finish of the heat, you will step up to stop your stopwatch and push the button.
 - As soon as you are done, step back to your chair for the start of the next heat and write down the stopwatch time.
 - The previous heat of swimmers will then exit the water. They will exit to the left as you look at the pool and the next heat will enter the starting area from the right.

THANK YOU!