

## LANE TIMER INSTRUCTIONS



- 1) **TURNING ON/OFF:** Press RESET button & hold down until digital display comes on or goes off
- 2) **HOW THE WATCH STARTS:** Automatically when the Starter's beep/whistle begins each race. If watch does not start, **raise your hand** to let the Starter immediately know.
- 3) **BLANKING (no swimmer is in your lane):** Shortly after the Starter's beep begins the watch, press the RESET button until dashes ----- are displayed on the digital screen. **DO NOTHING ELSE! DON'T PRESS THE START/STOP BUTTON!** You are ready for the next race.
- 4) **STOPPING WATCH AT END OF RACE:** When **ANY** part of the swimmer's body touches the wall, press the Start/Stop button on either the right or left side of the watch. If you accidentally stop the watch early, press the start button again and the watch resumes timing with the correct time. **The person with the clipboard writes down all 3 watch times on the Lane Timer Sheets at the end of each race.**

**SWIMMER CHECK:** Confirm that the swimmer in your lane is the same as the name on the Lane Timer Sheet. Before the race if the swimmer is different than listed on your sheet, raise your hand to let the Meet Ref & Starter know that the wrong swimmer is in your lane. If you cannot confirm the name until after the swimmer exits the water, write in the swimmer's name and alert the Meet Ref and/or Starter know that the wrong person swam in your lane and who did swim and earned that race time.