

## Sierra Foothill Swim League – Dual Meet Timer Meeting Points of Discussion

### Timer Best Practices:

1. Be alert and listen for the Starter to start each race.
  - a. Raise your hand when you are ready for the next race to start. This dramatically speeds up the meet and insures accurate timing.
  - b. Please start your stopwatch when the ***strobe light flashes*** at the start of each race.
2. Use your index finger – not your thumb, for the most accurate method to start and stop your stopwatch.
3. If you miss the start, or stop your stopwatch too early by mistake – no worries, promptly ask for the backup timer to assist.
4. Please do not provide instruction to the swimmers on technique, stroke, finishes, etc. Examples include:
  - a. Shouting - “Two Hand Touch”
  - b. Telling relay participants when to start.
5. Please record a time, if accurate, for all races – even if you feel the swimmer disqualified.
6. Positive encouragement of younger or struggling swimmers is always supported, provided you are giving your full attention to the swimmer you are timing.
7. We kindly request that you stand at the edge of the wall and look over the edge to see underwater finishes. This is one of the most important factors in achieving accurate times. You may get wet by being this close.
8. Please stop your stopwatch as soon as any body part touches the wall or breaks the vertical plane of the end / finish wall.
9. You can help the swimmers when they request assistance, examples are as follows:
  - a. Assistance getting out of the pool.
    - i. Only when you feel safe and comfortable helping.
    - ii. Please do not yank or pull on arms, as this can cause injury.
    - iii. A hand that the swimmer can pull on is acceptable.
    - iv. All swimmers to remain in the pool until all have finished the heat.
  - b. Help with caps and goggles, when requested by the swimmer.
  - c. Ensuring the swimmers are in the proper heat of the proper event.
10. Please ensure the times are accurately recorded to the hundredth of a second (.01) for each swimmer in each heat and event.
11. Please use your best and clearest handwriting to ensure accuracy.
12. Be observant and use good judgement when recording your times. Ask for help and guidance if needed.
13. If your stop watch malfunctions on a regular basis, please alert the starter and request a different stop watch.
14. If the swimmer is not present for the race, please write no show on the slip.
15. Please ask swimmers their name to verify you have the correct swimmer.
16. Please do not record a time that you know is incorrect. Please write “No Time”