

# Timer's Instruction Sheet

- Before each heat, make sure the watch is reset to zeros.
- When the starter sounds the starting tone, there is a light that flashes simultaneously on the starting stand. Look directly at the starting stand, and start the watch when you see the flash. Light travels faster than sound, and the most accurate time can be obtained by starting the watch from the light flash.
- There must be two watch timers for each lane for an official time. Each timer may operate a watch and a button, if present. Buttons are present when touch pads are in use. The button is electrically connected to the electronic timing system. If there is a button present, press the button only at the finish, not the start.
- Declare a “Head Timer”: The Head Timer is an extra timer, in addition to the two timers per lane. The Head Timer starts a watch each race, and can cover for any watch problems in a lane, or timer deficiency in a lane.
- If the heat starts with only one timer present in your lane, or if one of the timers in your lane forgets to start the watch, then put up your hand and call for the Head Timer. The Head Timer is an extra watch timing person not specifically assigned to any lane.
- When the swimmer is approaching the finish, timers should move directly over the finish wall and look closely for the swimmer's hand(s) to touch the wall.
- Write the watch time on the seed card or timing sheet. Record both watch times to the hundredth of a second. *Never round off.*