

### **TO BE AN EFFECTIVE LANE TIMER**

1. Determine whether the swimmer or relay team is present and in the correct lane, heat and event. **ASK THEIR NAME(S)** and check your card or or heat sheet. For **RELAY SWIMMERS** ask their name and the swimming order. Check your list.
2. Be in your chair at the **START** with unobstructed view. Check to be sure your watch is set to 0:0:0 when the **REFEREE'S** whistle blows.
3. Start your WATCH on the strobe light.  
**NOT** the sound of the horn.

**(MORE OVER)**

4. **IF YOU HAVE A PROBLEM** raise your hand, with the watch in your hand. The Chief Timer will respond to help you.
5. **STAND** directly over the edge of the pool so you can see the touch clearly. **STOP** your watch & pad button at the touch of the pad. Index fingers are faster than thumbs.  
**USE THE SAME PAD BUTTON** for each heat.
6. Record the watch times for the correct swimmer. Note on the card or heat sheet when you see a late pad touch, a light touch, a missed pad or button.

### **TO BE AN EFFECTIVE LANE TIMER**

1. Determine whether the swimmer or relay team is present and in the correct lane, heat and event. **ASK THEIR NAME(S)** and check your card or or heat sheet. For **RELAY SWIMMERS** ask their name and the swimming order. Check your list.
2. Be in your chair at the **START** with unobstructed view. Check to be sure your watch is set to 0:0:0 when the **REFEREE'S** whistle blows.
3. Start your WATCH on the strobe light.  
**NOT** the sound of the horn.

**(MORE OVER)**

4. **IF YOU HAVE A PROBLEM** raise your hand, with the watch in your hand. The Chief Timer will respond to help you.
5. **STAND** directly over the edge of the pool so you can see the touch clearly. **STOP** your watch & pad button at the touch of the pad. Index fingers are faster than thumbs.  
**USE THE SAME PAD BUTTON** for each heat.
6. Record the watch times for the correct swimmer. Note on the card or heat sheet when you see a late pad touch, a light touch, a missed pad or button.

Cut the card on the perimeter lines so they will not show, and then fold on the center line so it is not visible along the top edge. If it is too long for your luggage tag material, trim the width after you get it folded in the center. Use the 2<sup>nd</sup> page as the guide as the next to last sentence is the longest.

Cut the card on the perimeter lines so they will not show, and then fold on the center line so it is not visible along the top edge. If it is too long for your luggage tag material, trim the width after you get it folded in the center. Use the 2<sup>nd</sup> page as the guide as the next to last sentence is the longest.