

Appendix E
Instructions for LTAD timers
(Pool events)

For 25 m speed event

Each timer needs a stop watch and a pencil

Receive the appropriate chit from the swimmer before they go to the other end of the pool and line up opposite you (make sure it is the same swimmer that gave you the chit!)

Swimmers will hop into the pool and hold on

Watch the referee for the hand signal (arm comes down) and whistle

Start the watch with the signal

Timers are to time from the start of the race (whistle and arm movement) until their swimmers' board touches the pool wall in front of them

Keep the swimmer in the water until signaled by the referee for all to exit the pool

Record the time on the chit (min, seconds to hundredths of a second)

Give chit to runner

Repeat

For stamina events

Each timer needs a stop watch and a pencil

Know the length of the race (this differs from one age group to another)

Receive the appropriate chit from the swimmer before they slip into the pool in front of you

Swimmers will hop into the pool and hold on

Watch the referee for the hand signal (arm comes down) and whistle

Start the watch with the signal

Timers are to time from the start of the race (whistle and arm movement) until their swimmer has completed the desired number of lengths

Use your pencil and the back of the chit to count laps as this is your responsibility for this event

When the swimmer has finished, keep them in the water until the referee signals all to exit

Record the time on the chit (min, seconds to hundredths of a second)

Give chit to runner

Repeat