

HAMMERHEAD TIMER

NEED TO KNOW INFO

BE ATTENTIVE AND ACCURATE

HOW TO TIME

YOUR STOPWATCH IS BACK-UP TO THE SYSTEM!

- Check swimmer's name. Does it match the name on your lane sheet? If not, they are in the wrong heat or the wrong lane. If swimmer is MIA, cross out name on sheet.
- Tell swimmer to get on block. When you hear one long blast, instruct the swimmer to get onto block.
- Start your stopwatch. When you see the light flash, start your stopwatch (NOT when you hear the beep). If you don't start your watch, raise your hand and head timer will swap-out watches.
- Stop your stopwatch. When swimmer gets to flags, lean over block and stop watch when hand hits pad.

WHEN HEAD STARTER BLOWS 1 LONG WHISTLE:

PLEASE DO THE FOLLOWING:

- If swimmer is MIA: Look at head official and shrug shoulders.
- If swimmer is scrambling to get on block: Look at head official and point to swimmer.
- If urgent problem occurs, (goggles broke): Look at head official and raise your hand.
- **FLYOVERS: Keep swimmers in water next to lane line until next event starts. After horn sounds, get them out of water ASAP.**
- **SHIFT CHANGE: When Shift 2 reports to lane, hand over your stopwatch.**



TIPS:

Do not allow horseplay behind blocks.

Don't be afraid to ask for help if you are confused.

PLUNGER

One timer is in charge of the plunger. (cord with black thing and button on top).

Do not click the plunger when the race starts.

Click the plunger ONLY at finish when swimmer's hand touches pad (same as stopwatch).

SCRIBE

- One timer is in charge of the clipboard.
- Write down electronic clock time 1st! (If clock shows - -, then mark X in Soft Touch box).
- Write down partner's stopwatch time 2nd; Write down your stopwatch time 3rd.

Thank you for your help!