

TIMING information for our GREAT volunteers!

25 yards is one lap and they start on the bulkhead and swim toward you!

50 yards = two laps 100 yards = four laps. 200 yards = eight laps.

Medley Relay goes Back → Breast → Butterfly → Freestyle

Individual Medley goes Butterfly → Back → Breast → Freestyle

Our goal at Jenison is to have two timers per lane so that each child will receive his or her correct time. One timer will have a stop watch and a yellow back up button/plunger. The other timer will have a stop watch and a clipboard with the events and heats on it (you will have the names of each swimmer in your lane on the heat sheet, so please ask the swimmer his or her name before he or she dives in or when they finish a 25 yard race. You will also be able to tell if you do not have a swimmer in a certain heat, so make sure no one gets onto the block).

While looking at the stopwatch, the button on the top right will start and stop the watch. The button on the top left will reset the watch to 00:00.00 for the start of each new race. Make sure that the watch is stopped before you reset it, otherwise you will get a split (you don't want splits ☺).

Both timers will start their watch when they SEE the strobe light on the start system. Do not LISTEN for the beep, but SEE the strobe light in order to start your watch.

The timer with the yellow back up button/plunger will then lean over the water's edge and press the button/plunger every time a swimmer hits/touches/runs into the wall he is standing over. These are called splits and we get them onto the board with firm touches or the back up button/plunger (young swimmers often do not have firm touches ☹).

At the finish of the race, both timers will lean over the water's edge to stop their watches (top right button), the timer with the plunger will also press the button at the conclusion of the race. The timer with the clipboard will write down the times from both stopwatches. If the times from both stopwatches are each more than .3 different than the time on the board, CIRCLE the times on your paper so they are easily identifiable for our computer operators. Someone will be by to pick up the paper after every few heats.

Once all is written down, clear your watches and get ready for the next race. When the official goes to start the race, check again and make sure the watch says 00:00.00. If you forgot to clear your watch or missed the start of the race, raise your hand (right away) and another stop watch will be brought to you by our back up timer!

Thanks for volunteering at the Jenison HS Aquatics Center and helping to make our programs successful!