

# WILLOW FORK GATORS SWIM TEAM 2009

## Times and Time Trials

1. There will be 2 official time trials this season, but times will also be collected from the meets
2. All parents must be involved: it is critical that our volunteers are familiar with the meet procedure. Time Trials are excellent practice.
3. We need 2 or 3 timers per lane: meets have 3 (one also records the times)
4. We have many stop watches. Please talk to us if you would like to familiarize yourself with these prior to time trials.
5. Check your child's times by entering their Swimmer number in the Times page of the website
6. Time trials will reflect the races swimmers might participate in at the meets, including IMs.

## Rules of Time Trials:

1. Arrive early to warm up, get number and lane assignments
2. Parents gather at north end of pool to get equipment: watch, clipboard, pencil, timing slips
3. Swimmers must make sure their ID number is written on their RIGHT hand, and must make sure the timer can see it when they finish.
4. Swimmers must stay in lane
5. Swimmers must use legal stroke and touch procedures, to encourage good habits for the meets
6. Swimmers must stay in the water at the end of the race until instructed to climb out
7. Timers will use the strobe light of the starter to start their watches by (league recommendation)
8. Timers raise their hand if they missed the start and need back up
9. Timers will record all times on the Swimmer's timing slip (one per swimmer) labeled with swimmer number
10. Timers will make sure their completed slips are returned to the Timing Chairperson's Timing Slip box at the end of the trials.
11. Timers will make sure their stopwatches, clipboards and pencils are returned to the Timing Chairperson's Equipment box at the end of the trials.

## Order of Time Trials:

1. Time Trials order will reflect the meet and the requirements of our database
2. Girls swim before boys
3. Races are swum in this order: Freestyle, Backstroke, Breaststroke, Butterfly, IM
4. The IM is in this order: Butterfly, Backstroke, Breaststroke, Freestyle
5. Two handed touches are required for Butterfly and Breaststroke (turn and finish)
6. Swimmers must not assist themselves using the lane rope or floor
7. Timer will mark the timing slip if the swimmer does not fulfill #5 and #6 above

## **Timing at Meets**

1. **WHALe** meet races are judged by the times recorded by 3 timers on each lane
2. Times are recorded on timing slips which also list lane, event and swimmer numbers
3. A runner collects the slips and takes them to the score table where the times are checked and ordered for the ribbon clerks.
4. Swimmers proceed **STRAIGHT** to the Ribbon table at the end of their race
5. Swimmers are lined up in order of finishing at the Ribbon table to receive their prize
6. Swimmers return immediately to their ready bench area