



**TIMEKEEPER/  
CHIEF TIMEKEEPER**

**TRAINING EXERCISES**

THE SWIMMING NSW TRAINING EXERCISES ARE TO BE USED IN CONJUNCTION WITH THE SWIMMING NSW TRAINING NOTES TO IMPROVE CANDIDATES' UNDERSTANDING OF POLICIES AND PROCEDURES.

BOTH THE TRAINING NOTES AND TRAINING EXERCISES ARE RESOURCES TO ASSIST CANDIDATES ATTEMPTING THE SWIMMING AUSTRALIA TECHNICAL OFFICIAL ACCREDITATION PROCESS. THESE TRAINING EXERCISES ARE TO BE COMPLETED PRIOR TO ATTENDING A TIMEKEEPER/CHIEF TIMEKEEPER PRESENTATION.

**LANE TIMEKEEPER**

1. WHEN DO YOU NEED TO ARRIVE AT THE POOL?

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2. TO WHOM DO YOU REPORT, AND WHY?

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3. WHAT EQUIPMENT DO YOU NEED TO BRING WITH YOU?

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4. WHEN WOULD YOU START YOUR STOPWATCH, FOR A PISTOL START?

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5. IN A HANDICAP RACE WHEN WOULD YOU START YOUR STOPWATCH?

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6. WHAT MUST YOU DO:

A) AFTER THE START OF EACH RACE?

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B) DURING THE RACE?

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7. WHEN WOULD YOU STOP YOUR STOPWATCH AT THE FINISH OF A RACE?

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8. WHY IS IT NECESSARY TO HAVE THREE (3) TIMEKEEPERS ON EACH LANE  
OTHER THAN THE WINNER'S LANE?

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9. GIVE AN EXAMPLE

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10. WHAT MUST YOU DO IF YOUR STOPWATCH MALFUNCTIONS DURING A RACE?

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11. CAN YOU TELL A SWIMMER THEIR TIME? EXPLAIN YOUR ANSWER.

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12. WHEN WOULD YOU RESET YOUR STOPWATCH TO ZERO?

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13. WHERE MUST YOU STAND TO GET A PROPER VIEW OF THE FINISH?

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14. HOW WOULD YOU AVOID ANTICIPATING THE TOUCH AT THE FINISH?

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15. WHAT ARE THE REQUIREMENTS FOR A SWIMMING NSW RECORD WHEN SEMI AUTOMATIC TIMING (SAT) IS USED?

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16. WHEN MANUAL TIMING IS USED, WHO WOULD SIGN THE SWIMMING NSW "APPLICATION FOR RECORD" AT THE POOL?

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17. WHY IS IT NECESSARY TO KEEP A PERSONAL RECORD OF YOUR STOPWATCH TIMES?

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18. WHY IS A TIME TAKEN IN TWO (2) PARTS NOT ACCEPTABLE FOR A RECORD?

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19. WHICH OFFICIALS HAVE THE RIGHT TO CHECK TIMEKEEPERS' STOPWATCHES?

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20. WHAT WOULD BE THE INDICATED OFFICIAL TIME IN THE FOLLOWING EXAMPLES USING MANUAL STOPWATCH TIMING?

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|----|----------|----------|----------|-------|
| a) | 1:01.13  | 1:01.21  | 1:01.18  | _____ |
| b) | 2:49.93  | 2:49.66  | 2:49.66  | _____ |
| c) | 3:16.04  | 3:15.97  |          | _____ |
| d) | 0:59.97  | 0:58.97  | 1:00.01  | _____ |
| e) | 15:23.93 | 15:22.93 | 15:23.93 | _____ |

21. ARE ANY OF THE ABOVE TIMES **NOT** ACCEPTABLE FOR A RECORD, AND IF SO, WHY NOT?

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22. WHAT ARE THE ADDED RESPONSIBILITIES OF A **CHIEF LANE TIMEKEEPER**?

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23. WHAT ARE THE ADDED RESPONSIBILITIES OF A **CHIEF TIMEKEEPER PRIOR TO THE MEET COMMENCING**?

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24. WHAT ARE THE ADDED RESPONSIBILITIES OF A **CHIEF TIMEKEEPER** DURING EACH RACE?

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25. WHAT ARE THE ADDED RESPONSIBILITIES OF A **CHIEF TIMEKEEPER** AFTER EACH RACE?

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26. WHAT CAN YOU DO, AS A **CHIEF TIMEKEEPER**, IN THE EVENT OF A TIMEKEEPER REPORTING A STOPWATCH MALFUNCTION?

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27. OUTLINE THE PROCEDURE CONDUCTED BY A **CHIEF TIMEKEEPER** FOR A STOPWATCH CHECK PRIOR TO THE START OF A MEET.

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