

NO CELL PHONES BEHIND BLOCK



Ask your swimmer's name

- Ask your swimmer their name
- Ask their event (as needed)

Find Your Swimmer on the Heat Sheet

- Find them on your cheat sheet and verify they are next up
- Note how many laps the event is

Timer Cheat Sheet

Reset & Begin Timing Using Your Stopwatch

- Start = Signal
- Count their laps
- Stop = First touch on the wall

Missing Swimmer?

Place your clipboard sideways on the block to indicate you have a missing swimmer for this heat.

Any Issues

Raise your hand if you run into any issues such as your stopwatch stops working.

Reset

Start/Stop



Swimmer: Swimmer's Name

Time: 00:00:00

Event: 200Fly

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