

Lane Timer

A lane timer stands behind a designated starting block with 2 other timers to take and record the swimmer's time in their lane. It requires the use of a stop watch which is provided. In order to record the most accurate time, the timer should lean over the edge of the pool to record the exact moment the swimmer touches the wall.

Back Up Timer

The back-up timer is the same thing as a timer, but they are used if one of the watches in a lane fails. The timer behind the block will call out " backup" and the backup timer will step in to take their place behind the block for that heat.