

Timekeeping

Function:

To measure the elapsed time between the start and finish of an event conducted on a track or course

What do I need?

- Digital stop watch: Standard stop/start/reset;
- Lap timer;
- Multi-Function;
- Timing Machine ("Gates")



Where do I stand?

Timekeepers should be in line with the finish line on an elevated stand 5 metres from the outside lane of the track, preferably seated.

What do I do?

- Ensure you are familiar with the operation of the timing device and practice several times
- Hold the watch between the thumb and forefinger, with the forefinger on the button
- Hold the watch still to eliminate any unnecessary motion
- Know what **place** you are timing
- Act independently
- Be alert at all times

When do I begin timing?

- The Chief Timekeeper will normally advise when the start is imminent
- Watch for the raised gun
- Start timing from the flash or smoke from the gun

When do I stop timing?

- Stop when the athlete's **torso** reaches the finish line (not head, neck, arms, hands, legs)

What happens at the end of the race?

- The Chief Timekeeper will ask what time **you** have on **your** watch for your place.
- For all hand-timed track races the time shall be converted and recorded to the next one tenth of a second (e.g. 12.23 is 12.3)
- For all races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second (e.g. 2:09.44.3 is 2:09.45)
- If after converting, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time

What happens if a mistake is made?

- If you miss the start or finish of a race:
- Remain calm and inform the Chief Timekeeper immediately and they will assist you.

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Handy Hints for Timekeepers

- Be meticulous and level-headed
- Concentrate on the Starter's movements once the official in charge at the finish has signalled "All is ready for the start"
- Do not get caught up in the event as a spectator as you may forget to stop the watch
- At the finish of the race do not have any interest in who wins or the other placings
- Remain calm even if the times announced do not tally with what other people have on their watches
- Only record the time on your watch
- Do not return your watch to zero until directed by the Chief Timekeeper
- If you are using recording sheets – write the event and event number on the top and put a line through the numbers not required in that race (e.g. the sheet lists 10 places and only 6 athletes are competing in a race – cross out 4 places)

