

## DEMONSTRATING DIGITAL HAND-HELD TIMEKEEPING

The demonstration should be held at the finishing end of the pool. This will allow you to show how to lean over the pool end and look down the face of the wall at the end of a race.

**For each participant you will need:**

- Digital stopwatch, with three rows of times displayed (see below)
- Pen
- Clip-board
- Several competitor event recording sheets or cards
- Sample page of 400m Swim recording sheet from Endurance 1000 Program site.

### Digital Stop watches

Are hand held watches that are both started and stopped with a finger or thumb.

They have one, two or three rows of numbers with each now displaying **0 : 00' 00" 00**.

The first number records hours since started; the second two numbers the minutes; the next two the seconds and the last two hundredths of a second. So 1 minute 30.02 seconds would appear as **0 : 01' 30 02**.

The three row version is preferred because they are more versatile showing split, cumulative and final times and can be used for several different purposes.

## POOLSIDE EXERCISES     Demonstrator's Instructions

### Exercise 1.

(You will need a volunteer swimmer to swim in and touch the pool end wall).

- Tell participants to put their event recording sheets or cards on their clipboard and to put it in a quickly accessible place.
- Have them pick up their watches.
- Tell them to make sure the watch is displaying three rows of seven zeros. If not they will need to press the MODE of the watch until it does.
- Then ask them to "play" with the watches, pressing in turn the START, LAP (several times), STOP, and RESET buttons until they become familiar with the functions.
- Then demonstrate the starting signal you will give to them.
- Next tell them to start their watches when you give the signal.
- Start your own watch too.
- After about 20 seconds ask the swimmer to swim in from 15 metres. Tell the participants they must lean over the end of the pool and stop their watch when they clearly see the swimmer touch with any part of the body.
- They should then write the time on their competitor event recording sheets or cards.
- Check their times and repeat this exercise until you are satisfied that they are starting and stopping their watches correctly.

## Exercise 2.

(This requires a volunteer swimmer to swim 400m in a 50m pool or 200m in a 25m pool)

- Tell participants to put the 400m Swim sheet on their clipboard (If it is a 25m pool the distances on the sheet should be changed to 50m; 100m; 150m and 200m to avoid any confusion).
- Give the signal to start their watches.
- Tell them to press the LAP button on their watch when the swimmer first touches at their end of the pool (100m in 50m pool or 50m in 25m pool.). The watch will then show three times. The top two rows will have the same time (the LAP time and the CUMULATIVE time) while the bottom row will still be running.
- The time that can be read is to be written in the first Split box on the 400m Swim sheet recording the minutes; seconds and hundredths of a second e.g. **1.30.69**.
- Tell them to press the LAP button when the swimmer touches at their end the second time.

(200m in 50m pool or 100m in 25m pool).

- This time the top two times will be different. The shorter time is the LAP time and is to be written in the next Split box below on their sheet. The longer time is the CUMULATIVE time. This records how long since the swimmer started and should be written in the second Cumulative box.
- Have them continue to use the LAP button each time the swimmer touches until the distance is completed when they should press the STOP button. After recording the times the watch must be reset (RESET button). Note that on some watches the previous cumulative time will still be shown (i.e. 300m in 50m pool or 150m in 25m pool). If so ignore this and record the final time in the last Cumulative time box.