

**TIMEKEEPER CANDIDATE'S COMPETENCIES CARD**  
**Candidate to retain and tick each time a competency is assessed**  
**at a meet or where applicable by an exercise**

CANDIDATE HAS	TICK WHEN ASSESSED AS COMPETENT UNDER SUPERVISION
Started watch on visual signal of start	
Checked watch during race	
Looked down pool face to stop watch	
Checked swimmer's name	
Recorded split times during race ( <b>or aerobic swim</b> )	
Recorded times to 100 <sup>th</sup> second on card/sheet	
Recorded correct official time in copy of program	
Used bell or whistle correctly in long event ( <b>or completed exercise</b> )	
Operated SAT button ( <b>or completed exercise</b> )	

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