

# 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?

- Stop watch:
  - Standard stop/start/rest
  - 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.



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- 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 one-tenth of a 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:

- Don't panic
- Don't let your mistake be known to the athletes, spectators, coaches
- Inform the Chief Timekeeper immediately and they will assist you

## Handy Hints for Timekeepers

- Be meticulous and level-headed
- Concentrate on the Starter's movements once the Track Referee has signalled "All Clear"
- Don't 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)

