

Appendix D
Instructions for LTAD referees
(Pool events)

For pool event

Each timer needs a stop watch and a pencil

Train timers in use of stop watch and how to reset timer for each race.

See that swimmers are lined up and have the correct chit to hand to their time.

See instructions for times

See that draws are posted prior to the event

Signal the start of any heat with both whistle and arm movement (so timers can see you)

Keep swimmers in the water each heat until all have finished

Signal swimmer exit from pool and entrance of those in next heat

For flexibility events

Ensure the judge or tester has the appropriate protocol available and ensure space for testing is appropriate