



Northern Suburbs Little Athletics Centre Inc

P O Box 882, Willoughby NSW 2068

TIPS FOR TIMING AND RECORDING RACES

When operating the electronic timing equipment:

Starting the gun

When you cock the gun both sides require a starting cap.

The right side (i.e. the first cap fired) starts the timer in the electronic starting box situated at the finish line.

The left side cap is to be used for false starts, and does not transmit a signal back to the electronic timing box.

When you have started the race, immediately look to the finish line and if you see a red flag, fire your gun again to indicate a false start.

Manual time keeping:

Circular track events (i.e. pack starts, 800m, 1500m 3k etc)

When using the Hand held printout stop watches -

Look at the starter, and start the manual stop watch on the gun smoke.

Recording track events:

Straight track: athletes rego numbers to be written on result sheets at the START of the race.

Circular track: athletes rego numbers to be written on result sheets at the FINISH of the race.