# **SMNE SC DISTANCE**

Sun 2nd July 2023, at PLC



## **CLUB DUTIES**

\*NB Approximate Timeline: 8:45am - 12:30pm

Duty		Day 1 Sunday 26th	
Runner		9.00am - 12.30pm	Narrabeen
Mid-morning break		~10:20	
Timekeeping Lane 1	From 9:30am	1 Lane Cove	1 Manly
Timekeeping Lane 2	From 8:45am	1 Knox Pymble	1 Knox Pymble
Timekeeping Lane 3	From 8:45am	1 Knox Pymble	1 Knox Pymble
Timekeeping Lane 4	From 8:45am	1 Knox Pymble	1 Knox Pymble
Timekeeping Lane 5	From 8:45am	1 Knox Pymble	1 Knox Pymble
Timekeeping Lane 6	From 8:45am	1 Warringah	1 Warringah
Timekeeping Lane 7	From 8:45am	1 Warringah	1 Warringah
Timekeeping Lane 8	From 9:30am	1 Ravenswood	1 Abbotsleigh
Timekeeping Reserves		All other Clubs	



### ✓ Warm Up/Cool Down

The Competition pool will be available for warm up from 8:00am to 8:30am. The Learn-to-swim Pool will be available throughout for Warm Up and Cool Down.



#### Lap Counting

Swimmers entered into the 800FR or 1500FR must provide one (1) person to turn the lap counter on their lane. This person can be another responsible competitor if the parent is timekeeping.



#### Catering Distribution

Take snacks and water to the Technical officials and Coaches every hour or thereabouts. Include: Everyone in Control Room, JOS, Referee, Starter, Checkstarters, Marshalls, Chief Timekeeper, all Coaches.



#### Runner

Remain in the Control room, introduce yourself to the Computer operators and the Recorders. Your duties include "running" the results from the Computer Operators to the Recorders. The Recorders will check the results and give to the announcer.