

# SMNE LC DISTANCE

Sun 20th October 2024, at PLC



## CLUB DUTIES

*\*NB Timeline is subject to change  
8:30am - 12:30pm*

Duty	Day 1 Sunday 20th	
Runner (1)	9:00am - 12:30pm	Narrabeen
Mid-morning break	~10:00	
Timekeeping Lane 1	1 Knox Pymble	1 Knox Pymble
Timekeeping Lane 2	1 Knox Pymble	1 Knox Pymble
Timekeeping Lane 3	1 Knox Pymble	1 Knox Pymble
Timekeeping Lane 4	1 Manly	1 Manly
Timekeeping Lane 5	1 Lane Cove	1 Lane Cove
Timekeeping Lane 6	1 Warringah	1 Warringah
Timekeeping Reserves	Ku-ring-gai, Shore, Mosman	

### ✓ Warm Up/Cool Down

The Competition pool will be available for warm up from 7:30am to 8:15am. Lane 8 will be available throughout for Warm Up and Cool Down. Lane 7 must be kept empty throughout racing.

### ✓ 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

Not applicable at this meet

### ✓ 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.

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