

SAIL RUNNERS

- The main job of a runner is to move the heat cards from the timers to records
- It takes approximately 4 to 6 runners to run each half of the meet
- Runners should be identified by a card on a lanyard, vest, hat, shirt.....
 - Identifying your runners will let people know that they are behind the timers where they are supposed to be, and hopefully people will get out of their way so they can get the cards to records quickly
 - Identification lets timers know who to look for at the end of a heat
- The runner who takes the cards to records should paper-clip each heat together
- Always try to lay down and collect cards in lane order

50 meter and 100 meter events, relays

- you need a minimum of 3 runners during these events
- at the end of a 50 m or 100 m event, or a relay, a runner should collect the heat cards from each recording timer
- that runner should hand off the cards to another runner who can take them or relay them to the records area
- heat cards should be kept in lane order with Lane 1 on the top and Lane 6 on the bottom
- each heat should be paper-clipped together before turning the cards in to records

25 meter events

- you need a minimum of 5 but preferably 6 runners for these events
- a runner will collect the heat cards from the swimmers while they are sitting in the chair waiting to swim
- the cards need to be quickly relayed to the other end of the pool
- a runner will lay down the cards with the timer in the appropriate lanes. Slide the card under the existing card.
- at the end of the heat a runner (not the one who is laying down cards) will quickly collect the cards and hand them off to another runner who will make sure they are in lane order (1-6), paper-clip the heat and turn in to records

DQ's – If a swimmer is disqualified, you may not be able to collect that card with the rest of the heat. If this is the case, have someone take that to records and give the card to the head records person so they can put the card with the heat. Either the referee or stroke and turn judge will fill out the DQ quickly and then talk to the swimmer so the runner can continue with their job. If possible, the runner should wait to gather all the cards from the heat.

Scratch Cards – Scratch cards should be kept with the heat. If it is a 25 meter event, hand the scratch card as well as the card of the swimmer who is swimming in that lane to the recording timer. When the runner collects the cards, they will collect the scratch card and keep it with the heat. If it is a 50 m or 100m event, the head lane timer or recording timer will have the heat card. The runner should collect the scratch card and keep it with the heat.