



# RUNNER

## DESCRIPTION

- Four (4) RUNNERS per Meet Shift are required for each Dual Meet.

## REQUIREMENTS

- The Home (Hosting) Team is responsible for providing all RUNNERS.
- The RUNNERS re trained by the Home Team for their duties. RUNNERS are not required to attend Circuit training.

## DUTIES

- The RUNNERS are responsible for obtaining and delivering the Event Cards for each Heat.

## PRE-HEAT

- The RUNNERS are responsible for obtaining the Event Cards (where applicable) from each Swimmer(s) in each Heat as they approach the Starting Blocks.
- The RUNNERS then must deliver these Event Cards to the TIMERS in the corresponding lane(s) for that Heat prior to the end of the Heat.

## POST HEAT

- The RUNNERS are responsible for picking up the completed Event Cards and any DQ (Disqualifying) forms and delivering these cards and forms to the Scoring area.