

## PACE CLOCK QUIZ

Even if your aim is fitness note that you should ALWAYS know what time you have just swum, for whatever you have swum. That is what the big Pace Clocks are for!! They are essential for pacing [hence the name] and can often be used to help you count.

So here are 5 questions for you to answer - and tell me, or email them me. All questions assume a clock with black and red hands, and swimmers go 10 sec apart.

NOTE: These are simple logic questions to help your swimming. I am not asking people to solve the cube root of hyperbolic quadratic equations!! Whether you are short sighted, long sighted, colour blind, or have some other excuse – sit with a clock in front of you if need be, and go through the questions logically.

Be the FIRST swimmer to get these all correct as written! Regards, Alan

**1. You are doing 10x50 on the 1'10" and you leave on the Black Top [0].**

Q1-1: What does the clock read when **you** leave off for starting 50 number 7?

Q1-2: When are **you** leaving when you start 50 Number 10?

[What time is the clock showing?]

**2. You are doing 8x100 on 2'20". The leader goes on the Black Top. You go Third [3].**

Q2-1: When do you leave?

Q2-2: What time do **you** leave on for number 4?

Q2-3: Number 7?

Q2-4: **You** are leaving on the **Black** top. What number[s] can it be?

**3. You swim about 0'55" a lap/50m and are about to do a 400. The leader goes on the Red top, you go 3rd.**

Q3-1: What time do you expect to swim?

Q3-2: Where should you expect the Red hand to be when you finish?

**4. You are swimming 20 x 50m on 0'45". You leave on the Red Top.**

Q4-1: What number[s] are the 50m's when **you** leave on the **Red 30"**??

**5. You swim 100m in 1'35" and are swimming a 300. The leader goes on the Black Top. You are swimming in 4th.**

Q5-1: What time do you expect to swim?

Q5-2: When do you leave?

Q5-3: What should the clock show when you finish?