

Mile split marshal & cell number →

Partner at start & cell number →

THREE simple stopwatches are needed – the start/stop/reset only kind are fine.

Call the stopwatches A, B, C.

PREPARATION

1. Clear A, B, C to zero.
2. With plenty of time before marshal leaves – SIMULTANEOUSLY start watches A and B.
3. When watches A and B reach four minutes, STOP both A and B. Any reading from 3:45 to 4:15 is fine. If the reading is too low, run the watches together some more. If the reading is higher than the fastest runner's mile time and there is enough time to rerun, clear the watches and start over.

Do NOT clear watches A and B.

4. Shortly before marshal leaves, SIMULTANEOUSLY start watch C and restart watch A from its stopped reading of about four minutes.

*** Watches B (stopped at about four minutes) and C (running) go to mile split marshal.

*** Watch A (running) goes to partner who will remain at the start line.

Marshal leaves for mile split post, with plenty of time to get there ahead of the runners, taking watches B and C.

AT THE START LINE

At the start signal, partner stops watch A.

Immediately, partner contacts marshal, for example by text message, communicating the stopped time on watch A. Call that Time A.

AT THE MILE MARK

Marshal receives Time A. Ideally marshal will confirm back to partner that the message is received.

When watch C reaches Time A, SIMULTANEOUSLY stop watch C and start watch B.

Read the mile splits off the running watch B.