

## **Watches & Timing**

Timing has become an integral part of stick curling and is an invaluable tool in assessing ice conditions and critical to ice mapping. However, timing is, to a great extent, an individual thing. During a game, since we are watching down the length of the ice, 'reaction time' will be different for each individual. When you start and stop the timing may not be exactly the same as for another individual. A key point is that if you are always consistent in your start/stop routine, you will have information that will be valuable to you.

### **What to time**

All rocks including yours and your opposition's can provide feedback on ice conditions and assist in ice mapping.

Early in the game, a watch will provide a sense of draw weight and as the game progresses, watches can indicate a change in draw weight (e.g., keener as the game progresses or heavier as the game progresses).

Watches can also provide feedback on take out weight. The Canadian Stick Curling Association (CSCA) now includes maximum take out weight in their Official Rules of Play at the national Championships.

### **Timing Devices**

There are many different timing devices/watches. These include hand held stop watches as well as brush mounted devices. All should have the capability of be manually started, stopped and reset. The timing devices should have a readable display capable of indicating seconds and fractions of seconds.



Hand Held



Brush mounted

### **How to time**

It is important that the times are reliable, repeatable and interpretable. The recommended interval is the time the thrown rock takes to traverse the two hog lines and is referred to as the hog-to-hog (h-h) time.



Ice conditions will dictate the actual numbers, however h-h times for draw weight are typically in the neighborhood of 13.5 seconds, with typical take out weights being in the neighborhood of 9 seconds. Note that the slower the rock, the larger the h-h times.

### Training Tools

#### Laser Timing Devices



Laser timing devices are set up on each hog line and among other things, can measure rock “speed” at the first hog line (meters/sec and/or feet/sec) and h-h time (sec).

Both the speed and the h-h measures provide information regarding the weight thrown and are related.

- The lower the rock speed, the larger the h-h time
- The higher the rock speed, the smaller the h-h time

The speed and h-h measures are independent of release and release point, but may not be accurate/reliable if the rock is not released before the hog line.

Typical h-h times include

- 14 sec h-h times should be close to the house
- 15 sec h-h times probably in front of the house
- 10 sec h-h a control weight take out

h-h times may vary due to

- ice/path variations across the sheet
- pace differences
- number of rotations
- path use (multiple throws on same path)

#### Summary

Timing has become an integral part of stick curling. Watches can provide in-game feedback on a) weight required for various shots, b) changes in ice conditions through out the game, c) different weights required for different paths on the sheet and d) assessing over/under weight shots. Continue timing throughout the game in an attempt to identify changing ice conditions.

Laser timing devices can be an invaluable tool for developing consistent weight control. During training/practices they can be used to assess a thrower’s repeatability a) when throwing various weights, b) when throwing various turns and c) of their pace during delivery.

It is also a good idea to ensure you and your playing partner are 'talking the same language' on times. You might want to create an opportunity to test your reaction time against laser timers at the Development Centre. You could also just do comparisons by timing a series of rocks thrown in an adjacent game - just by standing side-by-side so you have identical perspectives.