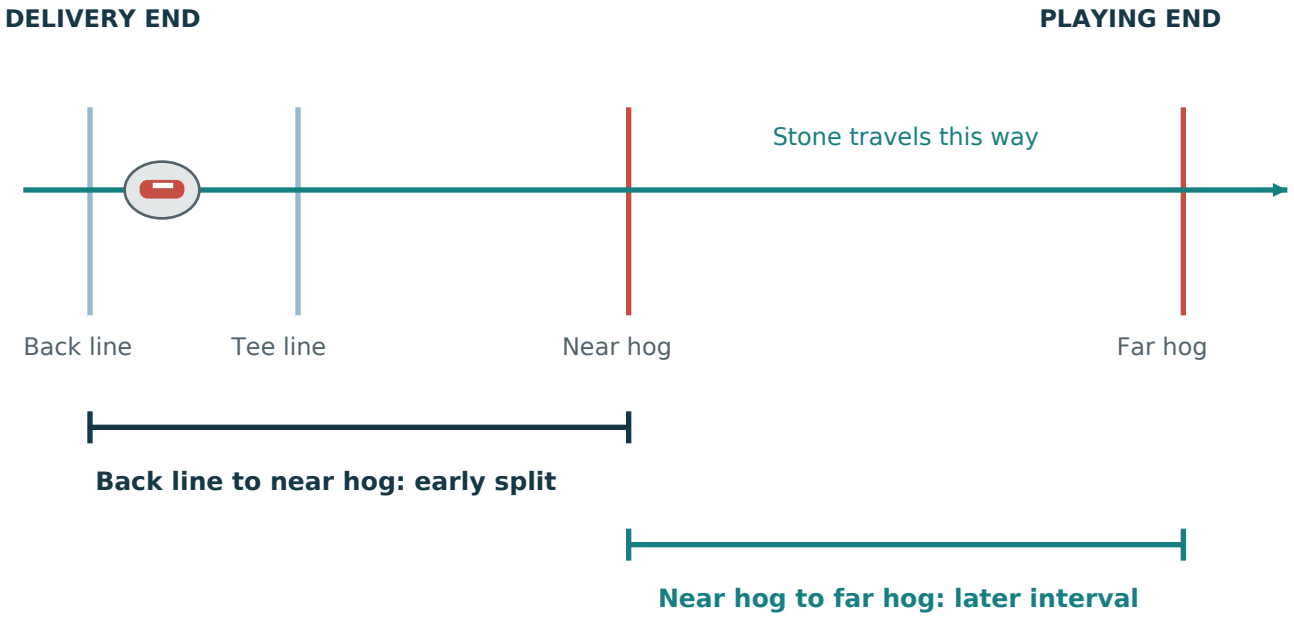
Stopwatch Timing

Use a time as an early clue. Keep watching the stone.

A stopwatch helps a team compare deliveries and learn the ice. It does not tell you, on its own, where a stone will stop. Match the number to the player, release, stone, path and conditions you are seeing today. [1]

Name the interval before you time



Not to scale. A tee-to-hog split is another interval; label it separately and build a separate record.

Choose one repeatable reference

HouseCall practice convention: start when the **front edge of the stone reaches the approaching edge of the start line**. Stop when that same stone edge reaches the approaching edge of the finish line. Agree on this before the first throw.

This is a team convention, not a rulebook requirement. Do not mix front-edge and back-edge timing, or the near and far edges of painted lines.

Build a local baseline

Today's useful number comes from today's observed shots.

1 Hold the setup steady

Choose a draw target. Start with the same player, turn, stone and path in one direction. Throw six to eight comparable practice stones without sweeping, if the coach agrees.

2 Record the finish as well as the time

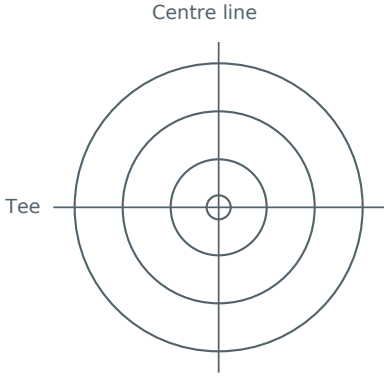
Use separate columns for each interval. Write the actual stopping zone and any unusual release. A pushed or pulled release can break the relationship between a short split and the finish. [1, 2]

3 Test the next prediction

Use the pattern to predict the next two shots, then compare your call with the actual finish. Update your judgment if the path, stone, direction, release or ice changes.

Practice record

Date / sheet: _____
Player / stone: _____
Turn / path / direction: _____
Timing convention: _____



Blank house for your notes

Shot	Back-to-hog (s)	Hog-to-hog (s)	Actual finish / release note
1			
2			
3			
4			
5			
6			

Keep the conditions with the numbers. Mark swept shots. Keep them separate from the unswept baseline. Sketch the target or finish above.

Use the number in play

Time, release and movement all belong in the same conversation.

Over the same interval, a smaller time means faster average travel. That is not an automatic weight call: a short split measures only part of the journey, and the stone keeps slowing. Hog-to-hog timing arrives later and reflects what happened along that interval. [1, 2]

1

TIME

Say the interval and seconds.

2

WATCH

Notice release and slowing.

3

UPDATE

Call the likely finishing zone.

Share a useful call

Example team wording: "Back-to-hog is four-point-two. Looks short." The seconds are a measurement; "looks short" is a judgment. Use your own observed baseline. The example number is not a recommended draw time.

When the watch and your eyes disagree

- Keep judging the moving stone. Update the house with what you see.
- Check for a release change, different path, different stone or changing ice.
- One sweeper can watch the release while the other times. Neither should stare at a watch while moving into traffic. [1]
- A display showing hundredths does not prove hundredth-second accuracy. Compare two timers over repeated throws; use ranges and trends.

A short team timing session

A coach can run this practice with three or four players.

1 Agree and compare

Stand clear of the delivery and running stone. Two people time the same three shots with the same line references. Compare readings without deciding that one watch must be right.

2 Calibrate and predict

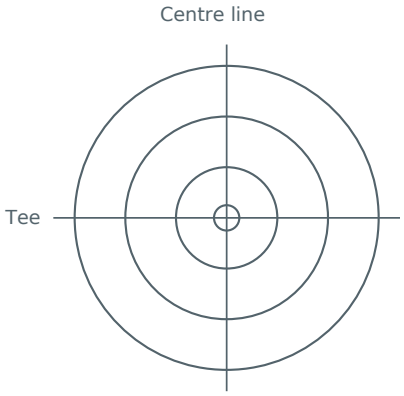
Use the six-shot record on page 2. Keep the setup as steady as possible. On the next two shots, say the likely finish early, then update as the stone travels.

3 Debrief the difference

Ask: Did the interval change? Did the release change? Was the path the same? Did sweeping change? Choose one adjustment for the next set.

Team agreement

Timer: _____
Release watcher: _____
Interval and edge: _____
Weight words: _____
Recalibrate when: _____



Blank house for your notes

Sources and scope

1. Curling Canada, Discover Curling. Coaching guidance on timing, release observation and communication, printed pages 46-52. Read source.

2. Sonobe et al., Sports Engineering, 2024. Research on stone speed and timing. Its model is not a universal split-to-weight conversion. Read source.

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