

How will I know when my race is?

All events have an event number (e.g. Event #6, Girls 7/8 - 100 Yard Freestyle). You should know what events you are competing in and what event numbers they are. A few minutes before you race a Heat/Lane assignment is posted at a designated area. There are two Heat/Lane postings, one for boys and one for girls. Heat/Lane assignments are groupings of swimmers racing in that event. Find your name on the list and relay your heat and lane number for the race to your coach (e.g. Event #6, Girls 7-8, 100 yards Freestyle, Sarah Smiths, Heat 3 Lane 6). Pay attention to the announcer as he/she announces what events are in the water. Make sure to give yourself enough time to be at the starting area behind your racing lane as to not miss your race.