

# BLACK HAWK

## AREA SWIM TEAM

### MEET PREPARATION:

#### What is arm marking?

You must mark your swimmer to reflect which event, heat and lane they are racing in. This is used to help remind the swimmer of their events. Use the HEAT SHEET to find and highlight your child's events. Mark their arm as illustrated below in the picture in the order of Event-Heat-Lane.

Write on clean, DRY skin. It is best to do this BEFORE you leave for the pool.

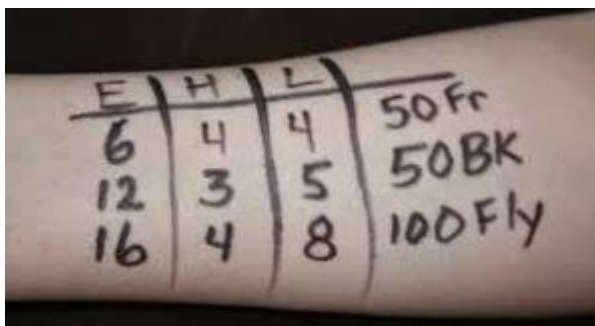
Heat Sheets will be posted on our website for every HOME meet and on the host team's website for every AWAY meet.

#### EXAMPLE OF ARM MARKING:

**E = EVENT**

**H = HEAT**

**L = LANE**



Write clearly and legibly on your child's LEFT arm as illustrated in the picture.

**NOTE THE STROKE** after the lane designation.

- FR = Freestyle
- BK = Backstroke
- BR = Breaststroke
- FLY = Butterfly
- IM = Individual Medley
- FRR = Free Relay (All swimmers swim freestyle)
- MR = Medley Relay (Each swimmer swims a different stroke: 1st = back, 2nd=breast, 3rd=fly, 4th=free)

**Relay Marking:** This will designate the relay leg the child is swimming.

- 1/1 = Lane 1, first relay leg
- 4/2 = Lane 4, 2nd relay leg \*\*If the Medley Relay this will be Breaststroke

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### PACKING FOR A SWIM MEET:

#### Swimmer Pack List:

- **BLST Swimsuit** (*any suit for now; team suits coming soon!!*)
- **BLST Swim Cap** (*we will hand out caps at the meet if you don't have one*)
- **At least one pair of goggles** (*2 pair preferred in case one breaks*)
- **At least 1 towel for warm-up and meet**
- **Clothes/Coverup to wear between events if preferred**
- **Healthy Snacks**
- **Water bottles**
- **Entertainment:** Be prepared to sit around for several hours! Staying awake and alert will help you swim faster, so bring whatever keeps you happily entertained: books read, pens and paper for coloring, your iPad, cards, or all of the above. *NOTE: items will get wet!*

#### Parent Pack List:

- Sharpie (to write your child's event #, heat #, lane # on his/her arm before the meet if you didn't do it at home)
- Money - Most swim meets will have concessions. Any profits go to support their team.
- Snacks/Lunch
- Seat Cushion – bleachers are NOT comfortable!
- Entertainment
- Camera
- *Good cheering voice!!!* - Swimmers can hear in the water. The louder the crowd, the more exciting their swim!