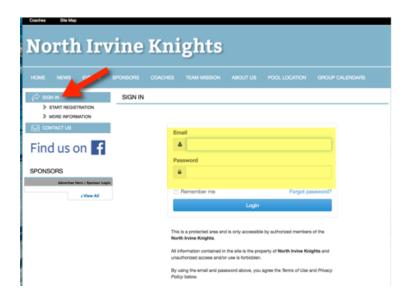


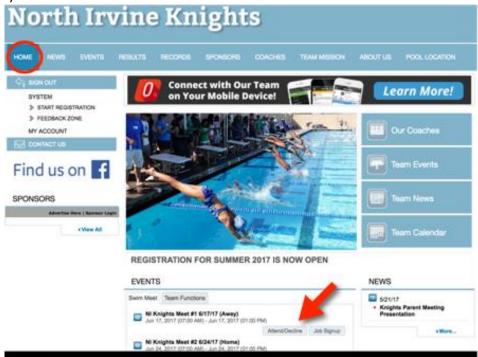
NIK Pre-Check! Streamline the process!

Help us get our swimmers checked in quickly by writing your swimmer(s) races before arriving at the meets. Please be sure to check the day of the meet to ensure the most current race details. NOTE: SWIMMERS STILL NEED TO CHECK-IN BEFORE THE MEET TO CONFIRM ARRIVAL

Sign in on our website.



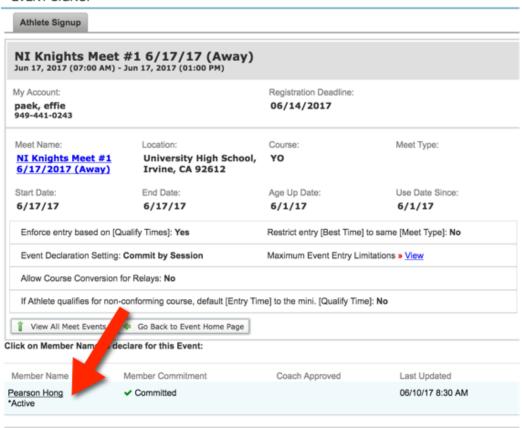
Click the Home tab to navigate to the home page. Click Attend/Decline for the appropriate Event (meet).





Select your swimmer's name.

EVENT SIGNUP



You'll see your swimmer's event number and name.

Member Name	Member Commitment	Coach Approved
Pearson Hong *Active	✓ Committed	# 12 (d1/s1): M 9-10 50 Fly (NT Approved) # 24 (d1/s1): M 9-10 50 Back (NT Approved) # 32 (d1/s1): M 9-10 100 Medley (NT Approved) # 44 (d1/s1): M 9-10 50 Breast (NT Approved) # 56 (d1/s1): M 9-10 50 Free (NT Approved)

Using a SHARPIE marker, write the events on your swimmer's forearm (example using above):

12 FLY

24 BK

32 IM

44 BR

56 FR



If your swimmer is in a relay, you will see them listed as well. Write those on the arm as well. Example:

<mark>6 RE</mark>

12 FLY

24 BK

32 IM

44 BR

56 FR

<mark>68 RE</mark>