How to Mark your swimmer for a meet.

This must be done BEFORE warmups if possible. If you do not have heat and lane info put as much as you can for the coaches only have to fill in the last few details. Also its much easier to write on dry skin vs wet.

Write events on swimmer's hand or leg at meet. Ensure that the swimmer can read hand (not upside down).

For example:

E	H	L	
5	3	5	50 FREE
13	4	7	100 IM
17	2	2	100 FLY

Meet Program

Event & Stroke — #1 Girls 10 & Under 100 Yard Medley Relay

Pool: 1:27.58 2012 Heber Springs Swim Cl

S Buffalo, A Spanel, C McKenzie, N Buffalo

Lane	Team	Relay	Seed Time

Heat # — Heat 1 of 1 Finals

3 HSSC-AR   A   1:34.26

Buffalo, Sydney K 10   Carr, Kylie 8
Buffalo, Natalie C 8   Spanel, Ashley N 10

Lane # — 4 HSSC-AR   B   NT

Bradshaw, Stormi A 10 1   Garnett, Abigail G 10 2
Relay Positions # — Lawrence, Sophie G 10 3   Choate, Ada J 5 4

#2 Boys 10 & Under 100 Yard Medley Relay

Pool: 1:33.37 2012 Independence County S

T Moody, J Wells, L Qualls, B Cole

Lane	Team	Relay	Seed Time

Heat 1 of 1 Finals

3 HSSC-AR   A   NT

Heat 3 of 8 Finals

1	Barks, Elizabeth A	10 GCST-SQ	NT
2	Cruse, Katie E	11 HSSC-AR	NT
3	Kingston, Taylor D	11 GCST-SQ	NT
4	Welch, Kynley A	11 HSSC-AR	NT
5	Garnett, Abigail G	10 HSSC-AR	NT
6	West, Abi G	9 HSSC-AR	NT

Heat 4 of 8 Finals

1	Garnett, Katherine O	11 HSSC-AR	NT
2	Tyler, Claire	7 GCST-SQ	1:23.01
3	Wilkins, Kaylee	11 ICST	1:00.54
4	Andrews, Zoey	6 GCST-SQ	1:20.72
5	Cowles, Anna K	7 HSSC-AR	1:41.13
6	Yates, Regan J	11 HSSC-AR	NT

Heat 5 of 8 Finals

1	Moslander, Brynna	9 GCST-SQ	56.10
2	Carr, Kylie	8 HSSC-AR	48.91

What should it look like on my swimmers arm or leg?

Be sure and write ALL of your swimmer's events!

For relays - Free Relay (FR) & Medley Relay (MR), place a number after the stroke : ex. MR 2. This number tells you the order of the swimmers in the relay and, for the Medley Relay, the stroke.

For the **MEDLEY RELAY**, the stroke order is back (1), breast (2), butterfly (3), and free (4)

NOTE IM or **INDIVIDUAL MEDLEY**.
He/she will do all four strokes in this event – but in a specific order.
The stroke order for the IM is: butterfly, back, breast, free.