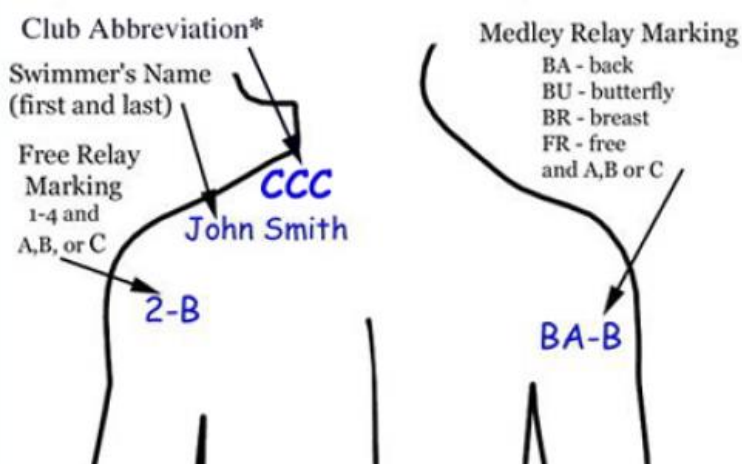
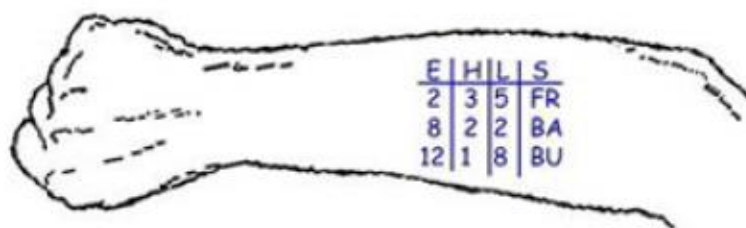


Marking Your Swimmer

These are the guidelines for the MSSL swimmers for marking your swimmer. For regular meets, make sure you have the Club Abbreviation and swimmer's name on the upper back. The other Markings in the below diagram are optional for regular meets but needed for City Meet.



The next diagram is for marking their arm.



Don't forget to mark swimmers' arm (no legs please) as illustrated, with event number, heat number, lane number and stroke.

Example: The above swimmer is swimming in the second 'event', which is 8 and Under Free Relay. He is in the 3rd 'heat', swimming in lane '5'-Freestyle