

Marking Swimmers before a Swim Meet

We have to write on clean dry skin with no sunscreen or after sunscreen has been applied. Sunscreen will make the markings run. We also write your child's first initial and last name on their upper back left shoulder.

Step 1: Print and mark your heat sheet.

Heat sheets list every event in meet in order. It includes the number of the event as well as the distance and type of event (i.e. 50 yard freestyle). The number of heats and the names of the swimmers will be listed next. Typically, our heats are swum from fastest to slowest. If it is the first time a swimmer has swum the event, this will be indicated by "NT" for "no time" and they will swim in the later heats. Finally, each swimmer is assigned a lane. Use a highlighter to mark your swimmer's events. Don't forget to check to see if they are swimming in any relays.

EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Flashes				
1	Sydney Boyer	6	BVCC	NT
2	Maddie Williams	7	BVCC	NT
3	Laura Stroud	7	WWST	NT
Heat 2 of 2 Flashes				
1	Bree Sullivan	8	WWST	NT
2	Ellen Williamson	8	WWST	2:19.99
3	Delaney Byrne	8	WWST	NT
4	Elana Williamson	7	WWST	NT

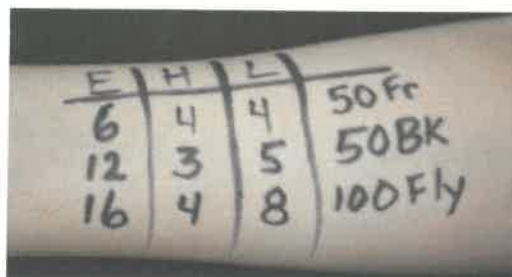
#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Flashes				
1	Nadia Potter	6	BVCC	NT
2	Maddie Williams	7	BVCC	NT
3	Maeve English	7	WWST	NT
Heat 2 of 3 Flashes				
1	Ambie Sealey	8	BVCC	NT
2	Ava Griffin	7	BVCC	NT
3	Skyler Jackson	8	BVCC	NT
4	Meredith Sotter	7	WWST	NT
Heat 3 of 3 Flashes				
1	Elana Williamson	7	WWST	NT
2	Noelle de Vries	7	WWST	NT
3	Ellen Williamson	8	WWST	21.72
4	Jessie Ridley	7	WWST	40.28
5	Alexandra Johnson	7	BVCC	NT

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)				
1	Hayley Ferrell	7	WWST	NT
2	Chaire Canna	7	BVCC	NT
3	Sarah McCune	8	WWST	29.78
4	Delaney Byrne	8	WWST	35.84
5	Kath McCune	8	WWST	NT

#64 Mixed 8 & Under 100 Yard Medley Relay				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Flashes				
1	WWST	B	NT	
2	WWST	B	NT	
3	BVCC	A	NT	
4	WWST	A	NT	
5	WWST	A	NT	

E	H	L	
7	2	3	IM
19	3	3	Free
31	3	5	Back
61	1	4	Relay (Back)

Step 2: Write down the information on your child's arm with a Sharpie (Swimmers will also use the permanent markers to write slogans on the backs of teammates!)



TEMPLATE FOR MARKING MEET INFORMATION

E	H	L	S
10	4	8	50 FR
26	3	2	100 BK
34	2	5	50 FLY

E=EVENT
 H=HEAT
 L=LANE
 S=STROKE

FR=FREESTYLE
 BK=BACKSTROKE
 FLY=BUTTERFLY
 BR=BREASTSTROKE
 IM=INDIVIDUAL MEDLEY

Step 3: Help keep track of your swimmer.

Just because the information is written on their arm, don't depend on them to keep up with their events. Swim meets can be very exciting and new swimmers easily lose track of time.

Relay Marking

This will designate the relay leg the child is swimming. There are 2 types of relays Free and Medley.

- Free relay everyone swims freestyle.
- Medley Relay- each swimmer swims a different stroke: 1st = back, 2nd=breast, 3rd=fly, 4th=free)

For Relays the marking in the lane column is: Lane Number / Relay Position

- 1/1 = Lane 1 / 1st relay position

- 4/2 = Lane 4 / 2nd relay position

Because we swim 25 yards for each leg the relay position tells us both what side of the pool your child needs to be on and what stroke they are swimming

****In the Free Relay they all swim free but it tells us what side of the pool to send them to:**

Positions 1 and 3 start from the Timers side of the pool

Positions 2 and 4 start from the Non-Timers side of the pool

****In the Medley Relay Positions**

1 = Backstroke - Timers side

2 = Breaststroke - Non-Timers Side

3 = Butterfly - Timers side

4 = Freestyle - Non-Timers Side