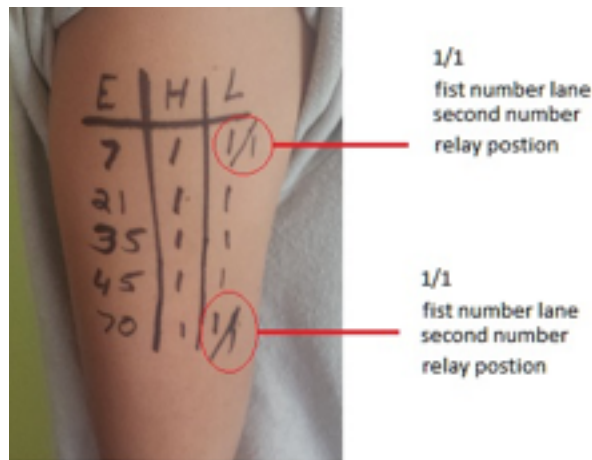


Parents: How to mark your swimmers for their events on Saturday

1. In Sharpie, write your child's LAST NAME on the back of their LEFT shoulder.
2. Make an "Event/Heat/Lane/Relay Position" chart on their arm detailing their events. This can be done at the meet, or once the program is available. This chart should include any individual and/or relays your swimmer is in.
3. Any of the coaches/junior coaches can help. An example, written on the arm, is below:



E= Event

H= Heat

L= Lane

Use Meet sheet to
confirm child's events
for each day of champs.

Note: The order is: Event | Heat | Lane | Relay Position. This information can be found on the meet program. The application of some spray sunscreens can affect Sharpie, so you may want to do this after you have put the sunscreen on. (You may want to do a test-spot first.)

4. At the meet, you (your swimmer) will have to listen to the first and last call for an event and also pay attention to the heating board with the first and last call for the events.
5. Swimmers **MUST** check in with the Clerk of Course **PRIOR** to their race. Swimmers **CANNOT** just go up to the blocks during their heat, dive in and swim. (OLDER SWIMMERS, THIS MEANS YOU!!!)
6. It cannot be emphasized enough that swimmers **MUST** check in with the Clerk of Course in the heating area **PRIOR** to their race. **SWIMMERS WILL BE DISQUALIFIED IF THEY DO NOT CHECK IN.**
7. After checking in with the Clerk of Course, swimmers will be lined up according to heats and lanes.