


How to mark your swimmer's
arm for a swim meet

- Marking your swimmer's arm for a swim meet is one of the important things you need to do prior to warm ups at the swim meet.
- Sometimes it is not possible to do until you are at the meet as some meets sell the heat sheets at the meet so you won't know until you get there.

Step 1

Look at the event commitment for your swimmer. This will show you the events that your swimmer is signed up for.

In this example, Amanda is signed up for events #31, #45, and #43.

5	<input type="checkbox"/>	Wesenberg, Amanda 	<input type="checkbox"/> #31 (d1/s2): G Open 100 Free (1:06.21Y Approved) <input type="checkbox"/> #35 (d1/s2): G Open 200 Medley (2:47.83Y Approved) <input type="checkbox"/> #43 (d1/s2): G Open 100 Back (1:18.09Y Approved)
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Step 2

Look for those event numbers on the heat sheet.

For our example we will look at event #35.

Amanda is swimming in heat 2 of the event in lane 3.

Find this information for each event number.

#35 Girls 200 Yard IM

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 01:26 PM				
1				
2	Goldman, Ziva M	13	HSSB-WI	NT
3	Sawallish, Cora T	11	BB-WI	3:41.56
4	Wall, Madison E	14	HSSB-WI	3:24.15
5	Mura, Katie	13	ASC-WI	3:31.15
6	Schackow, Ally R	12	BB-WI	NT
7				
8				
Heat 2 of 3 Finals Starts at 01:31 PM				
1	Wypiszynski, Sophie M	13	WAVE-WI	3:18.58
2	Thomson, Carlie G	13	HSSB-WI	3:00.54
3	Wesenberg, Amanda J	16	FSC-WI	2:47.83
4	Peters, Haiydne S	13	HSSB-WI	2:41.65
5	Moore, Emily E	16	RCSC-WI	2:44.80
6	Dehnel, Rachel M	13	HSSB-WI	2:58.72
7	Lidbury, Brooke A	13	WAVE-WI	3:13.77
8	Rettler, Leah A	13	HSSB-WI	3:19.95


Step 3

Using the information on the heat sheet we see that Amanda is swimming in the 100 Freestyle, Event 31, Heat 4, Lane 4; the 200 IM, Event 35, Heat 2, Lane 3; and the 100 Backstroke, Event 43, Heat 5, Lane 8.

The information should then be marked on your swimmer's arm in the following fashion:

E	H	L	
31	4	4	100 FR
35	2	3	200 IM
43	5	8	100 BK

This last column is not necessary but is helpful for swimmers to remember what they are swimming.



Now your swimmer, as well as any other coach, timer, and swimmer, can help direct your swimmer to the correct lane and heat for their event.

This is extremely helpful when younger swimmers swarm behind the blocks before their events or if they are asking when they need to go to the blocks.

E	H	L	
31	4	4	100 FR
35	2	3	200 IM
43	5	8	100 BK

When should your swimmer go to the blocks? Usually we say 2-3 heats before they are due to swim, but that would also depend on the length of time of the events. If the swimmer is swimming a 25 yard event, those move pretty fast and we would say go up at the beginning of the event. If the swimmer is swimming a 200, obviously there is more time for them to wait to get up there.

Younger and novice swimmers are usually paired with more experienced swimmers to make sure they are learning how to read the event board and how to get to the proper place. It usually only takes one or two meets for the swimmer to get the hang of what they need to do or who they need to ask.

We encourage the swimmers to rely on each other in order for team bonding to occur.

If you have any questions, please ask another swim parent. It's a great way to get to know each other too!