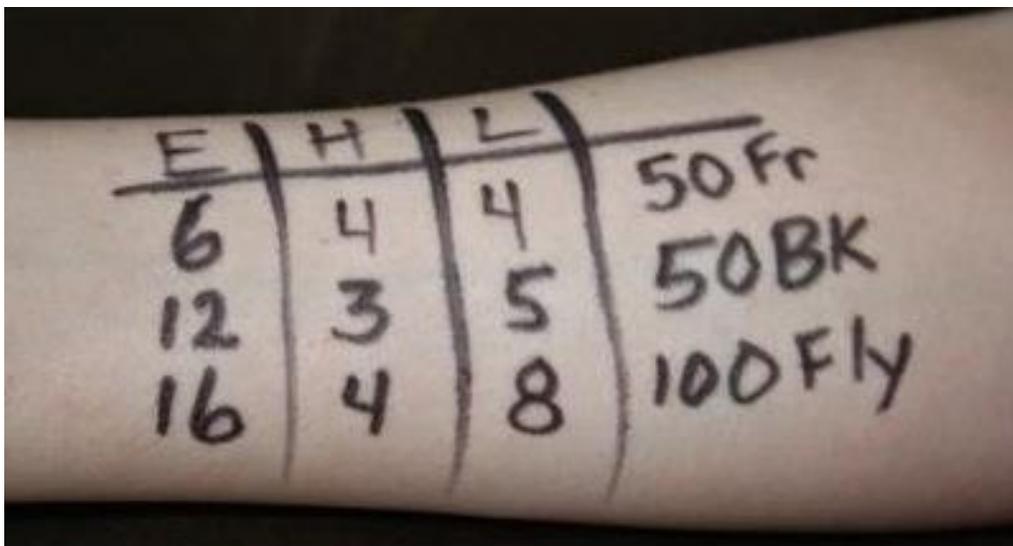


# How to Mark Your Swimmer

Marking your swimmer's forearm, thigh, or hand can be a helpful way for them to keep track of their event, heat, and lane assignments throughout a meet. It is best to do this before warm up when your swimmer is dry, plus there is more free time before the meet starts.

1. Locate your swimmer on the heat sheet. It is helpful to highlight or mark their name throughout for a quick reference.
2. Using a Sharpie/permanent marker, draw a table similar to the one below, using the information from the heat sheet. This can be done on your swimmer's forearm, thigh, or hand.



3. To lessen the amount of writing and space taken up, you can abbreviate the information in the following ways:

E = Event	FL = Fly
H = Heat	BK = Back
L = Lane	BR = Breast
	FR = Free

4. If your swimmer is in a relay, it is helpful to include this with their individual events when you mark them. The event, heat, lane, and what the relay is (ie 200 FR or 200 Medley), as well as what position they are in, should be marked. On the heat sheet, relays are ordered in the following way:

Medley Relays:

\*note that the order of strokes is different than the Individual Medley events\*

1 – BACK	2 – BREAST
3 – FLY	4 – FREE

Freestyle Relays:

\*all swimmers in a Freestyle Relay swim freestyle but they are put in an order of how they should swim\*

1 – FREE	2 – FREE
3 – FREE	4 – FREE

The distance each swimmer must swim in a relay is determined by the event. For example, if your swimmer is in the 200 Yard Freestyle relay, that means all four swimmers race 50 yards each, totaling 200 yards. If they are in the 400 Yard IM relay, they will swim a 100 of the stroke assigned to their position, to total 400 yards.