

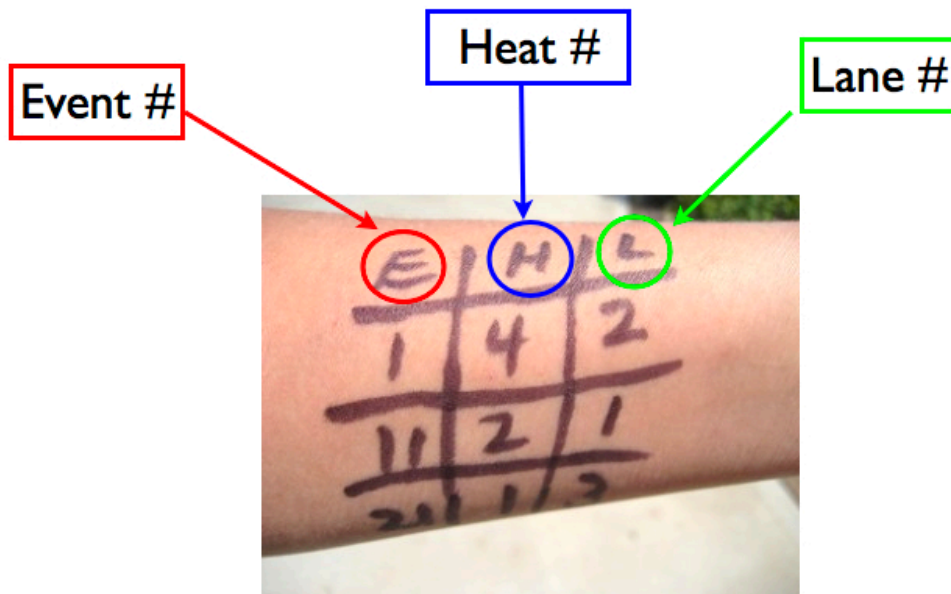
Marking Your Swimmer's Arm

Please bring your swimmers to **ALL MEETS** with their arms marked. This is crucial to helping our Clerk of Course line up swimmers quickly for their races.

For new swim families, here is how it is done:

1. Consult the heat sheet (released prior to the meet by the coach) to see which events your child is swimming in.
2. Grab a sharpie (other markers are not waterproof).
3. On the inside of your child's forearm, make a 3 column grid for E (event), H (heat), and L (lane). Then fill in your child's appropriate information. See the image below.

***NOTE:** If you don't know how to read a heat sheet, here is a primer:
https://assets.speakcdn.com/assets/2252/reading_a_heat_sheet.pdf



The above grid show this swimmer is in event #1, heat #4 and in lane #2

Their next event will be event #11, heat # 2 and lane # 1