



How to mark your child for a swim meet

In order to help you and your child keep track of their specific events at the meet, most families mark the events on the child similar to the example below. First, highlight all places in the Heat Sheet where your child's name is found. Then, use that Event, Heat, and Lane information to create a grid/list on your child's arm in Sharpie permanent marker.

Make four (4) column headings - **E, H, L, S**. These stand for Event, Heat, Lane, and Stroke. Go through the heat sheet and find your swimmer's name which you highlighted. For each event, write the event number, heat number, lane number, and stroke in the corresponding column.

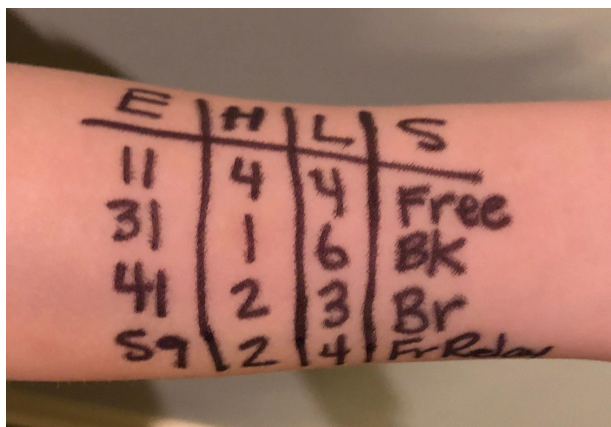
In this example, the child is swimming:

Event #11, Heat 4, Lane 4, 25M Freestyle

Event #31, Heat 1, Lane 6, 25M Backstroke

Event #41, Heat 2, Lane 3, 25M Breaststroke

Event #59, Heat 2, Lane 4, Free Relay



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

Each swimmer is responsible for their own event schedule. The coaches are there to help, but please watch/listen carefully as the events are called so that you do not miss your event.

At the conclusion of the meet, the Sharpie can be removed with alcohol-containing hairspray, hand sanitizer, or rubbing alcohol.