

Bullpen Cheat Sheet

1. Make sure you check in your swimmers at the beginning of the meet. Use the list provided on the back of the clipboard
2. Let the Bullpen Chair know if you are missing any swimmers.
1st half: Adrienne Thomas 2nd Half: Sherri Domenech
3. Check relay board and write down names of swimmers in the relays. The Relays are subject to change during the meet.
Note the order the swimmers are listed on the board. (Order for Relay: Back, Breast, Fly , Free)
4. Be sure all swimmers are marked.

Name on their shoulder

Sharpie Grid (Event, Heat, Lane)

E	H	L
6	2	1
10	1	8

5. For 100 Yard Relays:
 - Swimmers #1 & #3 on the relay card take the BLUE relay card to the normal staging side with the diving blocks.
 - Swimmers #2 & #4 on the relay card take the WHITE relay card to the shallow end towards concessions.
Swimmers will line up in their lane at that end.
6. Make sure swimmers clean up the bullpen area before leaving.