



Please use a Sharpie to write your swimmer's last name, first initial on their back right shoulder.

Underneath that, please write DCD

Example:

Smith, J

DCD

Please use a Sharpie to write your swimmer's Events/Heat/Lane numbers inside their forearm.

Example for John Smith listed above:

E/H/L

1-1-3

17-1-5

51-4-5

63-3-1



You can also add the stroke after each race information to help your swimmer remember which stroke they are swimming. This will help your swimmer so they don't have to keep asking you what event they swim next and it helps the ready bench make sure they are lined up correctly.

In addition, after the meet is finished, simply rub sunscreen on the Sharpie ink and the ink will easily rub off the skin.