

HOW TO MARK YOUR SWIMMER FOR MEETS

Using Sharpie, write your swimmers age and last name vertically down one arm, starting near the shoulder.

Ex. 8
S
M
I
T
H

On the forearm or thigh, write their event chart. You will need a heat sheet for this, and will write down their event (E), heat (H), and lane (L). You may also write the stroke for their benefit.

Ex.

