

Arm marking for swim meet

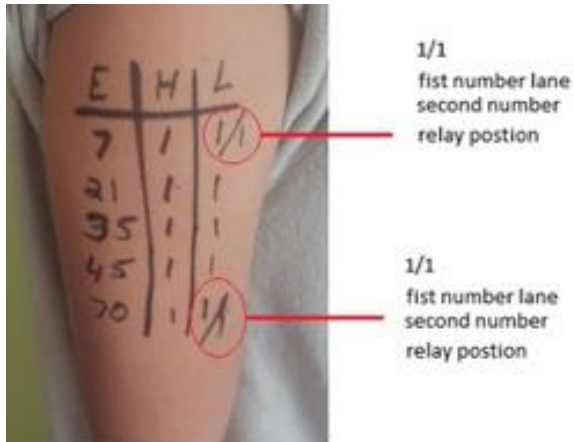
There are two different ways to mark your swimmer's arm with event, heat and lane assignments.

If your child has a tiny arm, it's best to mark in the vertical position.

If your child does not have a tiny arm, it's best to mark in the horizontal position.

In the S (stroke column) make sure to write which number they are swimming in any relay.

Whichever way you mark your swimmer's arm, make sure your swimmer understands it 😊



E= Event

H= Heat

L= Lane

S = Stroke

Use Meet sheet to confirm child's events for each day of champs.

