

How to mark your swimmer's events on their arm!
DO THIS BEFORE THE MEET!

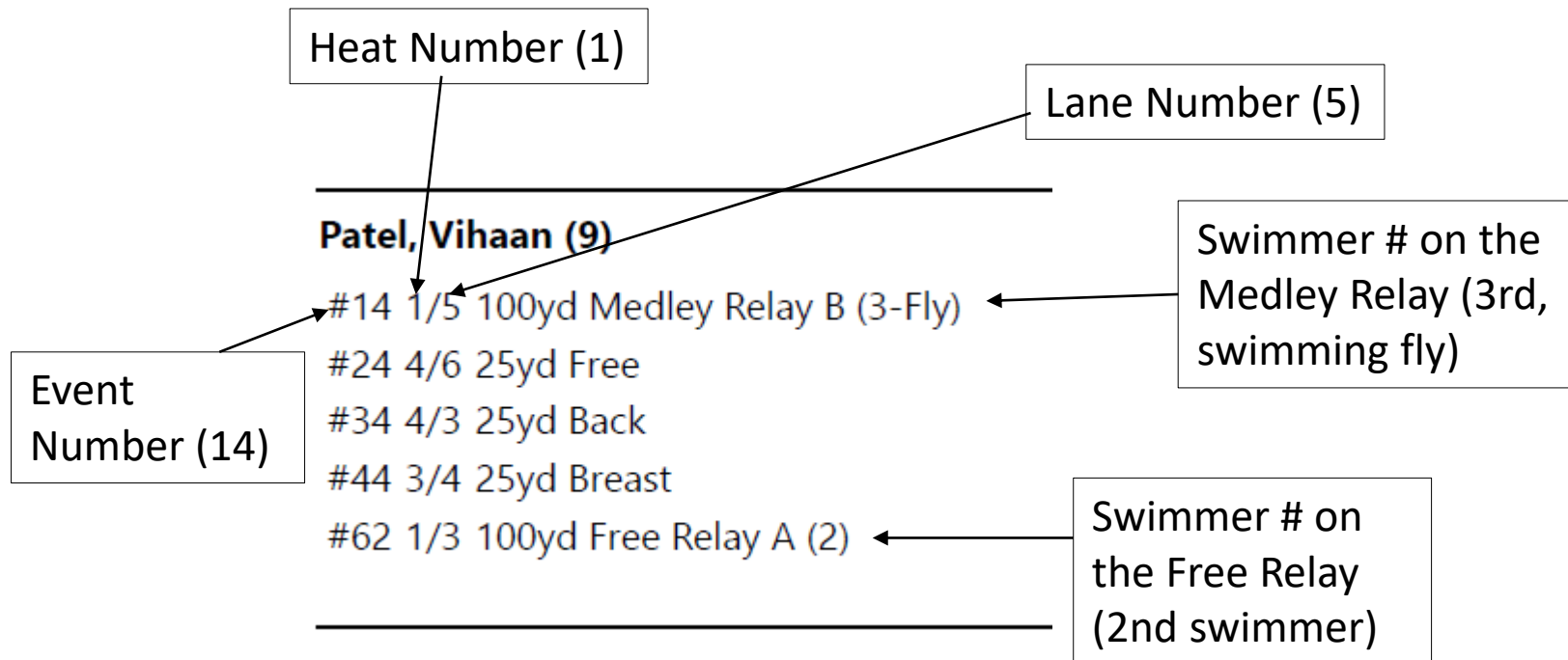
Mark in black Sharpie (wears off in a day or two, or remove with rubbing alcohol).

Event – Heat – Lane for individual events, plus the event name as a reminder of what to swim.

Relays: Event – Heat – Lane plus swimmer number (four swimmers on a team, so you know your order).

Mark events on your forearm so your swimmer can read them.

Write your swimmer's first name and last name initial only on their back, on the right (upper) shoulder.



What it looks like on your arm

