

# J I S T S W I M M E E T S 1 0 1

## UPON ARRIVAL (HOME OR AWAY):

- Swimmers must use the check-in system to avoid a No Call/No Show
- If you're volunteering, check-in at the Volunteer Tent so they know you've arrived
- Check the POSTED heat sheets. THESE ARE THE ONLY ACCURATE HEAT SHEETS
- Mark your swimmer with a Sharpie before suncreening (see below)
- Sail shades are for swimmers. Please do not put your chairs inside the painted line surrounding the pool (that space is reserved for Coaches & Officials)

## HOW TO MARK YOUR SWIMMER:

- On your swimmer's RIGHT SHOULDER, write their FIRST name, LAST initial (in that order) with their age under their name, prior to putting on sunscreen.
- Write 3 column headings on your swimmer's forearm or leg, labeled H, L, S (which stand for Heat, Lane, Stroke) to make a grid. See the example below!
- Fill in the grid based on the **POSTED** Heat Sheet ONLY. In the example below, the highlighted swimmer is racing Freestyle in Heat 2, Lane 6.
- Experienced swim families are happy to help!



FREESTYLE							
6/under Boys							
Lane 6	Time	Lane 2	Time	Lane 4	Time	Lane 6	Time
Sam B		Heat 1 Joe L		Eli K			
		Heat 2 Kevin H		Ryan K			
7/8 Boys							
Lane 6	Time	Lane 2	Time	Lane 4	Time	Lane 6	Time
Jura T		Heat 1 Josh A		Tony W		Tim B	
Anna A		Heat 2 Will N		James H		John C	
Ben C		Heat 3 Mike M		Ollie O		Brice Z	
Ary R		Heat 4 Gino V		Matt A		Simon T	
Py E							



- No parents behind the blocks unless you're a line-up volunteer or an official.
- This is a summer meet for children, not the Olympic Trials. PLEASE KEEP IT POSITIVE!

## ORDER OF EVENTS:

1. MIXED MEDLEY RELAY (MR)
2. FREESTYLE (FR)
3. BUTTERFLY (FLY)
4. BACKSTROKE(BK)
5. BREASTSTROKE(BR)
6. INDIVIDUAL MEDLEY (IM)
7. FREESTYLE RELAYS (FRR)

Double check that your child isn't swimming Freestyle Relays before you leave the meet!