

Marking Your Swimmer

Hi Barracuda Parents: It is a big help if parents mark their swimmer's LAST NAME on their back/shoulder and their events on their arm with a Sharpie or permanent marker before arriving at the swim meet. Once the kids jump in the pool for warm-ups and/or put sunscreen on, it is a LOT harder to mark them up.

Why do we do this? 1) It is helpful for volunteers to quickly look for last names (kids look alot alike in caps and goggles!) AND 2) It is very helpful for the kiddos to look at their own arms to know if they are swimming in an event.

Even if you only write their last name and their individual events at home (or even the night before!) and let the AGP person at the meet add the relays, that is a big help and saves a lot of time at the meet!

Here's a helpful video and the basic steps below: <https://www.youtube.com/watch?v=ww3fElqOh6o>

- Write your swimmer's name in big letters on his/her back.
- Go through the heat sheet and highlight your swimmer's name, or check the summary sheet posted on the Barracudas website (https://www.bcwbaracudas.com/swim_meets).
 - Your child may be entered in several events, including relays, but if the relays are confusing, just marking their individual events is great!
- Make four (4) column headings - **E, H, L, S** on your child's forearm (grid lines optional). These stand for **Event, Heat, Lane and Stroke**
- For each event your child is swimming, write the Event number, Heat number, Lane number and Stroke in the corresponding column (this info is all on the heat sheet).



The * on the left of numbers 27 and 67 in the picture above indicates that those are relays (see below for more information on relays)

Strokes: You can use the following abbreviations for the strokes:

- **FR** = Freestyle
- **BK** = Back Stroke
- **BR** = Breast Stroke
- **FLY** = Butterfly
- **IM** = Individual Medley (Same swimmer swims all 4 strokes in this order: Fly, Back, Breast, Free)

- **FR** = Free Relay (All 4 swimmers swim freestyle)

- **MR** = Medley Relay (each of the 4 swimmers swims a different stroke: 1st = BK, 2nd=BR, 3rd=Fy, 4th=FR)

Relay Marking: It is helpful to also designate the relay leg (number and stroke) the child is swimming.

- 1/1 = Lane 1, first relay leg

- 4/2 = Lane 4, 2nd relay leg **If the Medley Relay this will be Breast Stroke

The **Medley Relay (MR)** order is as follows (note that it is a different order than the IM):

1 – BACK 2 – BREAST
3 – FLY 4 – FREE

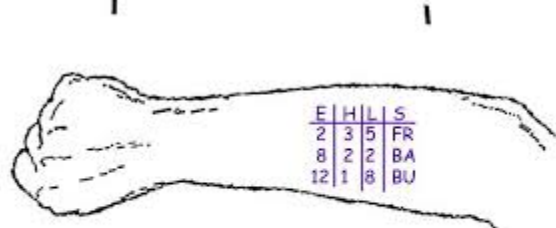
The **Freestyle Relay (FR)** is displayed in the same order as the Medley Relay. All swimmers in the FR swim FREESTYLE but they are put in an order of how they should swim:

1 – FREE 2 – FREE
3 – FREE 4 – FREE

A few more illustrations for reference:

Sharpie Grid (Event, Heat, Lane)

E	H	L	
3	1	4	Fr Relay (4th)
27	3	4	Back
45	2	3	Breast
55	1	4	Fly
65	1	4	MR (3rd - Fly)



Don't forget to mark swimmers' arm (no legs please) as illustrated, with event number, heat number, lane number and stroke.

For more swim meet information, check out "**Swim Meets 101**" on the Barracudas website:

<https://www.bcwbaracudas.com/helpful-info> or

<https://docs.google.com/presentation/d/1W6w2lp7kQEtHrJWpgEUte-AMUOsWryW/edit?usp=sharing&oid=113293910450872456717&rtpof=true&sd=true>