



THE SHARPIE PROCESS

Have you ever noticed swimmers with writing on their arms or legs? There's a reason for that! Swimmers don't have heat sheets in the water; to keep track of their events, they write them on their bodies. It's a long-standing swim tradition that makes meet days easier and more fun.

Meet Programs will be posted on the league website 24 hrs prior to a swim meet. Parents are responsible for writing event info on their own swimmers—coaches will not be Sharpie writing on meet day at the pool. We highly recommend doing your Sharpie writing BEFORE arriving at the pool for a swim meet

Each swimmer should have their **Event information** written on their **arm or leg** using a **waterproof marker (Sharpie)**. If you'd rather not wait for the marker to wash away on its own – a soft cloth with a dab of baby oil does the trick immediately!

Write it where it's **easy to see and read—not on their back**.

Writing Event Information on a Swimmer

The example below has the swimmer participating in 4 events.

E	H	L	**
2	3	4	25 free
15	1	2	25 breast
18	4	4	50 fly
28	3	6	free relay

- Event 2, Heat 3, Lane 4, swimming the 25 Freestyle.
- Event 15, Heat 2, Lane 2, swimming the 25 Breast.
- Event 18, Heat 4, Lane 4, swimming the 50 Fly
- Event 28, Heat 3, Lane 6, position 1 for Freestyle relay

** The swimmer can choose whether or not to follow the lane number with writing the actual stroke info. The event order always stays the same in our league, so our swimmers learn the order of events. As our swimmers age, they tend to only need the event number info and not the name of the stroke written in Sharpie. While they learn, swimmers can keep track of what event number is in progress by watching the event cards hanging at the Starter's cart.

