

# How to mark an athlete's arm for Summer Games swimming

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Marking an athlete's arm greatly helps all the staging and timing volunteers when they are not wearing their credential identify your athlete and ensure they are in the right place. Follow these helpful tips:

- **Heat** is the number referring to the group of athletes in the pool at one time. It is usually indicated by a number in chronological number (e.g. 32B is the 32<sup>nd</sup> group/race in the pool).
- The competitive group of athletes (set by age, gender, and ability), is indicated by a **letter**, distinguishing it from the other divisions in the pool at that time.
  - For example, 32A, 32B, and 32C are all the 32<sup>nd</sup> race in the pool, but the athletes in 32A will be awarded separately from 32B.
- Make sure to indicate either DIVE or NO DIVE on their arm. DIVE means the swimmer can dive or start out of the water. This does not mean they must enter from the starting blocks – diving in from the edge of the pool is just fine.

In order for us to efficiently stage athletes for competition, we ask you to indicate the information below **in the order presented**. This is to ensure consistency.

## Right arm – Saturday; Left arm - Sunday

First Name Last Name (that matches their registration; abbreviate first name if needed)

DIVE/NO DIVE

Heat & Div – Lane – Leg/stroke (if relay)

*Repeat line above for all races in heat order. Please do not use any other numbers or letters as it is confusing!*

## Example

Judy Nutter

DIVE

32C – 4

40 – 2 – 3

52A – 4

*The above indicates that Judy Nutter will enter the pool from a diving start. Her first event on Saturday is the 100y backstroke, and she is in heat 32 division C swimming in lane 4. Her second event on Saturday is the 4x25 relay, where her team is in heat 40 (no division since Saturday relays are preliminary), swimming in lane 2 and she is the third leg in the relay. Judy's third event of the day is the 1000y freestyle and she is in heat 52, division A swimming in lane 4.*

## Helpful tips

- Hairspray takes away the ink – so you can wash them off on after the meet!
- Saturday's events will go on the right arm, Sunday's events on the left.
- Use a medium-point Sharpie. The fine points wash off too soon and the thick ones are hard to read.
- Please list in order of heat/division. This is how the staging manager and volunteers will place the athlete in the staging area.