

SOPAC Swim Team | Self Marshalling

Making our meets fast, efficient and Covid-safe

SydneyOlympicPark 
Swim Team

Event Number	Stroke	Distance
1	Freestyle	25
2	Freestyle	50
3	Backstroke	100
4	Individual Medley	200
5	Backstroke	25
6	Backstroke	50

Check the program

Meet programs will be posted on the walls in each squad zone, TeamApp & our website.

At the start of the meet check the meet program and remember your Event | Heat | Lane.



Watch the scoreboard

Pay attention to the meet and watch the scoreboard closely to know what event and heat is in the water.

Be aware of how many heats are in the event before you; it may be only 1.



Move to the area behind the blocks

3 – 4 heats prior to your race move to the area behind the blocks and get ready for your race. Be 1.5m apart. Stand on the X behind your lane. Remember, in Long Course season 50m races and 100m races start at different ends of the pool.

The starter will call the event and heat and move to behind the blocks ready to race.