

# HOW TO SELF MARSHAL

Self-marshalling will be in place for this event.

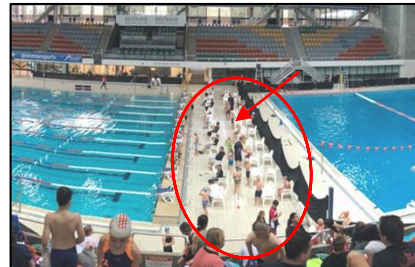
Swimmers will enter the pool deck self-marshalling area via the old gym area, accessed via the outdoor pool deck, the exit door at the dive pool end wall, or via the active warm up room (refer map below).

Swimmers will only be permitted on pool deck to self-marshal a certain number of races prior to theirs, as follows:

50m, 100m, 200m events	Three (3) heats prior to the heat in the water
400m events	Two (2) heats prior to the heat in the water
800m and 1500m events	One (1) heat prior to the heat in the water

To self-marshal, swimmers follow the below steps:

1. Enter pool deck according to the heats prior table above
2. Proceed to the lane they're allocated
3. Move progressively forward, with the other swimmers in their heat



During the event, swimmers can approach the Help Desk (located on pool deck at the start end) for assistance as required or ask their club manager or coach.

To assist in this process, we recommend swimmers arrive to the event prepared with the following information they will need for self-marshalling:

- Event number/s
- Heat number/s
- Lane number/s

It is also a good idea for swimmers to write all event/heat/lane numbers on their arm, in that order, for example:

