



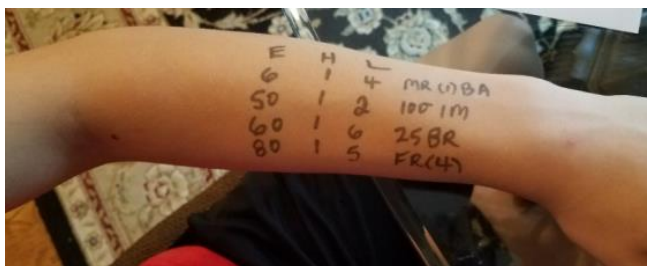
MEET EVENTS: HOW TO MARK YOUR SWIMMER'S ARM / READING A HEAT SHEET

Right before each meet a 'Heat Sheet' (program/list of events) will be emailed out. (Sometimes it is very last minute.) Events are numbered sequentially and indicate the stroke they are swimming by age group. There can be multiple **HEATS** racing, heats are in sequential order. All swimmers in Heat 1 race at the same time. All swimmers in Heat 2 race next at the same time. **LANES** indicates the lane number they are swimming in. The starting blocks are numbered.

1. Once you receive a copy of the heat sheet go thru and find your swimmer(s). I suggest highlighting your swimmer's info to make sure you don't look at the wrong line when writing. Write your last name and age group across the bicep of the left arm. This is to help volunteers and/or coaches in the 'bull pen' line up swimmers. Please use a black sharpie, make sure no sunscreen in on the arm before you sign. See photo below.

Meet Program

#36 Boys 9-10 25 Yard Butterfly			
Lane	Name	Age Team	Seed Time
Heat 1 of 2 Finals			
1	Segura, Enzo	10 RSC-US	NT
2	Schwartz, Zach	9 RFTC	32.17
3	Sweetser, Gavin	10 RSC-US	NT
4	Plywacz, Markus	10 RFTC	10.00
5	Simmons, Quinn	10 RSC-US	NT
6	Johnson, Beckett	10 RFTC	25.84
7	Bukowski, Foster	9 RSC-US	NT
8	Pederson, Dex	9 RFTC	36.05
Heat 2 of 2 Finals			
2	Hall, Grant	9 RFTC	NT
3	Brice, Drew	10 RFTC	NT
4	Abood, Henry	9 RFTC	47.88
5	Hall, Henery	10 RSC-US	NT
6	Hayley, Johnnie	10 RFTC	NT
7	Nery, Diego	9 RFTC	NT



2. On the LEFT arm between the elbow and wrist---write "E H L" on the top so you can write the info for each race below (Event-Heat-Lane). This should be written lengthwise. Write so the swimmer can bend their arm and see their info. Make sure there is space between columns in case of changes.

3. Make sure to mark what stroke simply abbreviate the event after the lane indicated (i.e. 50 BR, 50 FR, 100 FR). (50 BR = Breast stroke, 50 FR= 50 freestyle etc...)