

WAVES MEET EVENTS: HOW TO MARK YOUR SWIMMER'S ARM

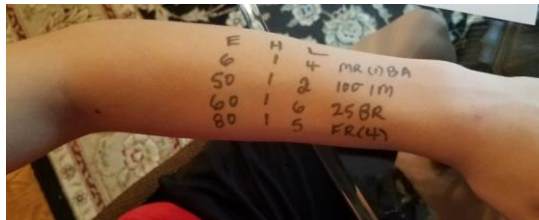
- Names are listed alphabetically---find your swimmer(s) and events will be listed below each name (I'm using an old heat sheet for my son William, for this example). Write your last name and age group across the bicep of the left arm. This is to help deck manager line up swimmers. Please use a black sharpie, make sure no sunscreen in on the arm before you sign. See photo below.

84 Kenyon, Al-8 William - Male - Age: 10 - WCW-GA - Ind/Rel: 2 / 2

#6 Boys 9-10 100 Medley Relay (1)	1:17.50	1/4	#50 Boys 9-10 100 IM	1:49.53	1/2
#60 Boys 9-10 25 Breast	27.03	1/6	#80 Boys 9-10 100 Free Relay (4)	1:22.02	1/5

- Please refer to picture above: Under William's name you'll see event #'s on both the left and right side of the page---these need to be written in order, so look on both sides before starting to write. Because it can get confusing---I suggest highlighting your swimmers' info to make sure you don't look at the wrong line when writing.
- 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 (see photo below). Make sure there is space between columns in case of changes.
- William has four (4) events so you would start with "6" under the "E" column. On that same event line are two numbers that have a slash (/) between them---they stand for the H (Heat) and L (Lane).
- For relays (Medley or Free) you need to note what position they swim (1, 2, 3 or 4). This will be after the event notation in parenthesis (). You will also need to include the abbreviation of what stroke they're swimming so they remember on the blocks. The order of the MEDLEY RELAY IS: (1)=BA (2)=BR (3)=FL (4)=FR (Back, Breast, Fly, Free). So for this example....William's arm for this one event would read: 6 1 4 MR (1) BA
- Then you would go to event #50 and write that info directly under the first....then following would be #60, #80. On other strokes simply abbreviate the event after the lane indicated (i.e. 50 BR, 50 FR, 100 FR).
- It would look like this on the arm, actual picture shown:

E	H	L	
6	1	4	MR (1) BA
50	1	2	100 IM
60	1	6	25 BR
80	1	5	FR (4)



- If your swimmer is swimming an IM (INDIVIDUAL MEDLEY) make sure they know the order and write it if you need to (order is different than medley relay---IM is FL-BA-BR-FR (Fly, Back, Breast, Free)).
- Events** are numbered sequentially during regular meets and indicate the stroke they are swimming by age group.
- Within an event, 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.
- Lane** indicates the lane number they are swimming in. The starting blocks are numbered.

If you have questions, please do not GUESS---find us and ask. If you have questions after you receive the heat sheet next week, let us know. Also please note that changes can be made up to the start of the meet and we will post the most updated copy at the pool or with the bullpen parents-make sure you re-check it after you arrive.