

## How to Write on Swimmer's Arms:

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### Bedford, Brody (10)

#5 1/4 100yd Medley Relay A (3-Fly)

#25 1/5 100yd IM

#51 2/3 25yd Breast

#71 1/4 25yd Fly

#81 1/4 100yd Free Relay A (1)

- Locate your child's individual events on the Meet Entries Report (posted on the website once finalized by Computers)
- Write your child's last name on the upper part of their right arm with black sharpie
- Underneath write the number of your swimmers first individual event (**NO RELAYS**), heat number, and lane number
- The Format should be {Event/Heat/Lane}



**Note:** Each swimmer can only swim a maximum of 3 individual events; therefore, there should never be more than 3 events listed on a swimmer's arm.

For example:

SMITH

12-3-2 [event 12, heat 3, lane 2]

32-5-4 [event 32, heat 5, lane 4]

45-1-2 [event 45, heat 1, lane 2]