

HOW TO MARK YOUR SWIMMER FOR A SWIM MEET

Get your swimmer ready on meet day by using a Sharpie marker to write their events on their wrist, lower arm or above the knee.

E=Event; H=Heat; L=Lane; S=Stroke

E	H	L	S
11	2	1	25 free
23	1	4	25 back

If your swimmer is in a relay...

E=Event; H=Heat; L=Lane; S=Stroke, r=relay, med=medley

E	H	L	S
3	2	1	100 free r, #3 3 rd person in the relay
11	1	4	25 back
63	2	3	100 med r, #2 In the medley relay 1=back, 2=breast, 3=fly, 4=free

This swimmer listed above is swimming in 2 relays and 1 individual event.

The first relay is the 100 free relay. The 3 indicates the swimmer's order in the relay. This swimmer will swim 3rd in the relay.

The second relay is the 100 *medley relay**. The 2 indicates this swimmer will swim the breaststroke in this relay.

**Relay order for the medley relay is...
backstroke, breaststroke, fly, free*