

TEMPLATE FOR MARKING MEET INFORMATION

E	H	L	S
10	4	8	50 FR
26	3	2	100 BK
34	2	5	50 FLY

E=EVENT

H=HEAT

L=LANE

S=STROKE

FR=FREESTYLE

BK=BACKSTROKE

FLY=BUTTERFLY

BR=BREASTSTROKE

IM=INDIVIDUAL MEDLEY

Step 1: Mark the heat sheet in the meet program.

Heat sheets list every event in the meet in order. These **heat sheets will usually be sent to you the day before the meet and you can print them at home.** The heat sheet includes the number of the event as well as the distance and type of event (for example 50 yard freestyle).

The number of heats and the names of the swimmers will be listed next. Typically, heats are swum from slowest to fastest. If it is the first time a swimmer has swum the event, this will be indicated by "NT" for "no time" and they will swim in the earliest heats. Finally, each swimmer is assigned a lane.

- Use a highlighter to mark your swimmer's events on the heat sheet.

Step 2: Write down the information on swimmer's arm for quick reference.

- Write meet information written on their arm (or thigh) **with a Sharpie** to help them keep track of their events.
- Use four columns to show: event number, heat number, lane number and stroke.