



HOW TO READ A SWIMMER'S ARM

A) Event Number

- Odd #s: Girls
- Even #s: Boys
- Relay – for relay events at the regular meets swimmers may swim in an opposite gender relay

B) Distance

- How many yards are swum in the race

C) Kind of stroke

- Ba Backstroke
- Br Breaststroke
- Fl Butterfly
- Fr Freestyle
- IM Individual Medley
- MdRa Medley Relay
- FrRa Freestyle Relay

C1) Relay Assignment

- Number or stroke abbreviation letting a swimmer know their place in the relay

D) Heat/Lane Assignment

- Heat # – for an event there may be more swimmers entered than lanes in the pool, therefore swimmers will be divided into heats based on time (In a 6 lane pool where 10 kids are in the event, 4 will swim in Heat 1 and, 6 will swim in Heat 2)
- Lane # – lane # they swim in

