

Keeping track of your swimmer's events can feel daunting - and multiply that by 4 or more if you have more than one swimmer.

Here are a few basics for how to keep track of the events.

- You could buy temporary tattoos, but most people just use Sharpies or a ball-point pen in a pinch. *Go against your parental instinct and prepare to draw on your child.*
- Take a look at the Heat Sheets that will be posted around the pool grounds. You will want to note the following important details for your swimmer (pro tip: take a photo with your phone):
 - What is the event number? (1 through 72)
 - What is the heat number? (There can be >1 heat for individual events; the last heat is always the scoring heat.)
 - What is the lane number? (1 through 6)
 - What is my swimmer actually swimming? (50 Fly? IM aka Individual Medley [25 fly+ 25 back + 25 breast+ 25 free]? Free Relay?)
 - And... if it's a relay, what is the order of the relay? (I.e., is my swimmer 1st, 2nd, 3rd or 4th?)
 - And also... if it's a Medley Relay [all 4 strokes are swum], what stroke is my swimmer doing? [The order is: (1) Back; (2) Breast; (3) Fly; (4) Free]
- Let the drawing commence! Most people write on their swimmer's arm as follows: E(vent No.); H(eat); L(ane); S(troke). So it would look something like this:

E	H	L	S
5	1	3	25 Back (1st)
15	1	5	25 Free (3rd)
45	3	1	25 Breast
55	4	1	25 Fly