

- 1) Find your swimmers events on the heat sheet.
- 2) Draw a grid on the inside of their arm or leg. *Make sure it is where they can read it.
- 3) Write Event#, Heat#, Lane#, & Stroke/Relay position in sharpie.

*Sharpie can be removed by rubbing sunscreen on it after the meet.

Event Heat Lane Stroke or Relay position

| E | H | L | |
|----|---|---|--------|
| 6 | 4 | 4 | 50Fr |
| 12 | 3 | 5 | 50BK |
| 16 | 4 | 8 | 100Fly |