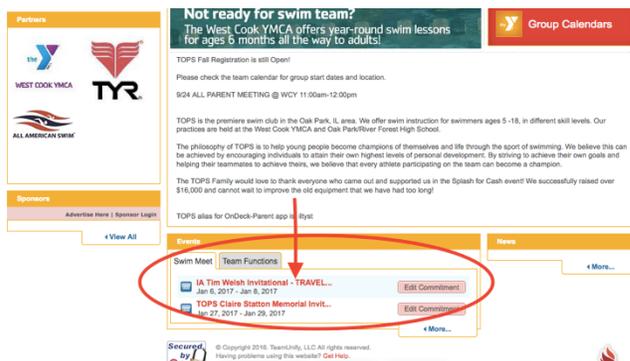


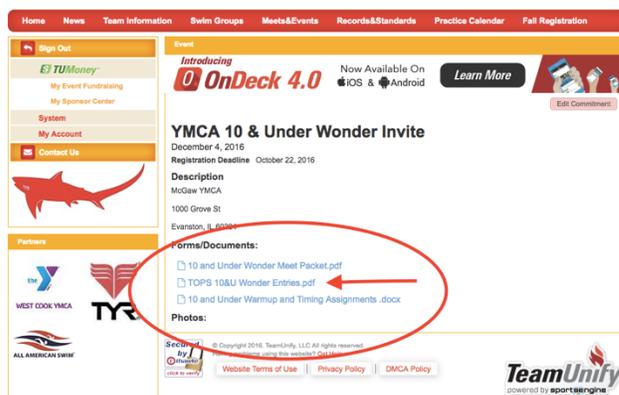
## Swim Meet 101

### Events/Marking Swimmers' Arms

On the bottom of the TOPS website upcoming swim meets are listed. Click first on the meet:

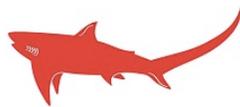


Prior to meet, after the sign-up deadline has passed, coaches will post the events your swimmer will swim. The order of events (ex. 25 free, 100 Back) are listed in in the meet packet. To see the events your child will be swimming, you want to access a file usually titled "Meet Entries." Click on this link (note that when opening on a mobile device, the meet entries file may open in a new tab):



In the Meet Entries file, swimmers are listed in alphabetical order by last name, along with the number and description of events. If the swimmer has posted a time from a previous meet, that time will also be listed. If a swimmer has not swum an event in a prior meet, the time column will say NT for no time:

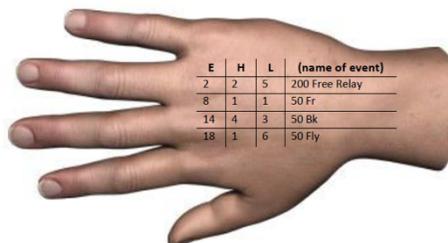
<b>Evans, Tsega T (8)</b>	
# 5 Girl 8-8 25 Free	23.39Y
# 25 Girl 8-8 25 Back	26.04Y
# 35 Girl 8-8 25 Breast	30.00Y



At the meet, swimmers will often sign in (positive check-in) so that participating swimmers may be organized into heats and lanes based on times. Eliminating the possibility of open lanes and unpopulated heats makes the meet overall run faster. Heats start with slower times, so later heats are faster. Also, swimmers with faster times are placed in the center lanes first. You can get heat and lane information from heat sheets, posted after warm-ups and before the meet begins. Coaches will also have heat sheets and can help your swimmers keep track of their lanes, heats and events. Heat Sheets are posted on the wall of the meet or can be purchased from the host swim team. They are also sometimes available on an app called Meet Mobile:

Event #	#13 Girls 8 & Under 25 Yard Freestyle					Event Name
	Lane	Name	Age	Team	Seed Time	
	<b>Heat 1 of 2 Finals</b>					
	2	Matthews, Marissa	7	LP-NC	42.44	
	3	Frame, Aubree	7	CCST-NC	35.87	
	4	Mercer, Jillian	7	LP-NC	37.64	
	5	Zelakowski, Caleigh	7	LP-NC	50.80	
	<b>Heat 2 of 2 Finals</b>					
	1	Lockwood, Peyton	7	LP-NC	29.20	
	2	Albrecht, Allie	8	LP-NC	24.60	
	3	Dutton, Cass	8	LP-NC	22.52	

Using this information, you should use a sharpie to mark your swimmer's arm, events first, followed by heats, lanes and names of events:



write so the swimmer can read it, not upside-down. (Example only, not actual events)

**Stroke Abbreviations:**

Stroke	Abbreviation
Freestyle	FR
Backstroke	BK or BA
Breast stroke	BR
Butterfly	FLY
Individual Medley	IM
Medley Relay	MR
Freestyle Relay	FRR