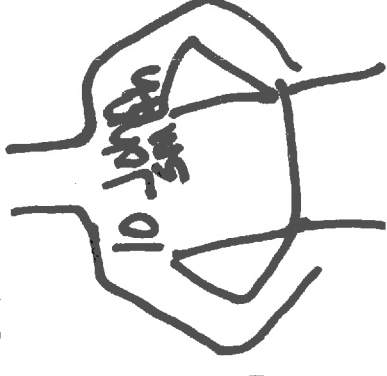


How does my swimmer know  
what he/she is swimming?

Locate your child on the psych sheet.  
Then mark your child's arm.

Event #	heat	lane	stroke
E	H	L	S
# 4	3	5	Fre
# 12	1	7	fly

Also, write your  
child's name & age  
on their back.



\*Please complete before warm-ups.