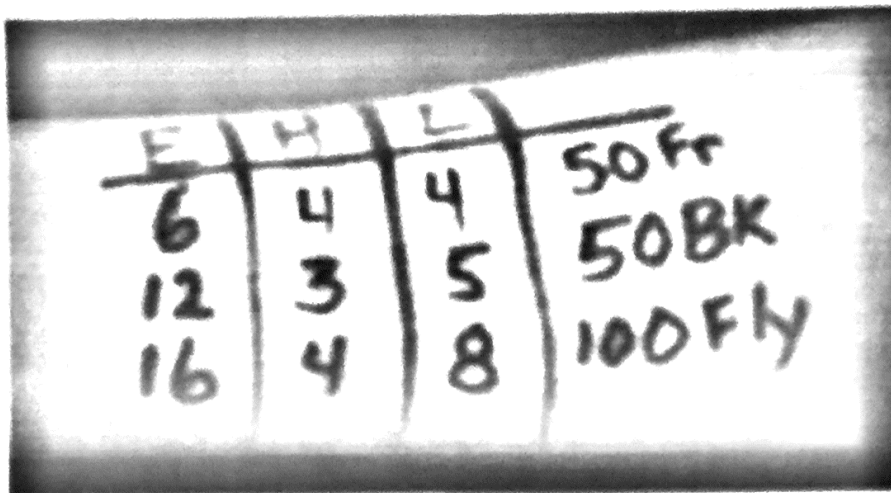


# HOW TO MARK YOUR SWIMMER AT A MEET

(Bring a Sharpie to the meet)



**Template for Marking Meet Information**

E	H	L	RACE
6	4	4	50 FR
12	3	5	100 BK
16	4	8	100 FLY

E=Event

H=Heat

L=Lane

Race= Distance and Stroke

FR=Freestyle

BK=Backstroke

Fly=Butterfly

BR=Breaststroke

IM=Individual Medley