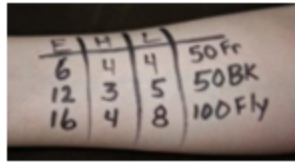# How To Mark Swimmer's Arm for Meet

Please see the image below and instructions on how to mark your swimmer's arms before meets!

E= Event
H= Heat
L= Lane
S= Stroke

Here is an example of how your swimmer's events will be listed on the Athlete Event Sheet.

45 Kahle, Piper J - Female - Age: 7 - LIFE-OH - Ind/Rel: 2 / 1

#1 Girls 8&U 100 Medley Relay (2) 1/4   #23 Girls 8&U 25 Free 2/1
#45 Girls 8&U 25 Back   2/1

This is how it is read:
You will see the swimmer's name, gender, and age listed. The IND/REL: 2/1 means 2 individual events/1 relay event.

Events should be read left to right so she is in EVENT #1, #23, and #45. (That is what you list in the first column under the letter "E") The numbers to the right of the events are the HEAT/LANE. See Below

She is in
Event: 1, Heat: 1, Lane: 4, Stroke: MR (2) (Medley Relay swimmer #2)
Event: 23, Heat: 2, Lane 1, Stroke: FR (Free)
Event: 45, Heat: 2, Lane 1, Stroke: BK (Back)

E	H	L	S
1	1	4	MR (2)
23	2	1	25 FR
45	2	1	25 BK

FLY= Butterfly
BA= Back
BR= Breast
FR= Free
IM= Individual Medley
MR= Medley Relay