

Parents: Use the posted heat sheet to mark your swimmers arm prior to arriving at the pool. Instructions are detailed below.

How to mark your swimmers arm prior to meet

Name of Races	Event	Heat Lane	
	E	H	L
medley relay	8	1	2 (1) relay leg
50 free	20	1	4
100 IM	52	1	2
free relay	82	1	4 (2) relay leg

Forearm ↓