

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

How to mark your swimmer's arm prior to meet

Forearm ↓

Name of Races	Event ↓ E	Heat ↓ H	Lane ↓ L	
medley relay	8	1	2	(1) relay leg
50 free	20	1	6	
100 IM	52	1	2	
free relay	82	1	4	(2) relay leg