

Arm Grid How-To

Each swimmer should use a Sharpie and write a grid that lists their events on their arm or leg. I have attached a picture, for your reference.

E (highlighted in orange) is the **Event**. Event numbers belong in the 1st column.

H (highlighted in pink) is the **Heat**. The heat number is written to the right of the event number in the second column.

L (highlighted in yellow) is the **Lane**. The lane number is written to the right of the heat number in the third and final column.

You complete this for each event

So... using the pic as a reference, we know that Olivia Horbelt is in the 3rd event, 1st heat, and in the 4th lane. Her numbers for this event will be written in the appropriate columns and will read straight across.

You then draw a line, to separate the numbers, and record the next event underneath.

If you are new to the team, and this does not make sense, there will be people present at the meet who will be happy to help you! No worries!

7 EVENT #	1	Silvia, Colin	8 DC	NT
	2	Short, Giles	8 DC	NT
	3	Ryan, Paddy	8 LLCC	24.04
	4	Hooper, Charlie	8 LLCC	25.57
	5	Williams, Knox	8 LLCC	NT
	6	Barrett, Grae	8 DC	NT
	#3 Girls 9-10 25 Yard Freestyle			
	Lane	Name	Age	Team
	Heat 1 of 3 Finals			
	1			
	2	Pierceall, Katie	10 DC	NT
	3	Ryan, Isabella	9 DC	NT
	4	Horbelt, Olivia	9 LLCC	NT
	5	Haas, Annabelle	9 DC	NT
	6			
	Heat 2 of 3			
	1	DiCiocc		
	2	Weishaar		
	3	Walden		
	4	Malone		
	5	Cushen		
	6	Parsons		
	Heat 3 of 3			
	1	Schwar		
	2	Ryan, E		
	3	Ingram		
	4	Dougl		
	5	Wood		

#5 Girls 11-12 50 Yard Freest	
Lane	Name
Heat 1 of 4 Finals	
1	
2	Gaigals, Josie
3	Milone, Mia
4	Masters, Layla
5	
6	
Heat 2 of 4 Finals	
1	
2	Kaplan, Jennavieve
3	McCown, Brookelyn
4	Weishaar, Jane
5	Silvia, Madison
6	

E	H	L
3	1	4
22	2	1