

“SWIM TEAM 101”

Reading entries list and heat sheets, marking your child with Sharpie for an event, descriptions of the events and relays

Hammond Hills Master - 6/6/2013
2013 CSRA Summer League Dual Meet
Meet Program - Meet

#1 Girls 6 & Under 100 Yard Freestyle Relay				#5 Girls 10 & Under 100 Yard Medley Relay				#8 Mixed 12 & Under 200 Yard Medley Relay			
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals				Heat 1 of 1 Finals				Heat 1 of 1 Finals			
1	HHST-SC	A	NT	1	HHST-SC	C	NT	2	FINS-GA	B	NT
	Hickey, Emma 5	Seider, Kaitlyn 6			Stone, Grace 9	Hutt, Pieper 10			Anna, Bryson M12	Carroz, Cristian M12	
	Bell, Lauren 6	Ellis, Katie 6			Butler, Lily 10	Jonson, Caroline 9			Cranata, Justin M11	Adair, Justin M12	
#2 Mixed 6 & Under 100 Yard Freestyle Relay				#6 Mixed 10 & Under 100 Yard Medley Relay				#9 Girls 14 & Under 200 Yard Medley Relay			
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals				Heat 1 of 1 Finals				Heat 1 of 1 Finals			
3	FINS-GA	B	NT	3	HHST-SC	A	NT	3	HHST-SC	A	NT
	Copley, Leah W6	Beckham, Madelyn W6			Graham, Taylor 9	Kennedy, Kathryn 9			Siverhus, Spencer M11	Ballard, Briggs M12	
	Lord, Dylan M6	Ross, John Paul M5			Gilstrap, Abby 10	Rucker, Elizabeth 10			Kendinger, Nolan M12	Hendrick, Ryan M11	
4	HHST-SC	A	NT	4	FINS-GA	A	NT	4	FINS-GA	A	NT
	Hardman, Patrick M6	Lacy, Finn M5			Prescott, Mackenzie 9	Blitch, Christine 10			DeLouch, Brandon M11	Hill, Clayton M11	
	Alexander, Till M5	Zeller, Joseph M6			Alexander, Lily 10	Price, Lauren 9			Tippett, Jaren M11	Savage, Hunter M12	
5	FINS-GA	A	2:08.83	5	HHST-SC	B	NT	5	HHST-SC	B	NT
	Grubaugh, Cullan M5	Worth, Brandon M6			Grier, Ava 10	Poole, Kaleigh 10			Aniedobe, Nnaebuka M11	Hyde, Brycen M12	
	Lee, Megan W5	Hill, Ben M6			Noyce, Madison 9	Hickey, Olivia 9			Cooper, Jackson M12	Swanson, Blake M11	
6	HHST-SC	B	NT	6	FINS-GA	C	NT	#10 Mixed 14 & Under 200 Yard Medley Relay			
	Vann, Braedon M5	Rectenwald, Robbie M6			Connell, Hannah 9	Lord, Emma 9		Heat 1 of 1 Finals			
	Watkins, Briggs M6	Lacy, Max M6			Worth, Erin 9	Carroz, Mariangel 10		3	HHST-SC	A	NT
#3 Girls 8 & Under 100 Yard Medley Relay				#7 Girls 12 & Under 200 Yard Medley Relay				Heat 1 of 1 Finals			
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals				Heat 1 of 1 Finals				Heat 1 of 1 Finals			
1	HHST-SC	C	NT	2	HHST-SC	C	NT	3	HHST-SC	A	NT
	Hutt, Charlee 8	Beavers, Genny 7			Bell, Madden M10	Manley, Payton M10			West, Jenna 13	Sam, Emily 14	
	Ellis, Katie 6	Johnson, Madison 7			Lint, James M9	Hoar, Theron M10			Hendrick, Allison 14	Gambrell, Jordan 14	
2	FINS-GA	B	NT	3	HHST-SC	A	NT	4	HHST-SC	B	NT
	Grimes, Carabeth 8	Beckham, Audrey 8			Shaffer, Evan M10	Stallings, Trey M10			Gilstrap, Carly 14	Hooks, Molly 13	
	Savage, Morgann 8	Anna, Megan 8			Partl, Chandler M9	Beavers, Jackson M9			May, Sarah 13	Zeller, Katherine 14	
3	HHST-SC	A	NT	4	FINS-GA	A	NT	#11 Girls 18 & Under 200 Yard Medley Relay			
	Alexander, Kinder 8	Hickey, Anna 8			Hill, Michael M8	Copley, Aaron M10		Heat 1 of 1 Finals			
	Parker, Marley 7	Sullivent, Savana 8			Read, Saxon M9	Berg, Jared M9		2	FINS-GA	B	NT
4	FINS-GA	A	1:47.17	5	HHST-SC	B	NT		Brigdon, Rebecca W14	Prescott, Ben M13	
	Nadkhami, Maya 8	Maestre, Gigi 7			Rucker, Harrison M9	McGhee, Nathan M10			Quinn, Devin M14	Huckaba, Emily W13	
	DeLoach, Reilly 8	Postelle, Anna 8			Hooper, Max M10	Black, David M10			A	A	NT
5	HHST-SC	B	NT	#4 Mixed 8 & Under 100 Yard Medley Relay				Heat 1 of 1 Finals			
	Grier, Sophia 7	Partl, Ann Marie 7		Heat 1 of 1 Finals				Heat 1 of 1 Finals			
	Lusk, Lauren 7	Chokshi, Meera 8		1	HHST-SC	C	NT	3	HHST-SC	A	NT
#4 Mixed 8 & Under 100 Yard Medley Relay				Heat 1 of 1 Finals				Heat 1 of 1 Finals			
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals				Heat 1 of 1 Finals				Heat 1 of 1 Finals			
2	HHST-SC	C	NT	2	FINS-GA	B	NT	3	HHST-SC	A	NT
	Brown, Travis M8	Butler, Jack M7			Connell, Sarah 12	Alexander, Berry Claire 12			Lewis, Jenny 16	Hooper, Cassandra 16	
	Pond, Drew M8	Seider, Cooper M8			Ewing, Abigail 11	Johnson, Nathalie 12			Lewis, Katy 16	Williams, Kelsey 16	
3	HHST-SC	A	NT	3	HHST-SC	A	NT	4	FINS-GA	A	NT
	Stallings, Will M8	Kirkland, Connor M8			Alexander, Addi 12	Dawkins, Ashlyn 12			Middlebrooks, Kelsey 17	Page, Caroline 17	
	Rectenwald, Timothy M8	Swanson, Leland M8			Fralick, Abby 12	Valentine, Meghan 12			Knight, Erika 15	Page, Katie 13	
4	FINS-GA	A	1:55.17	4	FINS-GA	A	NT	5	HHST-SC	B	NT
	Burch, Hudson M7	Wohlford, Ben M7			Burch, Emory 11	Read, Ibbly 11			Pippin, Leah 15	Parler, Elizabeth 15	
	Grubaugh, Liam M7	Wohlford, Nate M7			Coine, Sydney 11	Lee, Madison 11			Ashe, Brenna 15	Conley, Sydney 18	
5	HHST-SC	B	NT	5	HHST-SC	B	NT	#11 Girls 18 & Under 200 Yard Medley Relay			
	Stone, Mills M8	O'Connor, Thomas M7			Ashe, Katie 11	Ashe, Abby 11		Heat 1 of 1 Finals			
	O'Shea, Brandon M8	Poole, Jared M8			Gambrell, Reagan 12	Gambrell, Ashlyn 12		3	HHST-SC	A	NT
#6 Mixed 10 & Under 100 Yard Medley Relay				Heat 1 of 1 Finals				Heat 1 of 1 Finals			
Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time	Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals				Heat 1 of 1 Finals				Heat 1 of 1 Finals			
1	HHST-SC	C	NT	1	HHST-SC	C	NT	3	HHST-SC	A	NT
	Morris, Kaylee 11	Wiggins, McKenna 11			Morris, Kaylee 11	Wiggins, McKenna 11			Lewis, Jenny 16	Hooper, Cassandra 16	
	Dunaway, Katherine 11	Shealy, Lily 11			Dunaway, Katherine 11	Shealy, Lily 11			Lewis, Katy 16	Williams, Kelsey 16	
2	FINS-GA	B	NT	2	FINS-GA	B	NT	4	FINS-GA	A	NT
	Connell, Sarah 12	Alexander, Berry Claire 12			Connell, Sarah 12	Alexander, Berry Claire 12			Middlebrooks, Kelsey 17	Page, Caroline 17	
	Ewing, Abigail 11	Johnson, Nathalie 12			Ewing, Abigail 11	Johnson, Nathalie 12			Knight, Erika 15	Page, Katie 13	
3	HHST-SC	A	NT	3	HHST-SC	A	NT	5	HHST-SC	B	NT
	Alexander, Addi 12	Dawkins, Ashlyn 12			Alexander, Addi 12	Dawkins, Ashlyn 12			Pippin, Leah 15	Parler, Elizabeth 15	
	Fralick, Abby 12	Valentine, Meghan 12			Fralick, Abby 12	Valentine, Meghan 12			Ashe, Brenna 15	Conley, Sydney 18	
4	FINS-GA	A	NT	4	FINS-GA	A	NT	#11 Girls 18 & Under 200 Yard Medley Relay			
	Burch, Emory 11	Read, Ibbly 11			Burch, Emory 11	Read, Ibbly 11		Heat 1 of 1 Finals			
	Coine, Sydney 11	Lee, Madison 11			Coine, Sydney 11	Lee, Madison 11		3	HHST-SC	A	NT
5	HHST-SC	B	NT	5	HHST-SC	B	NT		Lewis, Jenny 16	Hooper, Cassandra 16	
	Ashe, Katie 11	Ashe, Abby 11			Ashe, Katie 11	Ashe, Abby 11			Lewis, Katy 16	Williams, Kelsey 16	
	Gambrell, Reagan 12	Gambrell, Ashlyn 12			Gambrell, Reagan 12	Gambrell, Ashlyn 12			A	A	NT
6	FINS-GA	C	NT	6	FINS-GA	C	NT		Middlebrooks, Kelsey 17	Page, Caroline 17	
									Knight, Erika 15	Page, Katie 13	
									B	B	NT
									Pippin, Leah 15	Parler, Elizabeth 15	
									Ashe, Brenna 15	Conley, Sydney 18	

HEAT SHEET

These will be multiple pages and have all the events that all swimmers on the team are swimming in the order of the meet.

FOR THE RELAY EVENTS

#10 is the **EVENT NUMBER** and the specifics of the event, in this case a 200 yd Medley Relay

HEAT 1– there can be multiple heats in an event

LANE 2 FINS-GA – our lane for these swimmers from our team, and the list of the swimmers in that relay.

Each relay is different– there are the Freestyle relays, where everyone swims freestyle, Medley relays, Individual medleys. I will explain these differences later.

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	FINS-GA	B	NT
	Brigdon, Rebecca W14	Prescott, Ben M13	
	Quinn, Devin M14	Huckaba, Emily W13	


#22 Boys 13-14 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	Dunham, Jacob	13	HHST-SC	32.28
2	Prescott, Ben	13	FINS-GA	32.61
3	Myers, Jack Henry	14	HHST-SC	27.62
4	Zidek, Jeremy	14	FINS-GA	28.28
5	McGhee, Zach	13	HHST-SC	29.57
6	Blackburn, Jacob	13	FINS-GA	37.31
Heat 2 of 3 Finals				
1	Lykins, Matthew	13	HHST-SC	NT
2	Knight, Colin	13	FINS-GA	NT
3	Farmer, Thomas	13	HHST-SC	36.08
4	Quinn, Devin	14	FINS-GA	43.64
5	Aniedobe, Nkenna	13	HHST-SC	49.37
6	Wolford, Paddy	13	FINS-GA	NT



INDIVIDUAL EVENTS

#22 is the **EVENT NUMBER** for the
50 yd FREESTYLE

- The **HEATS** the swimmers will be swimming in (pools have 6 lanes, so up to 6 swimmers at a time)
- The **LANE** your (or in this case, **MY** swimmer will be in.... Listing his name, team and **SEED TIME** (NT means **NO TIME**)

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2013 CSRA Summer League Dual Meet
Meet Program - Meet

#12 Mixed 18 & Under 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
3	HHST-SC	A	NT
	Coleman, Joseph M17	Barnes, Glenn M17	
	Kendinger, Ian M16	Farrar, Micah M16	
4	FINS-GA	A	NT
	Tippett, Dallin M15	Nunnery, Kyle M15	
	Page, Christopher M15	Zidek, Thomas M15	
5	HHST-SC	B	NT
	Ewart, Carson M16	Grimm, Jonathan M16	
	Farmer, Christopher M15	Gambill, Alex M15	

#13 Girls 6 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Seider, Kaitlyn	6	HHST-SC	42.05
2	Beckham, Madelyn	6	FINS-GA	NT
3	Ellis, Katie	6	HHST-SC	37.05
4	Copley, Leah	6	FINS-GA	NT
5	Hickey, Emma	5	HHST-SC	39.99
Heat 2 of 2 Finals				
2	Buckley, Hazel	5	HHST-SC	2:00.92
3	Bell, Lauren	6	HHST-SC	42.63
4	Lee, Megan	5	FINS-GA	NT

#14 Boys 6 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	Lacy, Finn	5	HHST-SC	44.27
2	Worth, Brandon	6	FINS-GA	46.55
3	Hardman, Patrick	6	HHST-SC	35.31
4	Hill, Ben	6	FINS-GA	31.35
5	Alexander, Till	5	HHST-SC	42.32
6	Anna, Jacob	6	FINS-GA	NT
Heat 2 of 3 Finals				
1	Rectenwald, Robbie	6	HHST-SC	51.44
2	Grubaugh, Cullan	5	FINS-GA	NT
3	Lacy, Max	6	HHST-SC	45.23
4	Lord, Dylan	6	FINS-GA	NT
5	Vann, Braedon	5	HHST-SC	48.47
6	Ross, John Paul	5	FINS-GA	NT
Heat 3 of 3 Finals				
2	Zeller, Joseph	6	HHST-SC	NT
3	O'Shea, Brady	5	HHST-SC	1:44.58
4	Watkins, Briggs	6	HHST-SC	NT

#15 Girls 7-8 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	Lusk, Lauren	7	HHST-SC	29.79
2	Postolle, Anna	8	FINS-GA	24.73

Heat 2 of 3 Finals

1	Hutt, Charlee	8	HHST-SC	36.60
2	Nadkarni, Meghan	7	FINS-GA	NT
3	Parker, Marley	7	HHST-SC	29.96
4	Beckham, Audrey	8	FINS-GA	NT
5	Beavers, Genny	7	HHST-SC	32.20
6	Grimes, Carabeth	8	FINS-GA	NT
Heat 3 of 3 Finals				
1	Cato, Livi	7	HHST-SC	46.58
2	Anna, Megan	8	FINS-GA	NT
3	Johnson, Madison	7	HHST-SC	41.12
4	Savage, Morgann	8	FINS-GA	NT
5	Hood, Emerson	7	HHST-SC	41.99

#16 Boys 7-8 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	O'Shea, Brandon	8	HHST-SC	30.74
2	Copley, Caleb	8	FINS-GA	35.19
3	Swanson, Leland	8	HHST-SC	22.56
4	Hill, Michael	8	FINS-GA	22.53
5	Rectenwald, Timothy	8	HHST-SC	25.69
6	Lee, Evan	7	FINS-GA	41.20
Heat 2 of 3 Finals				
1	O'Connor, Thomas	7	HHST-SC	38.51
2	Grubaugh, Liam	7	FINS-GA	NT
3	Brown, Travis	8	HHST-SC	33.31
4	Avecilla, Misael	8	FINS-GA	NT
5	Kirkland, Connor	8	HHST-SC	35.29
6	Wohlford, Nate	7	FINS-GA	NT
Heat 3 of 3 Finals				
1	Butler, Jack	7	HHST-SC	NT
2	Pond, Garrett	7	HHST-SC	46.50
3	Seider, Cooper	8	HHST-SC	42.08
4	Wohlford, Ben	7	FINS-GA	NT
5	Pond, Drew	8	HHST-SC	NT
6	Stone, Mills	8	HHST-SC	NT

#17 Girls 9-10 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 4 Finals				
1	Gilstrap, Abby	10	HHST-SC	18.87
2	Ledbetter, Bailey	9	FINS-GA	22.51
3	Black, Emma	10	HHST-SC	16.64
4	Prescott, Mackenzie	9	FINS-GA	18.14
5	Rucker, Elizabeth	10	HHST-SC	18.71
6	Bliitch, Christine	10	FINS-GA	22.75
Heat 2 of 4 Finals				
1	Jonson, Caroline	9	HHST-SC	32.73
2	Alexander, Lily	10	FINS-GA	23.22

Heat 3 of 4 Finals

1	Connell, Hannah	9	FINS-GA	NT
2	Worth, Erin	9	FINS-GA	30.36
3	Stone, Grace	9	HHST-SC	NT
4	Graham, Taylor	9	FINS-GA	28.22
5	Hutt, Pieper	10	HHST-SC	NT
6	Kennedy, Kathryn	9	FINS-GA	NT
Heat 4 of 4 Finals				
2	Lord, Emma	9	FINS-GA	NT
3	Wohlfrod, Rachel	10	FINS-GA	NT
4	Delgado, Jasmine	10	FINS-GA	NT

#18 Boys 9-10 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1	Rucker, Harrison	9	HHST-SC	17.46
2	Copley, Aaron	10	FINS-GA	28.28
3	Shaffler, Evan	10	HHST-SC	16.73
4	Read, Saxon	9	FINS-GA	17.21
5	Partl, Chandler	9	HHST-SC	16.97
6	Berg, Jared	9	FINS-GA	NT
Heat 2 of 3 Finals				
1	Lukacik, David	10	HHST-SC	27.29
2	Bell, Madden	10	HHST-SC	24.16
3	Black, David	10	HHST-SC	18.72
4	Harmon, Stephen	9	HHST-SC	20.72
5	Lint, James	9	HHST-SC	25.42
6	Hoar, Theron	10	HHST-SC	30.14
Heat 3 of 3 Finals				
1	Manley, Payton	10	HHST-SC	NT
2	Lykins, Joseph	9	HHST-SC	NT
3	Cooper, Peyton	9	HHST-SC	36.19
4	Aniedobe, Kenekukwu	9	HHST-SC	1:09.61
5	Beavers, Jackson	9	HHST-SC	NT

#19 Girls 11-12 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 5 Finals				
1	Morris, Kaylee	11	HHST-SC	39.35
2	Connell, Sarah	12	FINS-GA	44.00
3	Dawkins, Ashlyn	12	HHST-SC	30.98
4	Gilbert, Mary Walker	12	FINS-GA	38.73
5	Valentine, Meghan	12	HHST-SC	33.11
6	Burch, Emory	11	FINS-GA	NT
Heat 2 of 5 Finals				
1	Dunaway, Katherine	11	HHST-SC	46.12
2	Read, Ibby	11	FINS-GA	NT
3	Ashe, Abby	11	HHST-SC	39.72
4	Johnson, Nathalie	12	FINS-GA	NT
5	Shealy, Lily	11	HHST-SC	45.57

HEAT SHEET PAGE

See if you can read this now.....

The fastest swimmers are usually in the first heat, and towards the middle of the pool, so the fastest overall swimmers are in lanes 3 and 4 in heat 1...and it goes on from there. If they are entered as NT (no time) they go in the last heat, and it just means we have no recorded time for them swimming that event.

60	Nadkharni, Meghan - Female - Age: 7 - Ind/Rel: 3 / 1						
	#15 Girls 7-8 25 Free	NT	2/2	#25 Girls 8&U 25 Breast	NT	3/4	
	#37 Girls 7-8 25 Back	NT	2/2	#67 Girls 8&U 100 Free Relay (4)	NT	1/2	
61	Nadkharni, Mitchell - Male - Age: 11 - Ind/Rel: 3 / 1						
	#20 Boys 11-12 50 Free	NT	1/2	#52 Boys 11-12 50 Fly	NT	1/6	
	#62 Boys 11-12 100 IM	NT	2/2	#72 Mixed 12&U 200 Free Relay (4)	NT	1/2	
62	Nunnery, Kyle - Male - Age: 15 - Ind/Rel: 3 / 2						
	#12 Mixed 18&U 200 Medley Relay (2)	NT	1/4	#24 Boys 15-18 50 Free	27.04	1/6	
	#56 Boys 15-18 50 Fly	30.90	1/2	#66 Boys 15-18 100 IM	1:14.14	1/6	
	#76 Mixed 18&U 200 Free Relay (4)	NT	1/4				
63	Page, Caroline - Female - Age: 17 - Ind/Rel: 3 / 2						
	#11 Girls 18&U 200 Medley Relay (2)	NT	1/4	#23 Girls 15-18 50 Free	NT	1/2	
	#33 Girls 15-18 50 Breast	39.12	1/4	#65 Girls 15-18 100 IM	1:19.87	1/4	
	#75 Girls 18&U 200 Free Relay (4)	NT	1/4				
64	Page, Christopher - Male - Age: 15 - Ind/Rel: 3 / 2						
	#12 Mixed 18&U 200 Medley Relay (3)	NT	1/4	#24 Boys 15-18 50 Free	26.63	1/2	
	#56 Boys 15-18 50 Fly	30.16	1/4	#66 Boys 15-18 100 IM	1:11.97	1/2	
	#76 Mixed 18&U 200 Free Relay (3)	NT	1/4				
65	Page, Katie - Female - Age: 13 - Ind/Rel: 3 / 2						
	#11 Girls 18&U 200 Medley Relay (4)	NT	1/4	#31 Girls 13-14 50 Breast	42.23	1/4	
	#43 Girls 13-14 50 Back	35.93	1/4	#63 Girls 13-14 100 IM	1:18.28	1/4	
	#75 Girls 18&U 200 Free Relay (3)	NT	1/4				
66	Postelle, Anna - Female - Age: 8 - Ind/Rel: 3 / 2						
	#3 Girls 8&U 100 Medley Relay (4)	1:47.17	1/4	#15 Girls 7-8 25 Free	24.73	1/2	
	#25 Girls 8&U 25 Breast	NT	2/2	#37 Girls 7-8 25 Back	30.09	1/4	
	#67 Girls 8&U 100 Free Relay (2)	NT	1/4				
67	Prescott, Ben - Male - Age: 13 - Ind/Rel: 3 / 2						
	#10 Mixed 14&U 200 Medley Relay (2)	NT	1/2	#22 Boys 13-14 50 Free	32.61	1/2	
	#54 Boys 13-14 50 Fly	45.59	1/2	#64 Boys 13-14 100 IM	NT	1/1	
	#74 Mixed 14&U 200 Free Relay (3)	NT	1/4				
68	Prescott, Mackenzie - Female - Age: 9 - Ind/Rel: 3 / 3						
	#5 Girls 10&U 100 Medley Relay (1)	NT	1/4	#17 Girls 9-10 25 Free	18.14	1/4	
	#39 Girls 9-10 25 Back	23.14	1/4	#49 Girls 9-10 25 Fly	24.68	1/4	
	#69 Girls 10&U 100 Free Relay (1)	NT	1/4	#77 Mixed 18&U 150 Free Relay (3)	NT	1/4	
69	Price, Lauren - Female - Age: 9 - Ind/Rel: 3 / 2						
	#5 Girls 10&U 100 Medley Relay (4)	NT	1/4	#17 Girls 9-10 25 Free	22.92	2/4	
	#39 Girls 9-10 25 Back	28.59	2/4	#49 Girls 9-10 25 Fly	NT	1/2	
	#69 Girls 10&U 100 Free Relay (4)	NT	1/4				
70	Quinn, Devin - Male - Age: 14 - Ind/Rel: 3 / 2						
	#10 Mixed 14&U 200 Medley Relay (3)	NT	1/2	#22 Boys 13-14 50 Free	43.64	2/4	
	#32 Boys 13-14 50 Breast	NT	2/4	#44 Boys 13-14 50 Back	51.54	1/6	
	#74 Mixed 14&U 200 Free Relay (4)	NT	1/4				
71	Reed, Abby - Female - Age: 11 - Ind/Rel: 3 / 2						

THIS IS FROM AN ENTRIES LIST

Before the final HEAT SHEET is approved, we get ENTRIES LISTS—these will tell you some general information about what your child is swimming at the meet

HOW TO READ THE ENTRIES LIST

-Your child's name, age and number of events swimming (Ind/Rel:3/2 means 3 individual events and 2 relay events, which is the league maximum for any swimmer)

-the events your child is swimming the numbers after the relay indicate which LEG of the relay they are swimming, 1st, 2nd, 3rd and 4th

The POSSIBLE heat and lane assignments... these will not be finalized until the night of the meet at 5:30pm, so don't completely count on these yet!



The screenshot shows a table with swimmer information. Two blue arrows point down to the 'Ind/Rel' field '3 / 2' and the 'Age' field '14'. Two blue arrows point up to the 'Event' field '#74 Mixed 14&U 200 Free Relay (4)' and the 'Leg' field '1/4'.

70	Quinn, Devin - Male - Age: 14 - Ind/Rel: 3 / 2	NT	1/2	#22 Boys 13-14 50 Free	43.64	2/4
	#10 Mixed 14&U 200 Medley Relay (3)	NT	2/4	#44 Boys 13-14 50 Back	51.54	1/6
	#32 Boys 13-14 50 Breast					
	#74 Mixed 14&U 200 Free Relay (4)	NT	1/4			



MARKING CHILDREN FOR A MEET

Use **ONLY** a **BLACK PERMANENT SHARPIE**

Apply sunscreen **BEFORE** the sharpie and let it dry (sunscreen removes sharpie!)

Write their **NAME** and **LAST** initial and their **AGE** on their **RIGHT SHOULDER**– this helps the **COACHES** and the **SHEPHERDS** find the right child for the events

Make sure their **SUIT, TSHIRTS SWIM CAPS AND TOWELS** have their names in them as well...on the next slide we will show you how to mark their **ARM** like you see here in the photo...

E	H	L	S
10	1	2	MR(3)
22	2	4	Free
32	2	4	Breast

MARKING UP ARMS (OR LEGS)

This goes on your child's FOREARM or upper thigh (most use forearm)

E- EVENT (#10, 22, 32, etc from heat sheet or entries list)

H-HEAT (1st, 2nd, etc)

L-LANE (the lane they need to report to also from heat sheet/entries list)

S-STROKE (back, breast, (butter)fly, free, MR (medley relay) IM (individual medley))

#7 Quinn, Devin - Male - Age: 14 - Ind/Rel: 3 / 2	NT	1/4	#22 Boys 13-14 50 Free	43.64	2/4
#10 Mixed 14&U 200 Medley Relay (3)	NT	2/4	#44 Boys 13-14 50 Back	51.54	1/6
#32 Boys 13-14 50 Breast	NT	1/4			
#74 Mixed 14&U 200 Free Relay (4)					

- ▶ **Freestyle – the “crawl”, all ages do this stroke**
- ▶ **Backstroke- all ages do this stroke**
- ▶ **Breaststroke- 7-8yrs old and up**
- ▶ **(Butter)Fly- 7-8yrs old and up**
- ▶ **Medley Relay- Stroke Order is (1)BACK,(2)BREAST,(3)FLY (4)FREE**
- ▶ **Individual Medley- Stroke order is (1)FLY, (2)BACK, (3)BREAST (4)FREE**
- ▶ **Free Relay- all ages, all swimmers swim freestyle**
- ▶ **CRESCENDO-(event #77) the last relay of the meet, one swimmer from each age group, all doing freestyle– this usually involves a lot of excited yelling and jumping and team spirit!**

EVENTS AND STROKES

Your child may be put in to swim ANY stroke the coaches feel they are competent at