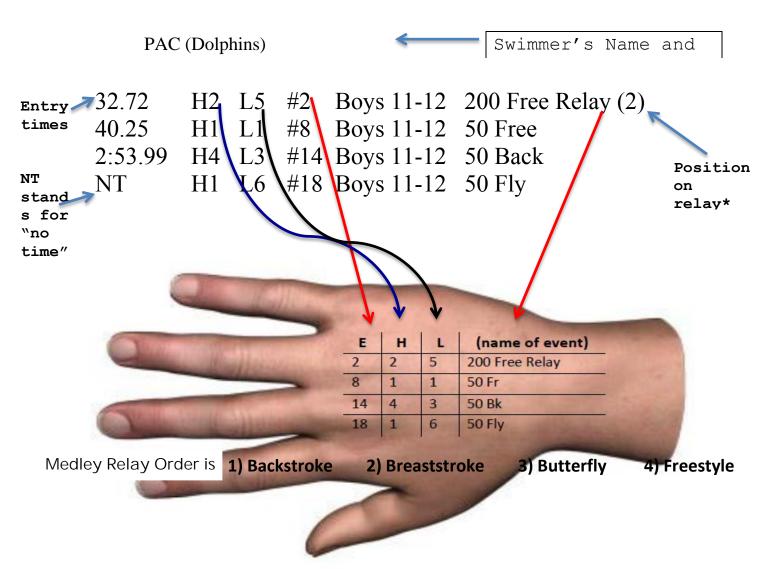
How to mark a swimmer for a swim meet (EHL):

- 1. Use a Sharpie (a few washings or rubbing alcohol will remove sharpie later)
- 2. Write your swimmer's name on their back over the right shoulder
- 3. Write EHL (Event, Heat, Lane) on an area of the body the swimmer and parent helpers can easily see (back of hand, arm, leg)
- 4. Write so it reads right-side-up to your child
- 5.Write events in number order

Here is a sample of how to write the EHL:

This is what you will see on the EHL sheets:



*The IM (Individual Medley) order is Butterfly, Backstroke, Breaststroke, Freestyle.