

A GUIDE FOR NEW PARENTS

How to Mark Your Swimmer's Hand at Meets

The strokes are abbreviated with the following initials: FR – freestyle, BK – backstroke, BR –breaststroke, FL – butterfly, and IM for individual medley. One way is to draw with permanent makers a small graph on their hand using just the initials for each of the following:

D – (distance)	S – (stroke)	E- (event)	H – (heat)	L –(lane)
50	FR	7	3	8
25	FL	23	5	1

For example, one child's hand may have the following:

E-11 100BK H-6 L-5

E-29 50FR H-4 L-1

E-43 100IM H-1 L-6

Another way to write the same information is:

#11 100BK H6/L5

#29 50FR H4/L1

#43 100IM H1/L6

Some of the older swimmers only put the event/heat/lane (EHL). This really helps the swimmers get to the right lane. Anyone on the pool deck can look at their hand and help them.