

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:

PAC (Dolphins) ← Swimmer's Name and

Entry times	32.72	H2	L5	#2	Boys 11-12	200 Free Relay (2)
	40.25	H1	L1	#8	Boys 11-12	50 Free
	2:53.99	H4	L3	#14	Boys 11-12	50 Back
NT stands for "no time"	NT	H1	L6	#18	Boys 11-12	50 Fly

Position on relay*

E	H	L	(name of event)
2	2	5	200 Free Relay
8	1	1	50 Fr
14	4	3	50 Bk
18	1	6	50 Fly

Medley Relay Order is **1) Backstroke 2) Breaststroke 3) Butterfly 4) Freestyle**

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