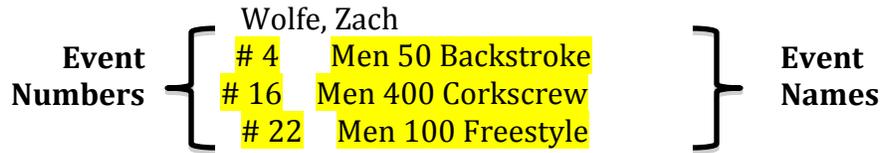


## Step 1:

From the email entry, write down the swimmer's event NUMBERS / EVENT NAME:



(If you do not have a chance to do this before the meet, you can also find the event number and name at the check-in table at the meet).

## Step 2:

At the meet, find the posted "Meet Program" available on bulletin boards and / or easels. Find your swimmer's events listed by EVENT NUMBER. Look at the heat and lane number. **Repeat for each event.**

### #4 Men 50 Backstroke

← Event Name & #

Lane	Name	Age	Team	Seed Time
------	------	-----	------	-----------

#### Heat 1 of 10 Finals

1	Kershaw, Dave		DACA	
2	Berry, Eric		PASA	
3	Wolfe, Zach		HDAC	
4	Negrette, Mike		BAC	
5	Nava, Marcus		SOLO	
6	Curry, Steph		SSF	

← Heat #

← Lane #

## Step 3:

Write the swimmers Event Number, Event Name, & Heat / Lane assignment on the swimmer's hand:

