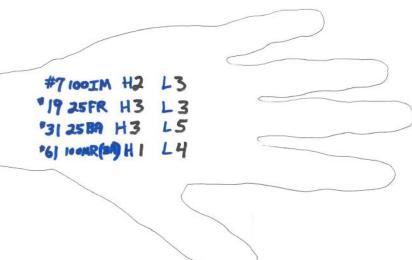
How to "TATTOO" your swimmer (courtesy of SSC Mentor Council)

Lane Name	Age Team	Seed Time
Heat 1 of 2 Finals	ř	
2 Sydney Boyer	6 BVCC	NT
3 Maddie Willia	ms 7 BVCC	NT
4 Laura Stroud	7 WWST	NT
Heat 2 of 2 Finals		
2 Bree Sullivan	8 WWST	NT
3 Ruth McGee	8 WWST	2:19.99
4 Delaney Byrne	8 WWST	NT
5 Elena William	son 7 WWST	NT

Lane	Name	Age Team	Seed Time
Heat	1 of 3 Finals		
2	Natalie Potter	8 BVCC	NT
3	Maddie Williams	7 BVCC	NT
4	Maeve English	7 WWST	NT
Heat	2 of 3 Finals		
2	Andie Smiley	8 BVCC	NT
3	Ava Griffin	7 BVCC	NI
4	Skyeler Jackson	8 BVCC	NT
5	Meredith Setser	7 WWST	NT
Heat	3 of 3 Finals		
1	Elena Williamson	7 WWST	NT
2	Noelle de Vente	7 WWST	NT
3	Ruth McGee	8 WWST	21.72
4	Jeannie Ridley	7 WWST	40.28
5	Alexandra Johnson	7 BVCC	NT

1 H	ayley Ferrell	7 WWST	NT
2 CI	aire Crane	7 BVCC	NT
3 Sa	arh	8 WWST	29.78
4 D	elancy Byrne	8 WWST	35.94
5 R	uth McGee	8 WWST	NT
Lane	Team	Relay	Seed Time
	ixed 8 & Under 100 Yard	Mediev Relay	
Lane			Seed Time
Lane Heat	Team 1 of 1 Finals WWST	Relay	NT
Lane Heat 2 V	Team 1 of 1 Finals	B Laura Strou Cayman Ch	NT ad W7 soate M8
Lane Heat 2 V	Team 1 of 1 Finals WWST Jeannie Ridley W7 Luke Leong M8	B Laura Strou Cayman Ch A Sydney Boy	NT od W7 soate M8 NT yer W6
Lane Heat 2 V	Team 1 of 1 Finals WWST Jeannie Ridley W7 Luke Leong M8 3VCC Maddie Williams W7	B Laura Strou Cayman Ch A	NT od W7 soate M8 NT yer W6





Helpful YouTube Videos:

"Writing Events on Hands- Swim Meet Tips" 2:31

"Swim Life: Swimmers First Swim Meet" 6:08

Before the meet, write the event #, stroke, H (heat), and L (lane) on your arm or hand.

After warmups, fill in the correct Heat Number and Lane Number.