

How to read a line-up sheet

13 & 14 GIRLS

Event #	7		15		25		35		45		55		65	
Event	200 Medley		100 I.M.		50 Free		50 Back		50 Breast		50 Fly		200 Free	
	Relay												Relay	
	Lane	Stroke	Heat	Lane	Heat	Lane	Heat	Lane	Heat	Lane	Heat	Lane	Lane	Order
Baird, Ty	3	A fly			R	3					R	3	3	A 4
Geis, Brittany	1	B ba					R	1			R	1	3	A 1
Hill, Anna	3	A fr	R	1	R	1							3	A 3
Keasey, Maria	1	B br					XR	5					1	B 1
Pello, Shannae	3	A ba					R	3	R	1			1	B 2
Samuelson, Christine	1	B fr					X						1	B 3
Yoder, Dominique	3	A br	R	3					R	3			3	A 2
Brown, Caitlin	1	B fly					X						1	B 4

- Events for each age group end in the same number (except for medley relays). **Boys** events are **even**, **girls** events are **odd**. After medley relays, events are spaced 10 apart.
- For individual events, **X** denotes an exhibition heat, **R**, the regular heat. Exhibition heats occur before the regular heat and we can use all of the lanes. At our pool, since we have 5 lanes, we also can put an exhibition swimmer in the regular heat. On the line-up it will be noted as heat **XR**. At some pools, the exhibition heats will be combined, at others they will be just our swimmers.
- We are allowed 2 relays in the regular heat. The first number is the lane. The letter (A or B) tells which relay they are in. In the medley relay, it is followed by the stroke they are swimming. In the free relay, it is followed by the order number. Again, since we have 5 lanes, we can swim a 'C' relay at home meets.
- At **home** meets, we swim in **lanes 1,3, and 5**. At **away** meets, we use **lanes 2 and 4**.
- Each swimmer is allowed 3 individual events or 4 individual/relay combination events in each regular season meet. All swimmers will have at least 2 events per meet.
- When swimmers arrive at a meet, they will be given a sheet (usually by one of the coaches) that tells which specific heat and lane they are assigned for all of their events.**
- Order of strokes for the medley relay is back, breast, fly, free. For the individual medley, the order is fly, back, breast, free.