Swim coach whistle and stopwatch

Sized for a 6 inch hoop (15 cm). The stitched design is about 4.9 × 4.9 in (12.4 × 12.4 cm).



Which color goes where.

Stitches

- **Satin stitch**, 2 strands
  Pool water, foam, lane floats, ring lug, cork pea, mouthpiece rim, lanyard, bow, whistle ring, crown, side button, watch case, sweep hand
- **Back stitch**, 2 strands
  Ripple lines, numbers
- **Stem stitch**, 2 to 3 strands
  Lane rope, whistle light
- **Long and short stitch**, 1 strand
  Whistle, dial
- **Split stitch**, 1 to 2 strands
  Whistle outline
- **Straight stitch**, 2 to 6 strands
  Lanyard stripes, hour marks
- **French knot**, 1 to 2 strands, two wraps
  Half marks, hand pin

Floss

- **DMC 3765 Very Dark Peacock Blue**
  Pool water (dark)
- **DMC 3865 Winter White**
  Dial and lane floats (lighter), foam, lanyard and whistle light
- **DMC 3844 Dark Bright Turquoise**
  Lane floats and ripple lines (darker), pool water (middle)
- **DMC 3846 Light Bright Turquoise**
  Pool water (light), ripple lines (lighter)
- **DMC 666 Bright Red**
  Lane rope and lanyard stripes, whistle (light), sweep hand (lighter)
- **DMC 321 Red**
  Whistle (dark), ring lug, sweep hand (darker)
- **DMC 745 Light Pale Yellow**
  Watch case and crown (lightest), cork pea
- **DMC 498 Dark Red** Whistle (darkest)
- **DMC 3801 Very Dark Melon**
  Whistle (lightest), mouthpiece rim
- **DMC 815 Medium Garnet** Whistle outline
- **DMC 3822 Light Straw**
  Watch case and crown (light), bow, whistle ring and hand pin, side button (lighter)
- **DMC 782 Dark Topaz**
  Watch case and crown (dark), side button (darker)
- **DMC 780 Ultra Very Dark Topaz**
  Watch case and crown (darkest)
- **DMC 3820 Dark Straw**
  Watch case and crown (middle)
- **DMC 762 Very Light Pearl Gray** Dial (darker)
- **DMC 823 Dark Navy Blue**
  Numbers, hour marks and half marks

Three ways to transfer the pattern

1. **Fabric you can see through**
   Tape page 2 to a sunny window or lay it on a light box, tape the fabric over it and trace the lines with a sharp pencil or a water-soluble pen.
2. **Fabric you cannot see through**
   Lay dressmaker's carbon paper colored side down on the fabric with page 2 on top, tape the layers and trace the lines firmly with a ballpoint pen.
3. **Iron-on**
   Go over the lines of page 3, the mirrored page, with an iron-on transfer pen, lay it ink side down on the fabric and press with a dry iron.

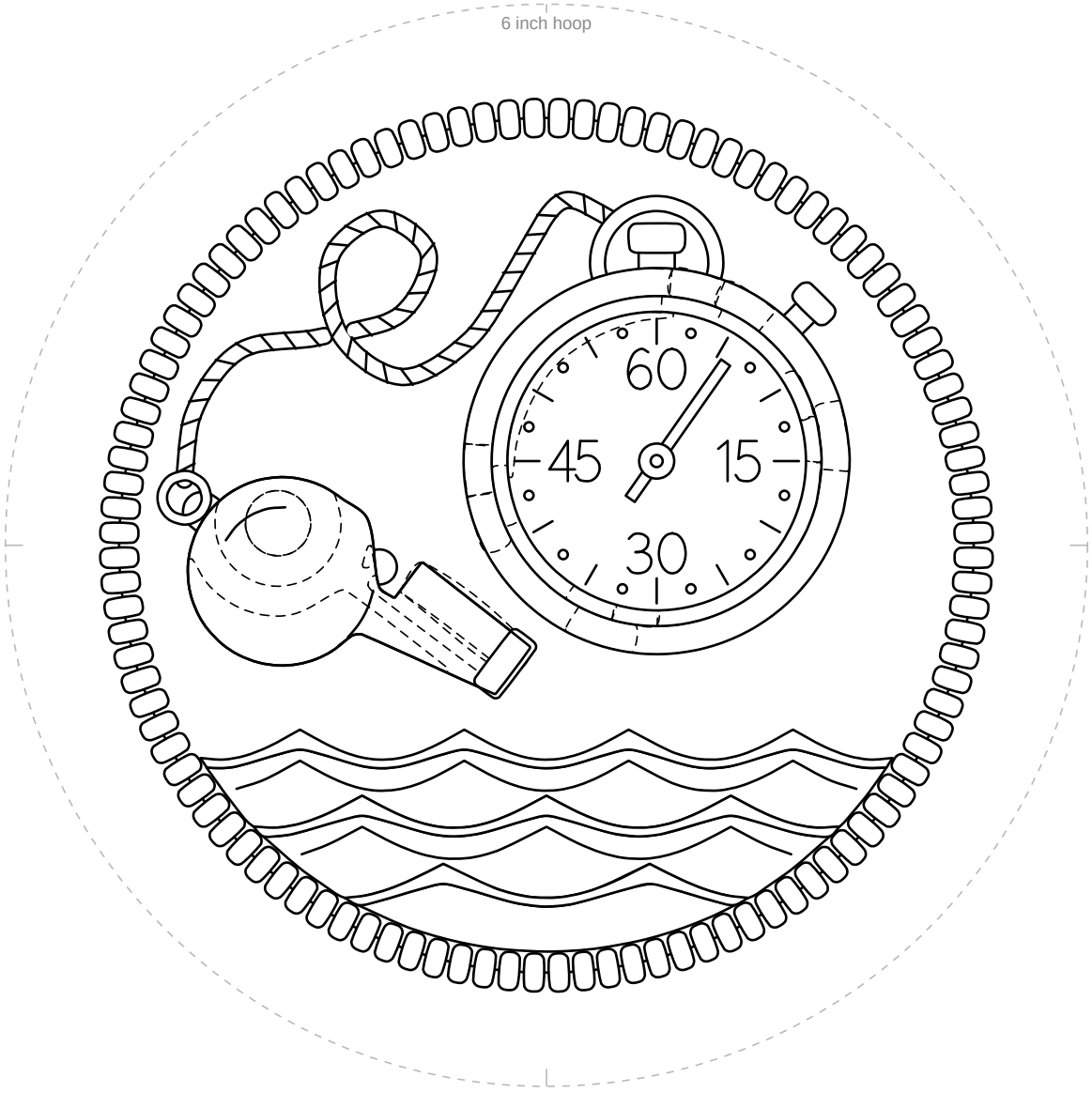
Pages 2 and 3 are the pattern at actual size. Print them at 100% with scaling turned off.

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Swim coach whistle and stopwatch

6 inch hoop

Print at 100% (actual size). Do not scale or fit to page. Check the square below with a ruler before you trace.



1 in
25.4 mm

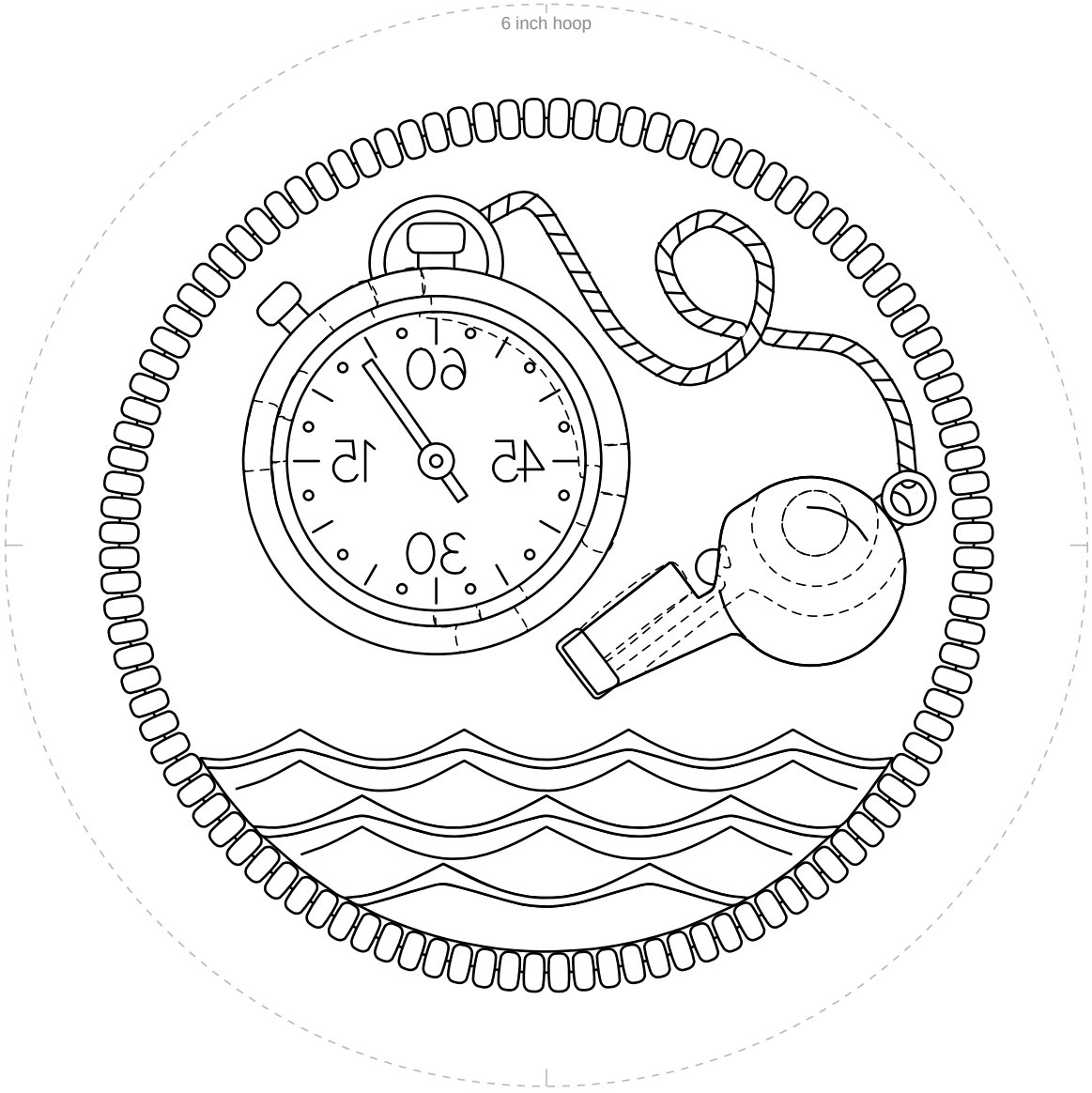
Check square: 1 inch (25.4 mm) on each side.
If it measures anything else, print again at 100% with scaling off.

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Swim coach whistle and stopwatch

6 inch hoop

Mirrored. Trace this page with an iron-on transfer pen or pencil, then press it ink side down on the fabric.



1 in
25.4 mm

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