

How to read Heat Sheets

E EXAMPLE of EVENT CHART SWIMMER'S ARM or LEG

#7 Girls 8 & Under 100 Yard IM				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Sydney Boyer	6	BVCC	NT
3	Maddie Williams	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 Williamson	7	WWST	NT

#19 Girls 7-8 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Natalie Potter	8	BVCC	NT
3	Maddie Williams	7	BVCC	NT
4	Maev English	7	WWST	NT
Heat 2 of 3 Finals				
2	Andie Smiley	8	BVCC	NT
3	Ava Griffin	7	BVCC	NT
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

Heat 3 (#31 Girls 7-8 25 Yard Backstroke)				
Lane	Name	Age	Team	Seed Time
1	Hayley Ferrell	7	WWST	NT
2	Claire Crane	7	BVCC	NT
3	Sarah McGee	8	WWST	29.78
4	Delaney Byrne	8	WWST	35.94
5	Ruth McGee	8	WWST	NT

#61 Mixed 8 & Under 100 Yard Medley Relay				
Lane	Team	Relay	Seed Time	
Heat 1 of 1 Finals				
2	WWST	B	NT	
	Jeannie Ridley W7	Laura Stroud W7		
	Luke Leong M8	Cayman Choate M8		
3	BVCC	A	NT	
	Maddie Williams W7	Sydney Boyer W6		
	Cameron Taylor M8	Ethan Boyer M8		
4	WWST	A	NT	
	Ruth McGee W8	Colin Kruse M8		
	Jenna Rupp W8	Bree Sullivan W8		

The diagram shows a grid with columns labeled E, H, L and rows labeled 7, 19, 31, 61. To the right of the grid are labels: IM, Free, Back, Relay (Back).

The Heat Sheet is a program that shows all the participating swimmers and what events they will participate in as well as the heat number and lane number. The announcer will say the event and heat number and there is also an electronic board with this information.

Changes to the Heat Sheet may be made based on swimmers who don't arrive on time for an event or can't attend due to illness or emergency.

E = Event Number: We swim the Backstroke, Freestyle, Breaststroke, Butterfly, Individual Medley, Freestyle Relay and Medley Relay.

H = Heat Number: In each of the events, there are **HEATS**. Each heat has 5-10 swimmers - depending on the size of the pool.

L = Lane Number: This will tell you which lane your swimmer is scheduled to be in.

We recommend writing the Stroke next to the Lane so the swimmer can make sure they know what stroke they are swimming.

Seed Time: Once a swimmer participates legally in an event, they will have a "seed time" in that event for the next meet. Swimmers are typically placed in heats and relays according to their seed times.