

Heat Sheets

For those that are beginners to the sport of swimming, Heat Sheets are a bit overwhelming. With that in mind, we want to put you at ease. Reading a heat sheet is not as bad as you think. So... let's dive in. (pun intended)

First of all, we need to address the question... **What is a Heat Sheet?** A heat sheet is the program for a swim meet. It lists all the events that are going to be swam. It lists the swimmers in each race (or event). It tells us the heat and lane that the swimmer will need to be in for their race (or event).

Did we just throw out too many terms? Let's define our terms to make it easier to understand. When we talk about the pool area, we use the term **deck**. The pool deck is the area that surrounds the actual pool.

The pool itself is divided into **lanes**. Each lane is designated by a number. Typically lanes 1-6. The lanes are separated by lane lines (floaty ropes connected to each end of the pool).

Let's talk about **events**. Events are listed by a #. The official will call for swimmers to line up for "Event # xx", whatever the event number is. The official name of the event is spelled out beside the number of the event on the heat sheet. Ex. Event #xx boys 9-10 25 yard freestyle.

Next let's talk about **heats**. Depending on the number of swimmers in an event, an event might have multiple heats. A "heat" is the group of swimmers swimming in the pool at the same time. If there are more swimmers in an event than lanes to swim in, we need to create multiple heats (or groups) for that event. Ex. an event might have 10 swimmers total combined from each team. Only 6 can swim at one time due to only having 6 lanes. 2 heats would need to be swam with 6 in heat 1 and 4 in heat 2 to complete the full event.

OK, now that we have some terms down, let's move on. Back to the heat sheet...

When you look at a heat sheet, you realize how much info is there. The good news is, the greater part of all that info is only 3 or 4 parts that we really need to know. The Event #, heat # and the lane# to swim in.

Heat Sheet Sample

Below is a sample ***heat sheet***. In the next section **Example** we will use event #13 to learn how to read the a heat sheet. Click [here](#) to download this sample heat sheet

Lake Park vs Crismark - 6/9/2014
Meet Program

#1 Girls 6 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Miller, Sophia	6	LP-NC	1:19.74
3	Maya, Emma	6	LP-NC	49.39
4	Carlisi, Kimberly	6	LP-NC	51.47
Heat 2 of 2 Finals				
1	Carlisi, Katelyn	6	LP-NC	38.38
2	Winardi, Mae	6	CCST-NC	36.31
3	Harris, Katherine	6	CCST-NC	28.16
4	Howe, Audrey	6	CCST-NC	33.33
5	Bowse, Peyton	5	CCST-NC	37.06
6	Ruiz-Castro, Sofia	6	LP-NC	39.24

#2 Boys 6 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Green, Calton	6	CCST-NC	NT
2	Cyr, Alexander	6	CCST-NC	43.90
3	Mitchell, Daniel	6	CCST-NC	39.68
4	Foy, Trey	6	LP-NC	42.34
5	Bowse, Tatum	6	CCST-NC	55.59

#3 Girls 8 & Under 100 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
2	LP-NC	B	2:39.00
Heat 2 of 1 Finals			
1	Mercer, Jillian	Matthews, Marissa	7
2	Cyr, Laniyah	Ruiz-Castro, Sofia	6
3	LP-NC	A	1:58.42
Heat 3 of 1 Finals			
1	Albrecht, Allie	Lockwood, Peyton	7
2	Carlson, Jenna	Denton, Grace	8
3	CCST-NC	A	2:31.43
Heat 4 of 1 Finals			
1	Winardi, Mae	Frame, Aubree	7
2	Kramb, Claire	Wilson, Kendall	7

#4 Boys 8 & Under 100 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	CCST-NC	A	1:44.81
Heat 2 of 1 Finals			
1	Winardi, Toby	McDevitt, Sean	8
2	Howe, Sam	Bigham, Caleb	8

#5 Girls 9-10 100 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	CCST-NC	A	NT
Heat 2 of 1 Finals			
1	Kaminski, Lacey	Bigham, Landri	10
2	Monaga, Molly	Harris, Janeconway	9
3	LP-NC	A	1:43.68
Heat 3 of 1 Finals			
1	Yanasek, Ellie	Figiel, Marissa	9
2	Matthews, Mia	McMullen, Cora	10
3	LP-NC	B	2:13.89
Heat 4 of 1 Finals			
1	Moran, Kavia	Zelakowski, Jenna	Grace 1
2	McCrain, Lily	Foy, Isabella	R 9
3	CCST-NC	B	XNT
Heat 5 of 1 Finals			
1	Erickman, Cady	Wilson, Brynn	9
2	Mitchell, Abigail	Cyr, Nicole	10

#6 Boys 9-10 100 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	LP-NC	A	2:09.12
Heat 2 of 1 Finals			
1	Marvo, CJ	Love, Aiden	10
2	Mercer, Julian	Foy, Trey	6
3	CCST-NC	A	NT
Heat 3 of 1 Finals			
1	Barnes, Jordan	Howe, Ryan	10
2	Elbridge, Preston	Bruckshush, Carson	9

#7 Girls 11-12 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	CCST-NC	B	XNT
Heat 2 of 1 Finals			
1	Rotela, Caroline	Kramb, Caroline	11
2	Park, Mina Young	Gardner, Madison	11
3	CCST-NC	A	2:52.12
Heat 3 of 1 Finals			
1	Kaminski, Briley	Erickman, Abby	12
2	Wysocki, Victoria	Kovach, Maria	Grace 12
3	LP-NC	A	3:19.01
Heat 4 of 1 Finals			
1	Yanasek, Ellie	Goss, Katie	12
2	Gatti, Francesca	Mathews, Mia	9

#8 Boys 11-12 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	LP-NC	B	NT
Heat 2 of 1 Finals			
1	Miller, Zachary	Albrecht, AJ	11
2	Dilling, Aubrey	Webb, Will	11
3	CCST-NC	A	3:27.03
Heat 3 of 1 Finals			
1	Litoshik, Alex	McDevitt, Liam	11
2	Barnes, Derek	Venill, Thomas	11
3	LP-NC	A	3:28.18
Heat 4 of 1 Finals			
1	Figiel, Nicholas	Stewart, Nicholas	12
2	Johnson, Dorian	Barnes, Josh	12

#9 Girls 13-14 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	LP-NC	B	3:25.55
Heat 2 of 1 Finals			
1	Geisinger, Kate	Barnes, Jemini	13
2	Love, LeKayla	Austin, Jamie	13
3	CCST-NC	A	2:42.68
Heat 3 of 1 Finals			
1	Kovach, Dwyton	Behee, Isabella	13
2	Estrada, Jaiden	Kaminski, Briley	12
3	LP-NC	A	2:58.46
Heat 4 of 1 Finals			
1	Webb, Rachel	Bukerek, Lily	14
2	Landrum, Megan	Shaw, Amberley	13

#10 Boys 13-14 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	LP-NC	B	3:27.76
Heat 2 of 1 Finals			
1	Cook, Tyler	McAuliffe, Nolan	13
2	Reeder, Alec	Dilling, Addison	13
3	CCST-NC	A	3:00.34
Heat 3 of 1 Finals			
1	Park, Je Young	Litoshik, Alex	12
2	Kovach, J. Thomas	Barnes, Derek	11
3	LP-NC	A	3:02.32
Heat 4 of 1 Finals			
1	Yanasek, Lucas	Perkins, Dylan	14
2	Teague, Blake	Albrecht, Alex	13

#11 Girls 15-18 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	CCST-NC	A	2:34.48
Heat 2 of 1 Finals			
1	Hekms, Ashlyn	Behee, Madeline	15
2	Hugler, Hannah	Wysocki, Alexandra	16
3	LP-NC	A	3:00.38
Heat 3 of 1 Finals			
1	Garris, Dora	Seccrest, Kaylyn	17
2	Quinn, Laura	Stern, Nikki	15

#12 Boys 15-18 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1	CCST-NC	A	2:44.50
Heat 2 of 1 Finals			
1	Park, Je Young	Starnes, Samuel	15
2	Kovach, J. Thomas	Starnes, Caycen	16
3	LP-NC	A	2:45.68
Heat 3 of 1 Finals			
1	Beik, Blake	Kiser, Wyatt	18
2	Whitlock, Kyle	Borg, Mitchell	18

#13 Girls 8 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
2	Matthews, Marissa	7	LP-NC	42.44
3	Frame, Aubree	7	CCST-NC	35.87
4	Mercer, Jillian	7	LP-NC	37.64
5	Zelakowski, Caleigh	7	LP-NC	50.80
Heat 2 of 2 Finals				
1	Lockwood, Peyton	7	LP-NC	29.20
2	Albrecht, Allie	8	LP-NC	24.60
3	Denton, Grace	8	LP-NC	22.56
4	Wilson, Kendall	7	CCST-NC	23.79
5	Kramb, Claire	7	CCST-NC	27.75
6	Love, Laniyah	7	LP-NC	31.88

#14 Boys 8 & Under 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
1	Frame, Mason	8	CCST-NC	27.84
2	Bigham, Caleb	8	CCST-NC	23.84
3	McDevitt, Sean	8	CCST-NC	20.97
4	Howe, Sam	8	CCST-NC	23.19
5	Cady, Trace	8	CCST-NC	24.79
6	Blume, Thomas	7	LP-NC	33.59

#15 Girls 9-10 25 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
2	Erickman, Cady	9	CCST-NC	NT
3	Bigham, Landri	10	CCST-NC	NT
4	Harlot, Katie	9	CCST-NC	NT
Heat 2 of 3 Finals				
2	Foy, Isabella R.	9	LP-NC	38.21
3	McCrain, Lily	10	LP-NC	29.24
4	Cyr, Nicole	10	CCST-NC	29.78
5	Yanasek, Ellie	10	LP-NC	NT

Example

Event #	#13	Girls 8 & Under 25 Yard Freestyle	Event Name
Heat # 1	Heat 1 of 2	Finals	
Lane #	Lane	Name	Age Team Seed Time
	2	Matthews, Marissa	7 LP-NC 42.44
	3	Frame, Aubree	7 CCST-NC 35.87
	4	Mercer, Jillian	7 LP-NC 37.64
	5	Zelakowski, Caleigh	7 LP-NC 50.80
	Heat 2 of 2	Finals	
	1	Lockwood, Peyton	7 LP-NC 29.20
	2	Albrecht, Allie	8 LP-NC 24.60
	3	Denton, Grace	8 LP-NC 22.56
	4	Wilson, Kendall	7 CCST-NC 23.79
	5	Kramb, Claire	7 CCST-NC 27.75
	6	Love, Laniyah	7 LP-NC 31.88
	#14 Boys 8 & Under 25 Yard Freestyle		
	Lane	Name	Age Team Seed Time
	Heat 1 of 1	Finals	
	1	Frame, Mason	8 CCST-NC 27.84
	2	Bigham, Kaleb	8 CCST-NC 23.84
	3	McDevitt, Sean	8 CCST-NC 20.97
	4	Howe, Sam	8 CCST-NC 23.19
	5	Croly, Trace	8 CCST-NC 24.79
	6	Blume, Thomas	7 LP-NC 53.59

In the picture above, let's use **Laniyah** as our example. (She is highlighted in yellow)
 She is swimming in the Event Name "**Girls 8 & Under 25 Yard Freestyle**"
 the "**event**" is #13. The "**heat**" is #2 The "**lane**" is #6

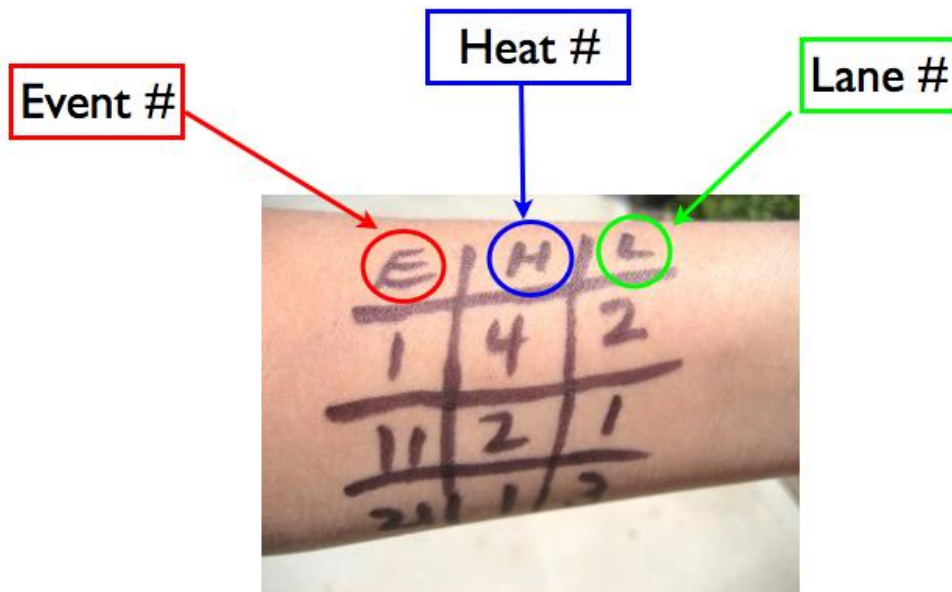
The Event Name gives you the description of the event.

"Girls or Boys / Age Group / Distance to swim / Type of stroke being swam"

One length of the pool is measured as 25 yards (or sometimes 25 meters)

Grids for Swimmers

Now that you know how to read the heat sheet, let's talk about how to keep your swimmer ready for their events. This is really easy. Simply draw a grid (like a tic-tac-toe board) on your swimmers arm (usually with a sharpie pen) With the 3 numbers that we talked about above, we write those #'s in the grid and ta-da!!!, your swimmer now knows exactly when and where they need to be for their events.



The above grid show this swimmer is in event #1, heat #4 and in lane #2

Their next event will be event #11, heat # 2 and lane # 1