



Reading a Heat Sheet

What is a Heat Sheet?

This is the printed listing displayed before and during a meet that tells swimmers what events they will compete in. It also defines the swimmer's lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool.

Events are listed in order, usually alternating girls and boys events.

Event Number	Event	Lane	Name	Age	Team	Seed Time
	Event 2 Mixed 11 & Under 200 Yard Freestyle					
Heat Number	Heat 1 of 3 Timed Finals					
		1	Song, Matthew	M9	West Coast Aquatics-PN	3:16.40
		2	Worcester, Charlee	W9	West Coast Aquatics-PN	2:52.88
		3	Nwapa, Andre N	M10	West Coast Aquatics-PN	3:01.15
		4	Wong, Florianna	W10	West Coast Aquatics-PN	3:19.66
	Heat 2 of 3 Timed Finals					
		1	Tuttle, Samantha L	W11	West Coast Aquatics-PN	NT
		2	Garcia, Emily L	W7	West Coast Aquatics-PN	3:20.53
Lane Number		3	Haloi, Anoushka P	W11	West Coast Aquatics-PN	3:35.78
		4				

No Time on Record

Important Terms:

Seed time is the fastest time a swimmer or team of swimmers has swum an event prior to the submission of entries for the meet. For individuals, this is the time entered for the swimmer for the event, and is a good goal to try to beat. It also factors into lane placement and heat number.

An **"NT"** listed for seed time means no seed time has yet been recorded for that swimmer, i.e. that swimmer has not competed in that event, or was disqualified during the event.

An **X in front of seed time** means the swimmer is swimming in an exhibition heat. In **exhibition heats**, swimmers receive a time, but do not score points for the team. Exhibition heats are performed so that more swimmers can participate in events, and are a valuable opportunity to get a legal time for championship eligibility, or achieve one's personal best.

Note: Individual Medleys (IM) are swum in order:

- 1) Butterfly, 2) Backstroke, 3) Breaststroke, 4) Freestyle.

It's important for swimmers to know the order, because any other order will result in a disqualification or "DQ"



Lengths of Swims:

- 50 yards - 2 lengths of the 25 yard pool
- 100 yards - 4 lengths of the 25 yard pool
- 200 yards - 8 lengths of the 25 yard pool
- 500 yards - 20 lengths of the 25 yard pool
- 1650 yards (mile) - 66 lengths of the 25 yard pool

Relays

Lengths:

- 100 yard relay - each of the 4 swimmers swims 25 yards.
- 200 yard relay - each of the 4 swimmers swims 50 yards.
- 400 yard relay- each of the 4 swimmers swims 100 yards.

Freestyle Relays: Each individual swims an equal leg of the race, split into four legs. Freestyle relays list the swimmer order in the same manner as the Medley Relay example below.

Medley Relays are swum in order: 1) Backstroke, 2) Breaststroke, 3) Butterfly, 4) Freestyle.

Accordingly, in the relay event below, Megan Chow will swim backstroke, Kaleigh Gale the breaststroke, Grace Morgan the butterfly, and Alexia Hawkins the freestyle. They will swim in Heat 1, Lane 4. Their team has not yet received a legal seed time and is also an exhibition race, so they have "XNT." This means that their relay time will receive a time, but do not score points for the team. This team is in the age group that swims two lengths of the pool, or 50 meters, each, which is reflected in the 200 yard event distance.

Event Number → **Event 2** Girls 11-12 200 Yard Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals			
1			
2			
3	WEST-PN	A	1:46.00
	1) Ly, Heidi 11	2) Limberg, Nicole 11	
	3) Morgan, Kelly 11	4) Straume, Elli 11	
4	WEST-PN	B	XNT
Swimmer 1	1) Chow, Megan 12	2) Gale, Kaleigh 12	Swimmer 2
Swimmer 3	3) Morgan, Grace 12	4) Hawkins, Alexia 12	Swimmer 4
5			
6			

Exhibition Race,
No Time on Record