

READ THE HEAT SHEET

STEP 1. Find Swimmer Event Numbers

- There are 70 events in a swim meet.
- All events for a swimmer's age group and gender will end in the same number. For example, all Girls' 8 & Under events end in "1".
- There are 5 individual events that a swimmer can enter: freestyle, backstroke, individual medley, breaststroke, and butterfly. A swimmer can swim 2 individual events in each meet.
- Swimmers can also swim 2 relay events (medley relay or freestyle relay) in each meet. Usually listed as A, B, C etc.

#11 Girls 8 & Under 25 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals Starts at 08:35 AM				
1				
2	Donovan, Briana	6	HL-WI	47.88
3	Dolphin, Julia	6	HL-WI	45.53
4	Pruski, Claire	7	GDMN	38.88
5	Raabe, Stella	7	HL-WI	32.84
6	Vesperman, Gaby	7	HL-WI	41.89
7	Milham, Louisa	6	GDMN	45.65
8	Myers, Emerson	8	BBCC-WI	NT
Heat 2 of 3 Finals Starts at 08:37 AM				
1	Trausch, Kate	6	HL-WI	33.73
2	Kleine, Natalie	7	HL-WI	31.01
3	Pisarik, Brooke	7	HL-WI	28.57
4	Pacheco, Isla	7	GDMN	27.32
5	Vandervest, Josie	6	HL-WI	26.97
6	Gorzalski, Brynn	6	HL-WI	29.61
7	Anderson, Amina	7	GDMN	32.28
8	Conlin, Noelle	8	HL-WI	31.96
Heat 3 of 3 Finals Starts at 08:38 AM				
1	Beehner, Isabella	8	GDMN	27.01
2	Sisk, Margaret	7	HL-WI	23.84
3	Ogborne, Anna	7	BBCC-WI	21.48
4	Karinopoulos, Chrissa	8	GDMN	21.24
5	Sweeney, Kate	8	HL-WI	19.35
6	Aucapina, Deyshea	6	GDMN	23.55
7	Gargano, Emma	8	HL-WI	24.13
8	Wong, Fiona	7	GDMN	33.66

STEP 2. Look for Swimmer's Name

- Swimmers need to remember heat, lane and stroke. Isla, for example, is in Heat 2, Lane 4 of the 25 Freestyle.
- Swimmers can write their events on their arm including heat, lane and stroke. A sharpie works best.
- Coach-assigned relays can also be found on the heat sheet.

STEP 3. Pay attention to what event is in the water

- Get ready to swim 2-3 events before your event.
- 8 & Unders and 9-10's, report to the Clerk of Course.
- 11 & Up's, report to the starting block for your lane. If you are not sure where to go, ask a timer.

STEP 4. Understand Seed Times and Seeding

- Seed times are generally a swimmer's best time in that event.
- NT means "no time" meaning the swimmer does not have a recorded time for that event.
- Swimmers compete with swimmers who have similar seed times or abilities. Those with slowest or NT seed times swim in the first heat or Heat 1. Faster seed times swim in later heats (ie. Heat 2, Heat 3, etc.)
- Coaches may enter seed times based on times in practice or from relays.



**GO
WAVES!**