

What, When, and Where are you (or, for parents, your Kids) Swimming? Read The Heat Sheet!

1. Find your Event Numbers

- There are 70 events in the meet, all the events for your age group and gender will end in the same number. For example, all 8 & Under girls' events end in 1.
- There are 5 individual events in which you could be entered: Freestyle, Backstroke, Individual Medley, Breaststroke, and Butterfly. You can swim 2 individual events in each meet.
- You can also swim 2 relay events (Medley Relay and Freestyle Relay) in each meet. Usually listed as A, B, C etc.

2. Look for your Name.

- You need to remember your **Heat and Lane**. Melissa, for example, is in heat 2, lane 3 of the 25 Free.
- Your coach will tell you what relays you are swimming.
- The Clerk of Course will help 8 & Unders and 9-10's; older kids should report directly to the blocks..
- Parents, a favorite way to help your kids out is to write their Events, including heats and lanes on their hands. Make sure you use a waterproof pen.

Event 11 Girls 8 & Under 25 SC Meter Freestyle

Lane	Name	Age	Team	Seed Time
Heat 1 Finals				
1	Lemanski, Ali	8	MO	NT
2	Brunsell, Kristin	5	MO	41.98
3	Latorraca, Leah	7	MO	41.31
4	Wanke, Julia	7	MO	32.25
5	Burant, Anna	7	MO	36.43
6	Gothard, Allison	6	MO	41.34
7	Deon, Shelby	6	MO	45.56
Heat 2 Finals				
1	Millin, Kelsey	7	MO	30.83
2	Reynolds, Madeline	6	SW	50.00
3	Derlein, Melissa	7	MO	26.84
4	Kammer, Erica	8	SW	32.30
5	Chapiewsky, Laura	8	MO	26.81
6	Anderson, Erica	5	SW	39.26
7	Schleif, Taylor	8	MO	27.97
8	Strebe, Amelia	7	MO	31.25
Heat 3 Finals				
1	Kearney, Lauren	7	MO	26.71
2	Schwartz, Maddie	7	SW	26.00
3	Grumke, Mattea	7	MO	24.75
4	Zehel, Julia	8	SW	19.98
5	Taylor, Ali	8	MO	12.21
6	Ohm, Amelia	8	SW	23.90
7	Schlimgen, Whitney	8	MO	26.46
8	Steinberger, Sophie	8	SW	31.85

Seed Times and Seeding.

- Your seed time will usually be your best time in that event. It may take the coaches a couple of meets to get your times into the computer. Until then, you may have 'NT's' for seed times.
- The swimmers with the slowest seed times (or NT) will be in the first heat, and those with the fastest seed times in the last heat. This lets you compete with swimmers who have similar ability to your own.
- Coaches on some teams, just make up times for their swimmers.
- At our home meets, Monona swimmers will usually be in the odd lanes and the guest team's swimmers in the even lanes.

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.

4. HAVE FUN and GOOD LUCK!!!