



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 specifies the swimmer's lane assignment per event. Lanes are typically assigned based on seed times (i.e., the swimmer's best time on record for the event), with the fastest swimmers in the center of the pool.

Events are listed in order usually alternating girls and boys events. At the CSD pool, heat sheets are displayed on the boards at the front of the pool. Here's a sample Individual Event from a Heat Sheet:

This is a computer-generated start time estimate. **Ignore it.** Check the scoreboard and listen to the announcer to keep track of what event is happening.

Event Number	#9 Girls 6 & Under 25 Yard Freestyle			
Heat Number	Lane	Name	Age Team	Seed Time
Heat 1 of 3	Finals Starts at 08:51 AM			
Lane Numbers	1	Walsh, Zoe	6 EDH-SU	NT
	2	Cruz, Eva	6 EDH-SU	NT
	3	Lourenco, Adeline	6 EDH-SU	NT
	4	Haber, Emerson	6 EDH-SU	49.91
	5	Ostrowski, Elizabeth	6 EDH-SU	40.56
	6	Ostrowski, Julia	6 EDH-SU	49.58
	7	Griffin, Reese	6 EDH-SU	NT
	8	Lester, Gracie	6 EDH-SU	NT
	9	Wojan, Ava	6 EDH-SU	NT
	10	Yeo, Blakeley	6 EDH-SU	NT

Important Terms:

Seed time is the fastest time a swimmer or relay team of swimmers has swum an event prior to the submission of entries for the meet. For individuals, this is usually the "personal best: time to beat in order to "ring the bell." 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.

Lengths of Swims:

- 25 yards – 1 length of the 25-yard pool
- 50 yards – 2 lengths
- 100 yards – 4 lengths
- 200 yards – 8 lengths

Relays

Relays are finalized on the morning of the meet following check-in, and a swimmer’s assignment may change (e.g., swimmers may move to different positions, alternates may be moved up to a relay team). It’s essential that you check the relay sheets (on the boards at the front of the pool) when available, and inform Coach Brittney immediately of any concerns.

Lengths:

- 100-yard relay – each of the 4 swimmers swims 25 yards (one length).
- 200-yard relay – each of the 4 swimmers swims 50 yards (two lengths).

Freestyle Relays: Each individual swims an equal leg of the race, split into four legs (25 yards for the 100 relay; 50 yards for the 200 relay). Freestyle relays list the swimmer order in the same manner as the Medley Relay example below.

Medley Relays are swum in the following order: 1) Backstroke, 2) Breaststroke, 3) Butterfly, 4) Freestyle. It’s important for swimmers to know the order, because swimming in the wrong order will result in a disqualification or “DQ” for the relay team

Accordingly, in the IM relay event below, Jordan DeLeon will swim backstroke, Senya Niednagel the breaststroke, Sierra Kropf the butterfly, and Bree Divird the freestyle. They will swim in Heat 1, Lane 5.

Lane	Team	Relay	Seed Time
Heat 1 of 1 Finals Starts at 12:22 PM			
1			
2			
3			
4	EDH-SU	C	2:32.87
	Casev, Maddie 13	Waite-Kerns, Lola 13	
	Marler, Ashlen 13	Crawford, Makena 13	
5	EDH-SU	A	2:07.27
	DeLeon, Jordan 13	Niednagel, Senya 14	
	Kropf, Sierra 13	Divird, Bree 13	

Relay Team, with the “A” team representing the fastest seed time. Swimmers may be moved between teams or positions on the meet day. And the final team typically includes alternates (everyone after the 4th position), who should be ready to swim if needed.

Lane Number →

Swimmer 1 (back) →

Swimmer 3 (fly) →

Swimmer 2 (breast) ←

Swimmer 4 (free) ←

GO TAZ!