

## Reading a Heat Sheet

A heat sheet is a document that lists out the order of **events** at a meet, and includes the **heat** and **lane** assignments for each swimmer. Coaches, parents and volunteers use a full heat sheet (all events) or a subset (most often one age group/gender such as 9-10 girls) to know who is swimming, when and where.

A swim meet is organized by **events**. An event is an age group, gender, stroke and distance combination. Events may be individual, or relays with four swimmers. The order of events in a Sea Dragons meet is:

1. Medley relay\* (10 events)
2. Freestyle (12 events)
3. Backstroke (12 events)
4. Breaststroke (12 events)
5. Butterfly\* (10 events)
6. Freestyle relay\* (10 events)

Each stroke/relay runs in age group order: 6 and Under (6U) first, then 7-8, 9-10, 11-12, 13-14, and last 15-18. Boys in each age group swim first, then girls. A \* above indicates that 6Us do not participate. There are 66 events total in one of our official meets.

Events are arranged by **heats**. Each heat is a separate race in the pool. Swimmers in the same heat are each assigned a **lane**. Our pool has 6 lanes, so up to 6 swimmers may be in a heat. Lane numbers can be found in the banners hung above the lap pool. Lane one is nearest the porch, lane six is nearest the pergolas. Relay events for our meets only have one heat. Individual events typically have multiple heats, depending on the number of swimmers.

Here is a heat sheet example to break down and read. We'll start from the top and work our way down.

### **#13 Boys 7-8 25 Yard Freestyle**

<b>Lane</b>	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>
<b>Heat 1 of 4 Finals</b>				
2	Van Moere, Tristan W	8	RED-TS	26.04
3	Zhang, Evan Z	8	RED-TS	21.10
4	Liu, Eric	8	RED-TS	24.38
<b>Heat 2 of 4 Finals</b>				
1	Roye, Alonzo M	7	BLACK-TS	26.95
2	Smith, Everett R	8	RED-TS	26.34
3	VanderWall, Evan A	7	BLACK-TS	26.11
4	Su, Kasen Z	7	BLACK-TS	26.18
5	Halldin, Anton D	7	RED-TS	26.46
6	Baldyga, David A	8	BLACK-TS	27.45

### **Event information**

Let's start with the very first line of: *#13 Boys 7-8 25 Yard Freestyle*. This text provides you with four pieces of information. They are (left to right):

1. Event number (*13*)
2. Gender (*Boys*)
3. Age group (*7-8*)
4. Distance (*25 Yard, or one length of the pool*)
5. Stroke (*Freestyle*)

### **Header**

Below the event information is a header. These words provide the names to each column on the heat sheet, which we'll cover shortly.

### **Heat information**

Just after the header is a line that reads '*Heat 1 of 4 Finals*'. This text tells you how many heats there are in that event and which event you are looking at. For the Boys 7-8 25 Yard Freestyle, there are 4 total heats, and above has the lineups for the first and second of these.

## Lane information

Now the header comes into play. There are 5 columns with the following information: **lane**, **name**, **age**, **team**, and **seed time**.

We'll start breaking these down with the first column of '**lane**'. A list of three names follows just below *Heat 1 of 4*, along with the numbers 2 through 4. These numbers denote which lane a swimmer will swim in. Note that the lane assigned to a swimmer is only for *that* event and heat.

Following the first column of 'lane' is the second column of '**name**'. So the name to the right of number 3 (Evan Zhang) will swim in lane 3.

Heat sheets also list the '**age**' of each swimmer, based on how old they are at the time of the meet. All three swimmers in the first heat are 8.

Another piece of information that heat sheets provide is a '**team**' name. These show up in the form of an abbreviation, followed by two letters that indicate the region. For Sea Dragons virtual meets, we use the team names "RED" and "BLACK" to delineate our intra-squad competitors.

Last is the '**seed time**', which is the fastest time a swimmer (or relay team) has swum previously in an event. Seed time determines heat and lane assignments. Faster swimmers will be at the center of the pool, slower swimmers in the outer lanes.

## Putting it together

Now you know how to read a heat sheet! Let's put it together. In this example, we'll select the swimmer 'Halldin, Anton' from *Heat 2* and break down his details.

5	Halldin, Anton D	7	RED-TS	26.46
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From left to right for *Heat 2* of the Boy's 7-8 25 Yard Freestyle:

1. Anton will swim in Lane 5
2. He's currently 7 years old
3. He swims for the RED Sea Dragons intrasquad team
4. His Seed Time is 26.46

Easy, right? But there is one more thing you need to know, how to read the heat sheet for a relay.

## Relay heat

The below is the heat sheet for the medley relay. The format here is mostly like an individual event but with a few key differences.

### #1 Boys 7-8 100 Yard Medley Relay

Lane	Team	Relay	Seed Time
<b>Heat 1 of 1 Finals</b>			
2	CPSD-TS	C	NT
	Kuhlman, Drew T 8	Halldin, Anton D 7	
	Baldyga, David A 8	Su, Kasen Z 7	
3	CPSD-TS	A <b>Relay Team, A is fastest</b>	NT
<b>1 Back</b>	Rove, Alonzo M 7	<b>2 Breast</b>	Van Moere, Tristan W 8
<b>3 Butterfly</b>	VanderWall, Evan A 7	<b>4 Free</b>	Zhang, Evan Z 8
4	CPSD-TS	B	NT
	Smith, Everett R 8	Aponte, Johannes E 8	
	McLeod, Graham A 8	Liu, Eric 8	
5	CPSD-TS	D	XNT
	Hodges, Caleb M 7	Chaudhuri, Rishi 7	
	Hertel, Ewan T 7	Erickson, Alex S 8	

First, note that there are four swimmers in each lane. These four swimmers make up a relay team. The new column titled '**relay**' uses a letter of the alphabet to identify each relay team. The A team has the fastest times, then the B team, and so on.

The four swimmers for a medley relay each swim a different stroke, in the order noted above. A free relay heat sheet is formatted the same way, but all four swimmers swim freestyle. So, in the only medley relay heat at this meet, the fastest team (A) is swimming in lane 3. Alonzo swims first, backstroke. Then Tristan swims breaststroke. Evan V swims third, butterfly. Evan Z swims last, freestyle.

You might also note that the team name here is CPSD-TS not RED or BLACK. The CPSD stands for Cary Park Sea Dragons. We are not dividing relay teams by Red vs Black Dragons, so we put our very best teams up against the competition. The seed times of NT means no time on record. The X before the NT for the team in lane 5 means exhibition, as only the top three teams are swimming competitively.