

HEAT ADJUSTMENT WORKSHEET

LANE	PAD TIME	WATCH TIME	WATCH MINUS PAD	HEAT ADJUST	OFFICIAL TIME
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Adjustment Calculation

Subtract pad times from watch times for each lane

Add those differences together to get total

Divide total by number of lanes to determine heat adjustment factor (drop digits after 100th)

Add adjustment factor to each lane to get official time