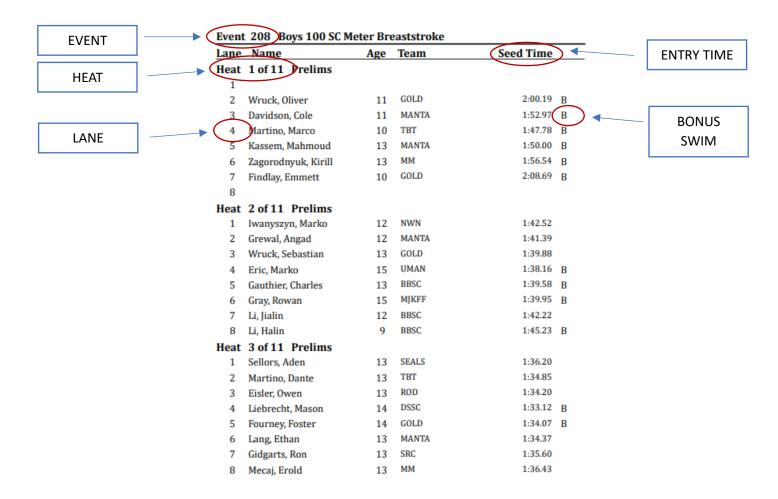MANTA SWIM CLUB
PRIDE • TOUGHNESS • RESPECT

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 defines the swimmer's lane assignment per event. Lanes are typically assigned based on seed times, with the fastest swimmers in the center of the pool.

Events are listed in order usually alternating girls and boys events. Sample Individual Event from a Heat Sheet:

EVENT

HEAT

LANE

ENTRY TIME

BONUS SWIM

Event 208 Boys 100 SC Meter Breaststroke

Lane	Name	Age	Team	Seed Time	
Heat 1 of 11 Prelims					
1					
2	Wruck, Oliver	11	GOLD	2:00.19	B
3	Davidson, Cole	11	MANTA	1:52.97	B
4	Martino, Marco	10	TBT	1:47.78	B
5	Kassem, Mahmoud	13	MANTA	1:50.00	B
6	Zagorodnyuk, Kirill	13	MM	1:56.54	B
7	Findlay, Emmett	10	GOLD	2:08.69	B
8					
Heat 2 of 11 Prelims					
1	Iwanyszyn, Marko	12	NWN	1:42.52	
2	Grewal, Angad	12	MANTA	1:41.39	
3	Wruck, Sebastian	13	GOLD	1:39.88	
4	Eric, Marko	15	UMAN	1:38.16	B
5	Gauthier, Charles	13	BBSC	1:39.58	B
6	Gray, Rowan	15	MJKFF	1:39.95	B
7	Li, Jialin	12	BBSC	1:42.22	
8	Li, Halin	9	BBSC	1:45.23	B
Heat 3 of 11 Prelims					
1	Sellors, Aden	13	SEALS	1:36.20	
2	Martino, Dante	13	TBT	1:34.85	
3	Eisler, Owen	13	ROD	1:34.20	
4	Liebrecht, Mason	14	DSSC	1:33.12	B
5	Fourney, Foster	14	GOLD	1:34.07	B
6	Lang, Ethan	13	MANTA	1:34.37	
7	Gidgarts, Ron	13	SRC	1:35.60	
8	Mecaj, Erold	13	MM	1:36.43	

Important Terms:

Seed time is the fastest time a swimmer or team of swimmers has swum an event prior to the submission of entries for the meet. For individuals, this is the time entered for the swimmer for the event, and is a good goal to try to beat. 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 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.

Note: Individual Medleys are swum in order:
1) Butterfly, 2) Backstroke, 3) Breaststroke, 4) Freestyle.
It's important for swimmers to know the order, because any other order will result in a "DQ" or disqualification.

As in the example below, swimmers will start with 100 meters of Butterfly. They then do 100M of backstroke, 100M breaststroke and finish with 100M of freestyle. In their relay medleys, swimmers 1 and 3 enter the water at one end of the pool, and swimmers 2 and 4 at the opposite end. Older swimmers start and finish at the same point.
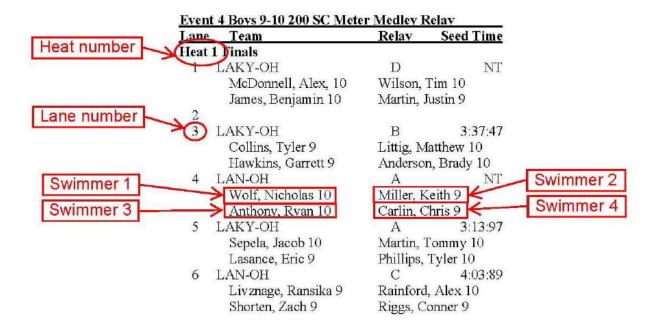
Event 209 Girls 400 SC Meter IM

Lane	Name	Age	Team	Seed Time
Heat	**1 of 4 Prelims**			
1				
2				
3	Weber, Mariah	12	GOLD	6:16.81
4	Zimonick, Zoe	13	GOLD	5:56.12
5	Harvey, Emma	14	MANTA	5:59.58
6				
7				
8				

Relay medleys are swum in order:
1) Backstroke, 2) Breaststroke, 3) Butterfly, 4) Freestyle.
Accordingly, in the relay event below, Nicholas Wolf will swim backstroke, Keith Miller the breaststroke, Ryan Anthony the butterfly, and Chris Carlin the freestyle. They will swim in Heat 1, Lane 4. Their team has not yet received a legal seed time, so they have "NT." This team is in the age group that swims two lengths of the pool, or 50 meters, each, which is reflected in the 200- meter event distance.

Event 4 Boys 9-10 200 SC Meter Medley Relay

Lane	Team	Relay	Seed Time
Heat 1 Finals			
1	LAKY-OH	D	NT
	McDonnell, Alex, 10	Wilson, Tim 10	
	James, Benjamin 10	Martin, Justin 9	
2			
3	LAKY-OH	B	3:37:47
	Collins, Tyler 9	Littig, Matthew 10	
	Hawkins, Garrett 9	Anderson, Brady 10	
4	LAN-OH	A	NT
	Wolf, Nicholas 10	Miller, Keith 9	
	Anthony, Ryan 10	Carlin, Chris 9	
5	LAKY-OH	A	3:13:97
	Sepela, Jacob 10	Martin, Tommy 10	
	Lasance, Eric 9	Phillips, Tyler 10	
6	LAN-OH	C	4:03:89
	Livznage, Ransika 9	Rainford, Alex 10	
	Shorten, Zach 9	Riggs, Conner 9	

Heat number → (Heat 1)
Lane number → (3)
Swimmer 1 → Wolf, Nicholas 10
Swimmer 3 → Anthony, Ryan 10
Swimmer 2 → Miller, Keith 9
Swimmer 4 → Carlin, Chris 9

Also note that swimmers 1 and 3 will start at the Home end of the pool. Swimmers 2 and 4 will start on the bulkhead end of the pool.

Times are listed on some session heat sheets as below:

Event 423 Girls 200 SC Meter IM

Lane	Name	Age	Team	Prelims
Heat 1 12 & Under A - Final Starts at 05:02 PM				
1	Peloquin, Brooke	12	Skimmers	2:59.02
2	Sanville, Adelynn	12	RMAR	2:55.99
3	Somerville, Ana	12	NRSC	2:51.47
4	Guo, Hilary	12	UCSC	2:36.64
5	Bourgeois, Sierra	12	TBT	2:45.24
6	Weber, Mariah	12	GOLD	2:53.50
7	Liebrecht, Cate	12	DSSC	2:58.91
8	Blacher, Sadie	12	MM	2:59.51
Heat 2 12 & Under B - Final Starts at 05:06 PM				
1	Biberdorf, Cori	11	GOLD	3:14.30
2	Gokavi Bailey, Zahra	12	GOLD	3:08.53
3	Shortt, Willa	11	NCSA	3:05.03
4	L'Heureux, Nicole	11	NCSA	3:01.66
5	Lejbak, Piper	11	GOLD	3:02.78
6	Cushing, Lilah	12	NCSA	3:07.17
7	Hollick, Hadley	11	GOLD	3:09.18
8	Bosche, Evelyn	11	FS	3:17.51

HEAT START TIME

Please note that these times are very approximate. The computer software sets these time with a parameter of a certain time between heats and events. Many issues can arise and change the time. This change can cause the heat to start earlier or later. Please use these time on heat sheets and on Meet Mobile as an approximation. If your swimmer misses the heat because we started 5 minutes early that is not acceptable.

The Session Report which is usually on the first page of the heat sheet shows the:

- session (Session 1A below)
- the pool (some meets use 2 pools for heats – a male and a female tank)
- start time
- events for the session
- total swimmers entered for the event
- total heats for the event
- approximate time out (finish time) for the session.

Prairie Winter International 2022, Sanction #: 38071
Session Report

Session: 1A PWI 2022: Female Pool Thursday PM Timed Finals
Day of Meet: 1 Starts at 04:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	101 Girls 800 Freestyle	44	6	04:30 PM	_____
Finals	103 Girls 1500 Freestyle	9	2	05:37 PM	_____
	Swimmers Counts for Warm-ups: 53	====	====		
	Entry / Heat Totals:	53	8		
	Finish Time			06:21 PM	_____