

# What is a Heat Sheet? What is Arm Marking?

## **What is a Heat Sheet? What Does it say?**

The Heat Sheet is a program that shows where each swimmer will be racing for each race. Sometimes you can buy a heat sheet at the meet. Usually, the heat sheet is posted on the host team's website 24 hours before the meet begins. If the heat sheet is available before the meet, you should print a copy of the heat sheet and take it to the meet with you.

## **Changes to the Heat Sheet can be made the morning of the meet.**

Sometimes if there are a small number of swimmers in an event, the meet referee may combine heats. This is rare, but it will usually be announced over the loudspeaker.

**Event Number:** Each event (distance/stroke) will be given an event number. Event #1 is the first event of the meet.

**Heat Number:** In each of the events, there are **HEATS**. Each heat has 5-10 swimmers - depending on the size of the pool.

**Lane Number:** This will tell you which lane your swimmer is scheduled to be in.

**Seed Time:** Once a swimmer participates legally in an event, he/she will have a "seed time" in that event for the next meet. Swimmers are placed in heats and relays according to their seed times\*.

**Event/Heat/Lane Marking:** Especially for our younger swimmers, we encourage parents to use a sharpie and write your swimmer's event/ heat/ lane on your child's arm. A video explaining how to do this can be found on the parent page of the Falcon's website.

# Medley Relay/Heat Sheet Explained

**Heat 2 (#5 Boys 9-10 100 Yard Medley Relay)**

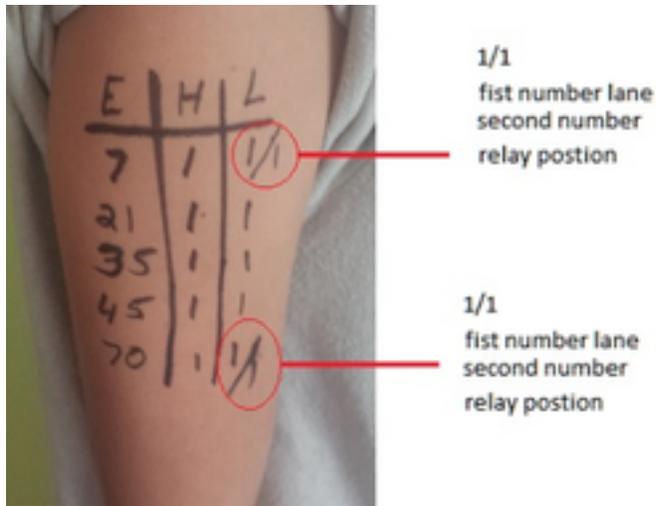
1	BHC-ZZ	D	1:42.10
	Koenig, Quinton 10	Harshaw, Dane 9	
	Blake, Jack 9	Blake, Henry 10	
2	SRB-ZZ	C	1:28.01
	Mills, Matthew 9	Boynton, Jack 10	
	Lang, Justin 9	Wokoek, Kurt 9	
3	BHC-ZZ	B	1:23.87
	Holmreen, Brock 9	Leslie, Jack 9	
	Stebbins, Trevor 10	Morley, Ethan 10	
4	SRB-ZZ	A	1:12.00
	Wong, Mason 10	Pickard, Andrew 10	
	Kitlowski, Kale 10	Lee, Hunter 10	
5	BHC-ZZ	A	1:14.95
	<b>E</b> Saul, Bailey 10	<b>F</b> Helbert, Riley 10	
	<b>G</b> Reed, Lance 10	<b>H</b> Hoff, Benjamin 10	
6	SRB-ZZ	B	1:22.97
	Beck, Carson 9	Sabuda, Kyle 10	
	McArthur, Jared 9	Gross, Ethan 10	
7	BHC-ZZ	C	1:29.59
	Smola, Levi 10	Weber, MaKaya 10	
		Tomberlin, Sean 10	
8	SRB-ZZ	D	1:39.97
	Hildner, Mike 10	Arnold, Logan 9	
	Arnold, Landry 9	Bennett, Brendan 10	

A. Heat Number	E. 1st leg - Backstroke swimmer
B. Event Number and Event Name	F. 2nd leg - Breast Stroke swimmer
C. Lane Number	G. 3rd leg - Fly swimmer
D. Relay team (A is contains the fastest swimmer in each stroke)	H. 4th leg - Free swimmer

# What is arm marking?

You must mark your swimmer to reflect which event, heat and lane they are racing. This is used to help remind the swimmer of their events and age group tent or ready bench volunteers. Use the Heat Sheet to find your child's events. Mark the arm as illustrated below in the picture in the order of Event/Heat/Lane.

Write on clean dry skin with no sunscreen. It is best to do this the night before to minimize sunscreen washing it away. Please also write your child's full name on their upper back.



E= Event

H= Heat

L= Lane

Use Meet sheet to confirm child's events for each day of champs.

## Example of Arm Marking

Write Clearly and Legibly on your child's LEFT arm as illustrated in the picture.

**Stroke:** If you'd like to note the stroke do so after the lane designation.

- FR = Freestyle
- BA = Back Stroke
- BR = Breast Stroke
- FLY = Butterfly
- IM = Individual Medley
- FRR = Free Relay (All swimmers swim freestyle)
- MR = Medley Relay (Each swimmer swims a different stroke: 1st = back, 2nd=breast, 3rd=fly, 4th=free)