

Heat Sheet info

It is the responsibility of the host team to send the heat sheet for visiting teams to post. This is typically the last piece of information sent out in order to allow for any changes the host team makes. For KYA, if a host team sends out a heat sheet ahead of time, it will be listed in the documents link at the bottom of the event site on TU as a clickable link. You can download it and print it at home. Please do not ask the coaching staff about the heat sheet. We would never purposefully hide information from you, so if we've been sent the information, it's on the event page. If the heat sheet is posted prior to the meet, please use it to write Event, Heat and Lane information on your swimmers arm/hand before arriving to the meet. If it is not posted early enough, the coaches and group parents will make sure it is done before warmups.

How to use a heat sheet

Below is an example heat sheet for a meet. This is where you find what swimmers are swimming and where. You will get the heat and lanes for your swimmer from this. In the example heat sheet below (taken from an actual heat sheet from June) the valuable information for swimmer Kate Obrien is as follows:

Event 31 (circled in purple) 100 Freestyle for 11-12 Girls

Heat 3 (highlighted in pink) of 3 total heats

Lane 2 (underlined in green) with a best previous (seed) time of 1:17.30

#31 Girls 12 & Under 100 LC Meter Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 3 Finals				
1				
2				
3	Tucker, Mollie Grace	10	SWSF	NT
4	Campbell, Mia	9	HA	2:48.83
5	Short, Cate	12	HA	NT
6				
7				
8				
Heat 2 of 3 Finals				
1				
2	Gaddis, Catherine	9	HA	1:54.61
3	Newsom, Allison	8	HA	1:46.02
4	Kraft, Lea	12	SWSF	1:42.54
5	Hearne, Jaylee	10	SWSF	1:43.50
6	Nelson, Riley	9	HA	1:48.00
7	Marshall, Mary Emily	10	LEXD	2:05.94
8				
Heat 3 of 3 Finals				
1	Jones, Mia	11	KYA	1:27.86
2	O'Brien, Kate	11	KYA	1:17.30
3	Torres Morris, Gabbie	10	KYA	1:14.95
4	Cooksey, Marlee	12	LEXD	1:09.75
5	Wright, Leah	12	KYA	1:10.74
6	Kidder, Lila	11	KYA	1:15.87
7	Thomas, Savannah	12	SWSF	1:17.77
8	Thomas, Marissa	10	SWSF	1:42.14
#32 Boys 12 & Under 100 LC Meter Freestyle				

You can write the information on your swimmer's hand/arm like the next example photo:



By writing information in waterproof ink on the back of the swimmer's hand, the swimmer can watch and listen for his or her events to be seeded and remember what the events are. This also allows the swimmer to check whether he or she is in the correct heat and lane. The information on the hand represents the swimmer's individual events at the meet the swimmer is attending. For Kate, her hand would read : Event 31 Heat 3 Lane 2 100 Free

Misc info:

Psych Sheets

Psych sheets are a way for coaches to check that the events have been entered correctly and a way for everyone to see where a swimmer ranks in an event. Psych sheets do not have information about what lane or heat your swimmer will be in, just that they are entered in the event.

Changes in the heat sheet/special scenarios

There will be some times where you print your heat sheet the night before and when you watch the first race you notice that what is going on doesn't match your heat sheet. Do not despair. There are a multitude of reasons to print multiple versions of a heat sheet especially in a championship format meet. The easiest example is that there simply was a mistake in the seeding or other human error. Other times, you may notice an event is swimming that is not listed on your sheet. In most scenarios, longer events like the 500 Free or the 400 IM will require positive check in and will be deck seeded. This means they are waiting for everyone to sign themselves in saying they are actually at the meet to arrange everyone into heats and lanes. You can check for these policies ahead of time in the meet information. If there is positive check in for an event, the heat sheet will be printed prior to the event starting and distributed to coaches on deck.