

How To Read Heat Sheets & Psych Sheets

Psych sheets and heat sheets are available for every meet. These are documents that will help you and your swimmer know what events they are swimming and when those occur during the meet. If the host team sends these documents out in advance, they will typically be emailed out or posted on the TeamUnify event page prior to the meet. Often they are available at the meet (posted for free or available for purchase, depending on the host team). There is also an app for smart phones called “Meet Mobile” which most meets now use. You can access Meet Mobile as a digital heat sheet, as well as view your swimmer’s unofficial results and placement.

HEAT SHEETS

Heat sheets give you the order of events, list out the names of the participants in each event, and divides them into heats and lanes. So with a heat sheet you can find your swimmer’s name and know when they will swim and in which lane they will be in for each event. You can also see how they stack up against the competition by looking at the seed times.

Sample heat sheet entry:

<u>#1 Girls 8 & Under 25 Yard Freestyle</u>			
Lane	Name	Age Team	Seed Time
Heat 1 of 3 Finals			
1	Brady, Evan R	6 VFYT-LE	55.62
2	Rielly, Victoria E	8 CFYN-LE	29.21
3	Badget, Zoey L	7 CFYN-LE	28.00
4	Forester, Sofia B	7 CFYN-LE	27.80
5	Daniels, Aurora L	8 VFYT-LE	27.99
6	West, Miranda	8 GYB-LE	28.03
7	Smith, Alyssa M	6 CFYN-LE	40.40
Heat 2 of 3 Finals			
1	Fields, Olivia A	7 CFYN-LE	26.15
2	Caswell, Rylie J	8 CFYN-LE	26.00
3	Adams, Maria N	7 CFYN-LE	25.00
4	Becks, Deryn M	8 VFYT-LE	22.28
5	Ward, Sarah	7 VFYT-LE	22.28
6	Chad, Lindsey	7 GYB-LE	25.28
7	Kosar, Ava R	6 VFYT-LE	26.15
8	Frank, Grace V	8 CFYN-LE	NT

Here is a color coded version with explanations below about what each element is.

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7	Kosar, Ava R	6 VFYT-LE	26.15
8	Frank, Grace V	8 CFYN-LE	NT

#1 Girls 8 & Under 25 Yard Freestyle:

This tells you the event number and what they will be swimming for that event. In this case it is event number 1, and in this event the 8 & under girls will be swimming the 25 yard Freestyle. This is typically typed in bold, and everything under it will be part of that event until you see another event in bold print.

Heat 1 of 3 Finals:

This tells you which heat it is. At big meets you can't fit everyone swimming an event into the lanes available, so they have to take turns. So heat 1 is the first group that will swim this event. This also tells you how many heats there are, in this case there are 3 total heats of this event. The "Finals" part of it means that the fastest kid wins. At some meets there are preliminaries and finals, where kids swim first in prelims, then the top swimmers swim again in finals for placement (typically this is done in a separate evening session, after all prelims have been swum that day). Some heat sheets will include an estimated start time. There also may be a separate timeline document included. Please remember these are always just estimates and because some meets run faster or slower than anticipated, you and your swimmer should always be paying attention to the events and checking in with your coach to avoid missing a race.

Lane Number:

The number to the left of the name tells you which lane your child will be in during their heat. How do you know which lane is which? At some pools it is clearly marked on the blocks, flags, or elsewhere, at other pools it is not clearly numbered. The rules say that lane 1 is always supposed to be closest to the starter, but that is hard to see sometimes, so here is the trick: Envision yourself standing behind the blocks looking at the pool, whichever block is farthest to the right is almost always lane number 1. That's not true 100% of the time, but *almost* all competitive pools are set up this way.

Name:

This is the name of the swimmer formatted as LAST, FIRST.

Age:

This is the swimmers age as far as the meet is concerned. This maybe different than your child's actual age. It depends on what the official "age up date" for that meet or swim league is.

Team:

This is the team abbreviation, each team has a unique abbreviation. Our team abbreviation is RACE-CO.

Seed Time:

Seed time refers to the fastest time the swimmer has ever swum this event in the past. Sometimes you'll see a "NT" here which stands for "no time" because there is no record of the swimmer ever swimming the event before. Sometimes you may see a time that is not actually your swimmer's fastest time swum and this can due to one of two reasons. If your swimmer recently got a new best time, the entries may have been sent in before that time was recorded. Another possibility is that although your swimmer has swum the event in a faster time, they got DQ'd (disqualified) so the time did not officially count. You may also see an "X" here next to the seed time, especially at dual meets. This means the swimmer is swimming exhibition. They can't score, but their time will be recorded. Some meets only allow you to enter a certain number of swimmers to be eligible to score. With exhibition events the kids still get to swim even if they can't score. Seed times are important for a lot of reason, but most importantly it is ever swimmer's goal to try to beat this time during each of their swims. If you beat your seed it is a good day regardless of where you place!

PSYCH SHEETS

Psych Sheets are read in a very similar way, except they do not have heat and lane assignments. Instead you'll see each event listed with a list of swimmers ordered by seed time, fastest to slowest. These are used in most meets, and are typically sent out ahead of time and released prior to the meet. This document will not show you your swimmer's heat and lane assignments, but can give you an idea of where they compare to the rest of the swimmers racing each event. They are also a good way to check and make sure your swimmer knows what events they are swimming prior to race day.