Reading an Individual Event List:

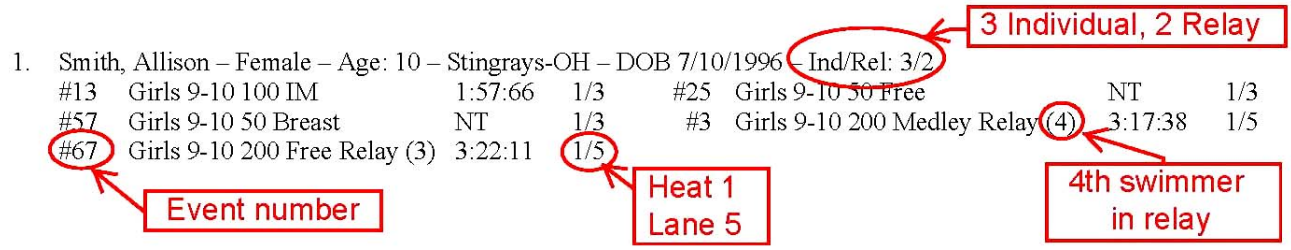
What is an Individual Event List?

At the meet, your child will receive an individual event list, which shows only your child's events.

We strongly suggest that parents look over the list even if they've consulted a heat sheet prior to the meet. Lineups and lane numbers often shift just before the meet to accommodate illnesses, etc.

We also suggest that parents write the event information on their child(ren)'s forearm(s) so that swimmers will always have a reference for where they should be, when, and what they'll be swimming.

Your child's event list may look like this:



In this example, Allison is swimming 3 individual events and 2 relays. In event #3, the Medley Relay, she is swimming in heat 1, lane 5, and she is the fourth swimmer (which means she will swim freestyle).

Relay medleys are swum in order:
1) Backstroke, 2) Breaststroke, 3) Butterfly, 4) Freestyle.

Whereas **Individual Medleys** are swum in order:
1) Butterfly, 2) Backstroke, 3) Breaststroke, 4) Freestyle.

The relay team with which she will swim has a "seed time" of 3:17:38.

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.

During a dual meet, if there is more than one heat in an event, only the last heat is a scoring heat. All heats before the last heat are exhibition heats. Our league allows up to 10 exhibition heats per meet.