

## How to Read a Heat Sheet

A **heat sheet** is like the “map” of the swim meet — it tells you exactly when and where your swimmer will race. It lists all events in order, and within each event, swimmers are grouped into **heats** (smaller races) and assigned to **lanes**.

Here’s what you’ll see on a heat sheet:

- **Event number** — the race number for the day (e.g., Event 12).
- **Event description** — the stroke, distance, and age group (e.g., Girls 50 Freestyle, 9–10 years).
- **Heat number** — which group of that event your swimmer is in (Heat 1, Heat 2, etc.).
- **Lane number** — which lane they will swim in (Lane 1–8).
- **Swimmer’s name and team** — your child’s name and “COM” for our club.
- **Seed time** — your swimmer’s entry time; if they’ve never swum this event before, it may say “NT” (No Time).

Example from a heat sheet:

**Event 12 Girls 50 Freestyle 9–10 years**

**Heat 1 of 4**

Lane 1 Smith, Emily GPP 36.45

**Lane 2 Johnson, Lily COM 35.20**

Lane 3 Martinez, Sarah GPP 34.90

Lane 4 Wilson, Chloe HSC 35.10

**Tip:** Most parents write the event number, heat, and lane on their swimmer’s arm with a permanent marker.

**E** is for **Event #**; **H** is for **Heat #**; **L** is for **Lane #** and the last one **Event Description**. This helps swimmers remember when to line up without having to keep track of a paper program.

E	H	L	
12	1	2	50 Freestyle