

Reading a Heat Sheet 101

Some of you will be seeing your first HEAT SHEET this year. We'd like to give you a brief overview of what a heat sheet is.

Just a quick word about heat sheets. A heat sheet is a schedule of the evenings events. Your child will likely be swimming in several events, and this is how you know what/when they swim.

In our conference, you will likely see these taped up on the bullpen or spectator area walls sometime before the start of the meet. Every club is different so we just have to play that by ear. But you will likely see a group of parents staring at a wall taking pics with their phones. If you see that, go there. We also hope to be able to email them out to everyone at some point.

This is entirely for your information as a parent. Your child will be taken care of by the volunteers in the bullpen.

The following are some basic pointers. It may seem confusing at first, but it will all become second nature. All dual meets follow the same order of events, so soon you will be very familiar with the format.

Quick pointers:

There are 72 events in a meet.

Girls are odd numbered events.

Boys are even numbered events.

If you notice, all events for your child in their age group will end in the same number. For example if you have a 9-10 girl, her events will end in the number 5. (5-15-25 etc)

in and also which lane.

New Parents of 6 and under swimmers? They just swim two events.

Girls - #1 and #13. Then they can go home if they'd like.

Boys - #2 and #14. Then they can go home too. If they'd like.

How does a medley relay work?

The order is back, breast, fly, free. Swimmer #1 is the top left swimmer and will swim backstroke.

Then move across the page to the top right swimmer, that is swimmer #2 breaststroke. Swimmer #3 is

If your child is swimming an INDIVIDUAL MEDLEY (I.M.) only the older swimmers have this event, the order is different. That is Butterfly/Back/Breast/Free.

Hope this short course in reading a heat sheet helps you out tonight!