

FSBC Heat Sheet Cheat Sheet or “What One Mom Wished She Knew about Heat Sheets”

Heat Sheet: A document that lists all of the races (AKA Events) and who is swimming in each race

Each Event (race) has a Name and a Number. These don't change between meets.

- Boys' and Mixed events (both boys and girls swimming) are ODD numbered
- Girls' Events are EVEN numbered
- The “P” after some numbers means it's for the 6 and Under age group
- LC means they are swimming a Long Course (The lanes are 50 meters long, as opposed to a 25 meter lane, which would require more turns for longer races. These turns change a swimmers' time, so the length of the lane is noted).

Important info for your swimmer on the heat sheet

Find your swimmers' name and make a note of:

- 1) The number of the event
- 2) The Heat number (When there are more swimmers than lanes, several heats of the same race are run. *Usually* the later heats have the faster swimmers. Written as **Heat “X” of “Y” Finals**. It says Finals because this is the final race listing.)
- 3) The Lane Number (This is the number to the Left of your swimmers' name.)

Example:

#44 Girls 9-10 50 LC Meter Backstroke

Lane	Name	Age Team	Seed Time
Heat 1 of 2 Finals			
3	Hobbie, Holly	9 FSBC	NT
4	Shortcake, Strawberry	10 FSBC	NT
5	Drew, Nancy	10 FSBC	NT

For Strawberry, you could write on her hand:

#	H	L
44	1	4

Do this for each event your swimmer is swimming.

(NOTE: For the first race of the season, or if a swimmer hasn't swum a certain event yet, the Seed Time is listed as NT (No Time). After this, their recorded time will be entered. If a swimmer is disqualified during a race, they will not receive a time.)

If you see an “X” next to a swimmer's name it means he/she is swimming as an exhibition swimmer. This means they will receive a time for the race, but their time may not be used in scoring. (Interested in the nitty gritty of scoring and points? We can point you towards helpful resources...or maybe a future cheat sheet....)