

# Sample Meet Program ('Heat Sheet') Event 1

## Event 1 Mixed 6 & Under 100 Yard Freestyle

Lane	Team	Relay	Seed Time
<b>Heat 1 of 2 Finals</b>			
2	South Ranch	C	
	1) Bob		2) Sally
	3) Sue		4) Lisa
4	South Ranch	A	
	1) Ally		2) Dennis
	3) Harry		4) Eric
6	South Ranch	B	
	1) Ben		2) Ross
	3) Amy		4) Lori
8	South Ranch	D	
	1) Dan		2) Megan
	3) Sara		4) Andy
<b>Heat 2 of 2 Finals</b>			
2	South Ranch	G	
	1) Brandon		2) Sharon
	3) Emily		4) Max
4	South Ranch	E	
	1) Abby		2) Sam
	3) Anne		4) Kyle
6	South Ranch	F	
	1) Connor		2) Jack
	3) Carlos		4) Amanda
8	South Ranch	H	
	1) Austin		2) Matt
	3) Maddie		4) Betsy

## **Swim Team Sample Line Up – Relay**

### **A. Relay Events**

1. The last (4th) swimmer for each lane ends up at the Timer End of the pool. Therefore, swimmers 2 and 4 start at the opposite end (from the timers), and swimmers 1 and 3 start at the Timer End. Mark your Heat Sheet accordingly to help you remember.
2. Of the 2 adults working Ready Bench, one will handle the Timer End of the pool (more congested), and one will handle the opposite end (easier). Determine which of you will do which end.
3. Lanes - the Home Team swims in the even lanes (2,4,6,8). The Away Team swims in the odd lanes (1,3,5,7).
4. The 6&Under group has many young kids, some of whom may not talk loudly enough to be heard in such a noisy place, and some of whom may not respond to their name.
5. Sample Line Ups

Using Sample Heat Sheet Event 1, Mixed 6 & Under 100 Yard Freestyle

Timer End:

Lane 2: Bob, Sue, then ready for Heat 2: Brandon, Emily  
Lane 4: Ally, Harry, then ready for Heat 2: Abby, Anne  
Lane 6: Ben, Amy, then ready for Heat 2: Connor, Carlos  
Lane 8: Dan, Sara, then ready for Heat 2: Austin, Maddie

This would be the order on the other end:

Opposite End:

Lane 2: Sally, Lisa, then ready for Heat 2: Sharon, Max  
Lane 4: Dennis, Eric, then ready for Heat 2: Sam, Kyle  
Lane 6: Ross, Lori, then ready for Heat 2: Jack, Amanda  
Lane 8: Megan, Andy, then ready for Heat 2: Matt, Betsy

6. For swimmers over age 6, there is a "Medley Relay" event as the last set of events for the meet. Each swimmer should know what they are swimming, but may need a reminder.
  - 1) Back      2) Breast
  - 3) Fly        4) Free

## Sample Meet Program ('Heat Sheet') Event 12

### Event 12 Girls 6 & Under 25

#### Yard Freestyle

Lane	Name	Age
<b>Heat 1 of 5</b>		
2	Stephanie	6
4	Erin	6
6	Samantha	6
8	Elaine	6
<b>Heat 2 of 5</b>		
2	Emma	5
4	Laura	5
6	Monica	6
8	Elizabeth	6
<b>Heat 3 of 5</b>		
2	Claire	5
4	Andrea	6
6	Tori	5
8	Sandy	5
<b>Heat 4 of 5</b>		
2	Caroline	5
4	Grace	4
6	Katie	5
8	Becca	5
<b>Heat 5 of 5</b>		
4	Ashlyn	4
6	Alice	4

### Swim Team

#### Sample Line Up – Individual Event

##### B. Individual Events

For Age 10 & Under, all kids swim 25 yards (1 length) and start at the opposite end of the timers. The swimmers should be lined up on the benches, 8 kids per bench.

Sample Line Up for Event 12, Girls 6 & Under, 25 Yard Freestyle

Lane 2: Stephanie, Emma, Claire, Caroline, then empty

Lane 4: Erin, Laura, Andrea, Grace, Ashlyn

Lane 6: Samantha, Monica, Tori, Katie, Alice

Lane 8: Elaine, Elizabeth, Sandy, Becca, then empty