



TRACKING YOUR SWIMMER'S EVENTS



Heat Sheets, Meet Mobile & Arm Writing

Once you understand how events, heats, and lanes work, the next step is figuring out exactly **what your swimmer is swimming, when they're swimming, and where they need to be.**

At most meets, you'll use a combination of the **heat sheet, Meet Mobile**, and the information written on your swimmer's arm to keep everything straight.

It may look like a wall of numbers at first. After a couple of meets, you'll be able to find your swimmer's races surprisingly quickly.

HEAT SHEETS

A **heat sheet** is the most important source for finding your swimmer's event, heat, and lane assignments.

Heat sheets show how the swimmers entered in each event have been divided into heats and which lane each swimmer will use.

Finding Your Swimmer

Start by finding the events your swimmer is entered in (listed in Captyn). Under the event, find your swimmer's name.

Their entry will show their **heat and lane assignment**, along with other information such as their seed time.

For example, if your swimmer is listed in:



Event 12 • Heat 3 • Lane 4

that means:

- **Event 12:** Watch for Event 12 to begin.
- **Heat 3:** Your swimmer races in the fourth group of swimmers in that event.
- **Lane 4:** Your swimmer reports to Lane 3 for that race.

Event 12 Girls 13 & Over 50 Yard Freestyle

Lane	Name	Age	Team	Seed Time
Heat 3 of 9 Prelims Starts at 08:35 AM				
4	Olsen, Harper	14	DCST-IL	40.78
5	Chen, Marisol	15	DCST-IL	37.11
6	Patel, Nisha	13	DCST-IL	37.44
7	Rivera, Jordan	18	DCST-IL	NT

Seed Times

A swimmer's **seed time** is the time used when placing them into the event.

Usually, this will be a previous best time for that event that was available when meet entries were submitted.

If your swimmer has never competed in that event before, you may see:

NT = No Time

This simply means there is no previous time available for that swimmer in that event.

Heat Order

Don't assume that Heat 1 contains the fastest swimmers.

How swimmers are seeded can vary depending on the event and meet format. The important thing for parents and swimmers is to use the heat sheet to know **exactly which heat and lane your swimmer has been assigned**.

Combined Events and Heats

To help a meet run more efficiently, meet officials may sometimes combine events or heats.

For example, two events with only a few swimmers may be swam together in the same heat. Heats within an event may also be combined when there is enough room to safely put those swimmers in the pool together.

Combined events and heats will be noted on the heat sheet.

Heat 2 of 2 Finals				
1	Carter, Noah	M12	RYRV-IL	6:59.60
2	Young, Dylan	M13	SAGE-IL	6:38.72
3	Ellis, Brooke	W14	FVY-IL	6:21.45
4	Park, Ava	W12	DCST-IL	7:05.11
Event 26 Mixed 1000 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
2	Davis, Chloe	W16	DCST-IL	NT
3	Nguyen, Ethan	M14	FVY-IL	11:14.95
4	Thompson, Grace	W13	SAGE-IL	NT
Event 27 Mixed 1650 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 1 Finals				
5	Miller, Ryan	M10	SAGE-IL	NT
6	Foster, Lily	W15	DCST-IL	22:37.12
7	Bennett, Cole	M11	FVY-IL	25:22.83
Event 28 Girls 500 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
Heat 1 of 2 Finals				
1	Cooper, Ella	W9	RYRV-IL	NT
2	Martin, Nora	W12	SAGE-IL	8:03.11
3	Prite, Lauren	W10	DCST-IL	7:27.44
4	Kim, Sophie	W10	FVY-IL	7:29.62

Combined

This is another reason the heat sheet is important: Meet Mobile will not show that events or heats have been combined. Your swimmer's event, heat, and lane will appear normally in Meet Mobile even though the race is actually being swum together with another event or heat.

Relays

Always check the heat sheet for relays.

Relay assignments may not appear in Meet Mobile, and coaches may make substitutions or changes to relay lineups during the meet.

A swimmer who appears to be finished with their individual events may still be needed for a relay.

Never leave a meet without checking with your swimmer's coach first.

Event 12 Girls 13 & Over 200 Yard Freestyle Relay

Lane	Team	Relay		Seed Time
Heat 1 of 1 Finals				
3	North Shore	1) Brooks, Talia 3) Howard, Lila	2) Singh, Meera 4) Kim, Avery	1:58.72
4	DCST-IL	1) Olsen, Harper 3) Patel, Nisha	2) Chen, Marisol 4) Rivera, Jordan	1:54.16
5	Lakeview	1) Grant, Noelle 3) Diaz, Sofia	2) Morris, Paige 4) Wells, Briar	1:57.49
6	Westfield	1) Cooper, Maya 3) Nguyen, Tess	2) Bennett, Isla 4) Foster, Rowan	2:01.08

HEAT SHEETS AT DCST HOME MEETS

For DCST home meets, heat sheets will be posted **no earlier than 30 minutes before the session begins**.

You can find them:

- On the glass wall behind the starting blocks
- In the Sports Court during larger meets

Printed heat sheets are not provided to parents or swimmers.

Take a picture of the heat sheet if that is helpful, but remember the rules regarding photography and cell phones near the starting blocks.

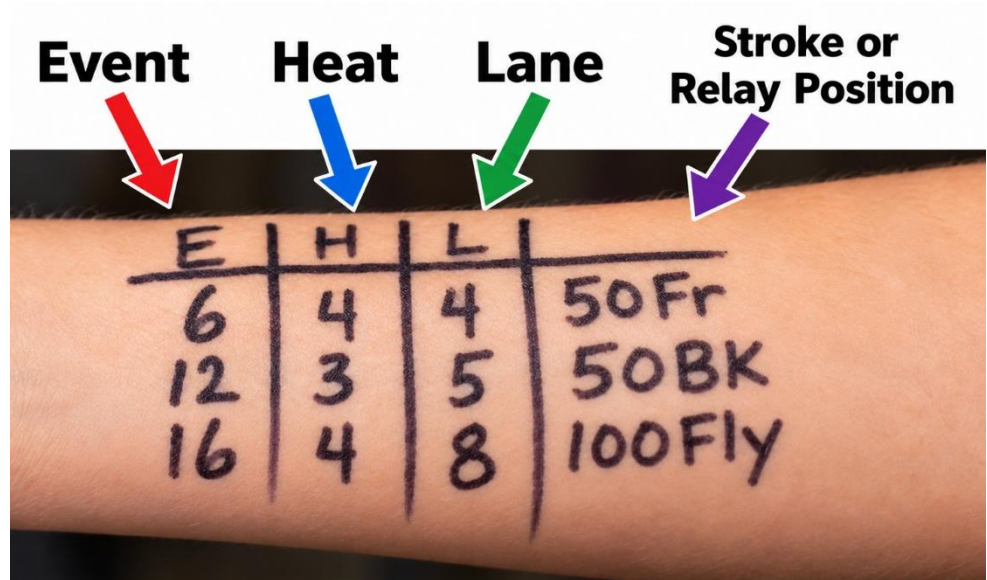
WRITING EVENTS ON YOUR SWIMMER'S ARM

Writing event information on a swimmer's arm gives them a quick reference throughout the meet without needing to find a heat sheet or phone every time they race. A coach can help write this if needed, but it takes up valuable coaching time.

Use a **permanent marker** such as a Sharpie.

So: **12 / 3 / 5** means: **Event 12**

• **Heat 3** • **Lane 5**



For Swimmers Age 8 and Under

Swimmers ages 8 and under generally only need their **event numbers and stroke/relay position** written on their arm when the meet is using a bullpen.

Bullpen volunteers will organize the swimmers and make sure they reach the correct heat and lane.

If an event does not use the bullpen, the swimmer will need to know their heat and lane and report to the correct starting block.

Removing Sharpie

Here's one of the great swim-parent tricks:

Spray sunscreen removes Sharpie surprisingly well.

MEET MOBILE

Meet Mobile is an app that can make following a swim meet much easier.

Depending on the meet, you may be able to use it to see:

- Your swimmer's events
- Heat and lane assignments
- Seed times
- Results
- Other swimmers' results
- Overall meet results



Exactly what appears in Meet Mobile depends on the meet and when information is uploaded.

Finding the Meet

Open Meet Mobile and search for the meet.

Once you've found the correct meet, you can browse the meet's events or search for your swimmer.

Finding Your Swimmer

Search for your swimmer's name to see the events associated with them.

This can be an easy way to see their individual events without searching through the entire meet.

Before the Race

Meet Mobile *may* display your swimmer's event, heat, and lane assignment. This is convenient, but **don't use Meet Mobile as a complete replacement for the heat sheet**. Meet Mobile may not reflect **combined events or heats**. This can also make Meet Mobile's **estimated start times inaccurate**, because the meet may move faster than the original timeline predicted.

Relays do not display **at all** in Meet Mobile until after the event is over.

Use Meet Mobile as a helpful tool but use the heat sheet and what's actually happening at the pool to keep track of the meet.

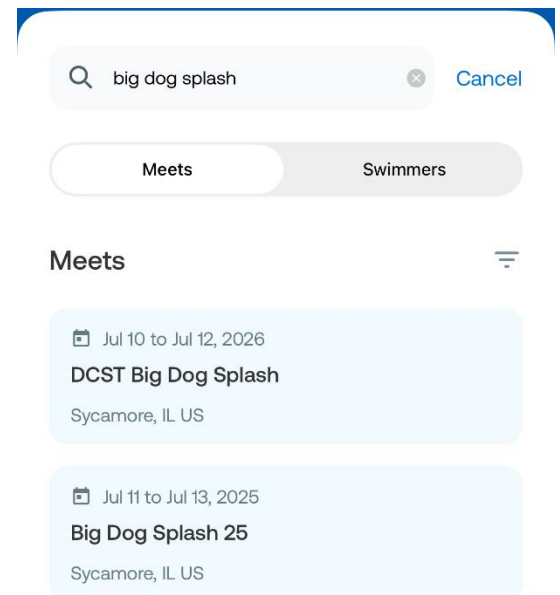
Results

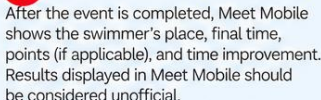
Meet Mobile can also display results as the meet progresses.

Keep in mind that results appearing in Meet Mobile should be considered **unofficial**.

Times may change after officials review the timing information or make other necessary corrections.

The time you see immediately after a race is not always the swimmer's final official time.





QUICK REFERENCE

E = Event

H = Heat

L = Lane

NT = No Time

Heat Sheet: Where your swimmer is actually assigned to swim.

Arm: Your swimmer's quick-reference copy of their event information.

Meet Mobile: A convenient way to follow the meet and see results, but not a replacement for the heat sheet.

Relay: Always check the heat sheet and your swimmer's coach.

When in doubt, **trust the heat sheet and ask your swimmer's coach.**



WELCOME TO THE DOG POUND

BETTER SWIMMERS. HAPPIER PEOPLE.

RACE HARD • SUPPORT YOUR TEAM • JOIN THE PACK