

Seeding Procedures, racing six lanes:

- 1) Arrange the entry cards from fastest to slowest in groups of six (the fastest heat should have six swimmers).
- 2) The slowest heat should have more than one swimmer. If it does not, bring at least one card from the next fastest heat into the slowest heat.
- 3) The slowest heat is Heat 1.
- 4) Lane assignments are as follows:
 - Lane 3: fastest swimmer
 - Lane 4: next slower
 - Lane 2: next slower
 - Lane 5: next slower
 - Lane 1: next slower
 - Lane 6: next slower
- 5) After the heats have been seeded, give the starter a piece of paper with the number of heats for each event.
- 6) Before each event is swum, put the heat cards out on the table, so the swimmers can pick them up.

Seeding Procedures, racing five lanes:

- 1) Arrange the entry cards from fastest to slowest in groups of five (the fastest heat should have five swimmers).

- 2) The slowest heat should have more than one swimmer. If it does not, bring at least one card from the next fastest heat into the slowest heat.
- 3) The slowest heat is Heat 1.
- 4) Lane assignments are as follows:
 - Lane 3: fastest swimmer
 - Lane 4: next slower
 - Lane 2: next slower
 - Lane 5: next slower
 - Lane 1: next slower
- 5) After the heats have been seeded, give the starter a piece of paper with the number of heats for each event.
- 6) Before each event is swum, put the heat cards out on the table, so the swimmers can pick them up.