

SEEDING AND LANE ASSIGNMENT WORKSHEET

POOL

Heat 1										
Heat 2										
Heat 3										
Heat 4										
Heat 5										
Heat 6										
Heat 7										
Heat 8										
Heat 9										
Heat 10										
	Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1

Lanes in Pool										
					4	2	1	3	5	5
				6	4	2	1	3	5	6
		6	4	2	1	3	5	7	7	
	8	6	4	2	1	3	5	7	8	
	8	6	4	2	1	3	5	7	9	9
10	8	6	4	2	1	3	5	7	9	10
10	9	8	7	6	5	4	3	2	1	< Lane

Reference: USA SWIMMING RULEBOOK 102.5.3 Seeding Chart