

# Swimming 101 Study Guide

## How to Determine Distances:

- 1 length of the pool is 25 yards. For each additional length you will add 25 yards.
  - 2 lengths of the pool is 50 yards.
  - 3 lengths of the pool is 75 yards.
  - 4 lengths of the pool is 100 yards.
  - 8 lengths of the pool is 200 yards
  - 20 lengths of the pool is 500 yards.

## How to Read a Set From the Workout:

- Example Set: 5x50 Freestyle @ 1:00
  - The first number (5) is the number of 50s that you are doing. That is why it is followed by a multiplication sign.
  - The second number (50) is the distance that you will be swimming followed by the stroke that you are to swim.
  - The third number (1:00) is the time interval. This means you have one minute to complete a 50 freestyle before you need to start the next one.
- The full translation for 5x50 Freestyle @ 1:00 = Five fifties freestyle on one minute.

## How to Read a Pace Clock:

For practices we use the pace clock to know when it is time to start the next portion of the current set.

For example if you are doing five 50s on 1:00, that means you have 1:00 to finish one 50 before you need to start the next one.

At West A we use a digital pace clock, but we want to picture the clock in our mind like the picture shown. **The 60 or 00 is referred to as the top and the 30 is referred to as the bottom.**

## Interval Examples:

- **5x50 @ 1:00** - If the interval ends in 00 you will always leave on the same time. So if we leave for #1 on the 30, you would leave for the next 4 on the 30.
- **4x100 @ 1:30** - If the interval ends in 30 you will always leave on the same two numbers. For example, if you leave on the top (60) for number 2 you would leave on the 30, for number 3 you would leave on the top and for number 4 you would leave on the 30.
- **4x75 @ 1:15** - If the interval ends in 15 you will add 15 seconds from the time you left for each 75. If you leave on the top for number 1 you will leave on the 15 for number 2, the 30 for number 3 and the 45 for number 4.



- **4x50 @ :45** - If the interval is 45 you will subtract 15 seconds each time from the time you left. For example if you leave on the top for number 1, you would leave on the 45 for #2, the 30 for #3 and the 15 for #4.
- **4x100 @ 1:20** - If an interval ends in 20 you will add 20 seconds from the time you left. For example if you leave on the 20 for #1 you will leave on the 40 for #2, the top(60) for #3 and the 20 for #4.
- **4x200 @ 2:40** - If an interval ends in 40, you will subtract 40 seconds from the time you left. For example if you leave on the top for #1 you will leave on the 40 for #2, the 20 for #3 and the top for #4.
- **Other interval examples:**
  - If the interval ends in 5, you will add 5 seconds to the time you left on each time.
  - If the interval ends in 55, you will subtract 5 seconds from the time you left on.
  - If the interval ends in 10 you will add 10 seconds to the time you left on each time.
  - If the interval ends in 50 you will subtract 10 seconds from the time you left on.

### **Swimming Abbreviations:**

- IM = Individual Medley
- Fly = Butterfly
- BK = Backstroke
- BR = Breaststroke
- FR = Freestyle

### **The order of strokes for an Individual Medley (IM) is:**

1. Butterfly
2. Backstroke
3. Breaststroke
4. Freestyle

### **The order of strokes for an Individual Medley Relay is:**

1. Backstroke
2. Breaststroke
3. Butterfly
4. Freestyle

### **IM Rules:**

- There are no flipturns in a 100 IM. Swimmers must touch the wall with two hands on butterfly and breaststroke and swimmers must finish all the way to the wall on their back on backstroke.
- In a 200 and 400 IM there are no flip turns for transitions between strokes, but flipturns are to be done for the 50/100 backstroke and freestyle within the 200 or 400 IM.

### **Breaststroke Rules:**

- You must touch the wall with two hands at the same time.
- You can only do breaststroke kick. If you do any other kick you will be disqualified.
- You can only do one of everything per cycle: 1. Pull 2. Breath 3. Kick 4. Glide
- On breaststroke kick your feet must turn out to the sides and both legs must mirror one another.

## Butterfly Rules:

- You can only do dolphin kick on butterfly. Feet, knees and legs need to stay together.
- You can only do two kicks per stroke.
- You must touch the wall with two hands at the same time.
- Your hands and arms must come out of the water with each stroke. No underwater recovery.

## Backstroke Rules:

- When swimming backstroke you must remain on your back at all times unless doing a flipturn. If you roll your shoulder or any other part of your body past vertical you will be disqualified.
- For backstroke flip turns you only get one freestyle stroke once you turn over to your stomach.
- Make sure you know your stroke count from the flags to the wall. Your stroke count is how many strokes it takes you to get from the flags to the wall so that you know when the wall is coming.

## How to Read a Heat Sheet at Swim Meets

What is a heat sheet? A heat sheet or meet program lets you know when, where and what you are swimming in a meet.

The diagram illustrates how to read a heat sheet. It features three callout boxes: 'Event #' (red), 'Heat # 1' (blue), and 'Lane #' (green). Arrows point from these boxes to the corresponding parts of the heat sheet. The 'Event #' box points to the event number and name '#13 Girls 8 & Under 25 Yard Freestyle'. The 'Heat # 1' box points to 'Heat 1 of 2 Finals'. The 'Lane #' box points to the lane number '2' for the first swimmer. An orange oval highlights the event name, and an arrow points from a box labeled 'Event Name' to it. The heat sheet itself is a table with columns for Lane, Name, Age, Team, and Seed Time. The first swimmer, Marissa Matthews, is in lane 2, age 7, team LP-NC, with a seed time of 42.44. The last swimmer, Laniyah Love, is in lane 6, age 7, team LP-NC, with a seed time of 31.88. The second heat sheet is for '#14 Boys 8 & Under 25 Yard Freestyle' and has a similar structure.

#13 Girls 8 & Under 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 2 Finals</b>				
2	Matthews, Marissa	7	LP-NC	42.44
3	Frame, Aubree	7	CCST-NC	35.87
4	Mercer, Jillian	7	LP-NC	37.64
5	Zelakowski, Caleigh	7	LP-NC	50.80
<b>Heat 2 of 2 Finals</b>				
1	Lockwood, Peyton	7	LP-NC	29.20
2	Albrecht, Allie	8	LP-NC	24.60
3	Denton, Grace	8	LP-NC	22.56
4	Wilson, Kendall	7	CCST-NC	23.79
5	Kramb, Claire	7	CCST-NC	27.75
6	Love, Laniyah	7	LP-NC	31.88
#14 Boys 8 & Under 25 Yard Freestyle				
Lane	Name	Age	Team	Seed Time
<b>Heat 1 of 1 Finals</b>				
1	Frame, Mason	8	CCST-NC	27.84
2	Bigham, Kaleb	8	CCST-NC	23.84
3	McDevitt, Sean	8	CCST-NC	20.97
4	Howe, Sam	8	CCST-NC	23.19
5	Croly, Trace	8	CCST-NC	24.79
6	Blume, Thomas	7	LP-NC	53.59

- In a swim meet there is a set number of events and each event has multiple heats. In the example above there are 2 heats of event 13.
- The number to the left of a swimmer's name is the lane that they will be swimming their race in for that event.
- In the example above Laniyah Love is in Event 13, Heat 2, Lane 6 and she is swimming 25 Freestyle.