



## Competitive Swimming Glossary

- 15-Meter Mark** Marks on the sides of the pool and on the lane lines 15 meters from the ends of the pool. In Freestyle, Backstroke, and Butterfly events the swimmer must surface at or before these marks.
- A- Meet** Swim meet which requires swimmers to have previously achieved an "A" time standard in the events they wish to enter.
- A-B Meet** Swim meet that offers competition for both "A" swimmers and "B" swimmers.
- A-B-C.** Swim meet similar to the A-B meet except that there are 3 levels of swimmers accepted. This type of meet includes every ability level of swimmer from Novice to very experienced.
- Adapted Swimming** Swimming for persons with disabilities.
- Admin Table** Also Administration Table. Area at a swim meet where the Admin Referee, Clerk of Course, Timing System Operator, Timing Judge, Recorder, and Announcer are located. Usually, all the administrative functions of the meet are conducted here.
- Administrative Official (AO)** The "Administrative Official" is one who works directly with the Meet Referee and supervises/directs the following positions on the "dry" side of the meet: Entry and Registration Personnel, Clerk of Course, Timing System Operator, Scoring Personnel (Timing Judge, Meet Management Software (Hy-tek, Touchpad, etc.) Operator). The administrative official may serve in one (or more) of the above positions or may simply act in a supervisory capacity of those positions. Volunteers may fill the above positions provided there is an "Administrative Official" supervising all, or the "Administrative Official" is filling one (or more) of the positions and supervising the remaining ones.
- Admission** The fee swim meets charge for spectators to view the meets. There is also a charge for the meet program (heat sheet).
- Age Group** Division of swimmers according to age, usually in two-year bands. In USA Swimming, swimmers compete within their respective age groups, usually in the following manner: 10 & younger, 11-12, 13-14, 15-16, and 17-18. Most meets combine the two older age groups into one 15-18 age group. A swimmer's age at a meet is determined by the first day of the competition.
- Age Group Champs** Typically, season-ending championship meets, one in long-course and one in short-course, for swimmers aged 14 and younger who meet the qualifying times. Some LSCs call this meet Junior Olympics.
- Age Group Swimming** Program for swimmers aged 14 and younger.
- Alternate** In a Prelims and Finals (championship) format, the 19<sup>th</sup> and 20<sup>th</sup>/25<sup>th</sup> and 26<sup>th</sup> (depending on size of the pool) swimmers are designated as alternates and will compete only if one of the Bonus Finals swimmers is unable to compete.
- Alternate Breathing** In freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing to the right side, etc. (See also Bilateral Breathing.)
- American Swim Coaches Association (ASCA)** Professional organization for swim coaches.
- Anaerobic Training** Anaerobic Training - Training that improves efficiency of the body's energy producing systems that do not require oxygen and can increase muscular strength and tolerance for acid-base imbalances (such as the production of lactic acid) during high intensity effort.
- Anchor** The final swimmer in a relay. Also, the point in the stroke pattern where the hand feels the most resistance and begins effective propulsive movement.
- Angle of Attack** The position or degree of angle that the hand enters the water.
- Announcer** The person who announces meet information over the public address system at a meet (usually, a parent volunteer)
- Ascending** Intervals or swims that increase in time (:55, 1:00, 1:05, 1:10, 1:15).
- Assisted Swimming** Any form of swimming with assistance to swim faster, usually done with fins and stretch cords.
- Attached** A registered swimmer who is attached to a registered USA Swimming swim team.
- Backstroke** One of the four competitive racing strokes characterized by swimming on the back (except the last stroke into the turns). Backstroke (or Back) is swum as the first stroke in the Medley Relay and second stroke in the Individual Medley.
- Backstroke Flags** Pennants that are suspended over the width of each end of the pool approximately five yards/meters from the wall that notify backstroke swimmers that they are approaching the end of the pool, similar to a warning track in baseball. The accomplished Backstroker will know how many strokes it takes to get from the flags to the beginning of their turn.
- Backstroke Start** In Backstroke and Medley Relay events, swimmers start the race in the pool, facing the start end, with both hands in contact with the end of the pool or the start block and both feet on the wall with toes below the water surface.
- Balance** Refers to body position. Proper balance implies that your hips and head position are equally close to the surface of the water as you swim, as well as rolling equally to each side during the freestyle and backstroke.
- BB/B/C Meet** A swim meet that requires swimmers to have no higher than a "BB" time standard in the events they wish to enter.
- Beep** The starting sound from an electronic timing system.
- Bell Lap** The last lap of a distance Freestyle race. The Starter normally rings a bell over the lane of the lead swimmer with one lap plus 5 yards to go.

- Bilateral Breathing** In Freestyle swimming, breathing to the right side then swimming three strokes and breathing to the left side, then swimming three strokes and breathing to the right side, etc. Our young swimmers are taught to swim in this manner because it helps with body position and helps reduce shoulder injury. (See also Alternate Breathing.)
- Blocks** The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable. They also incorporate a bar to allow swimmers to perform Backstroke starts.
- Body Position** Body Position - The way your body sits in the water during swimming. Ideal body position requires that your body is as straight and long and as close the surface of the water as possible.
- Body Roll** Refers to the proper side-to-side rotation of the hips in Freestyle and Backstroke swimming. Rolling from the left side of your body to the right side and back again helps reduce drag and improve stroke length. Swimming "flat" would be the sensation of swimming directly on your stomach/back all the time.
- Bottom** The floor of the pool. In some pools these are adjustable to allow variation in the depth and use of the pool.
- Break-out Stroke** First stroke out of a start or off the walls on turns, very important for establishing proper body position and stroke rhythm.
- Breaststroke** One of the four competitive racing strokes characterized by the distinctive frog-like kick and undulating motion. The oldest of the four competitive strokes, it is performed in a front prone position with simultaneous and symmetrical leg kick and pull. Breaststroke (or Breast) is swum as the second stroke in the Medley Relay and the third stroke in the Individual Medley.
- Breastroker's Knee (Tendonitis)** The Breaststroke kick is an unnatural motion for the knees, so sometimes the knee can become tender and sore. In most cases, with proper care, exercises, and stroke technique, even severe tendonitis can be controlled.
- Broken Swims** Swimmers swim a 500 broken when they swim 200 and rest 10 sec, swim 150 and rest 10 sec, swim 100 and rest 10 sec, and swim 50 and finish.
- Build-up Swims** Swimmers swim 3 X 50's build up (with each 50 the swimmers begin smooth and build to a fast finish)
- Bulkhead** A moveable wall structure in 50-meter pools that allows the pool to be setup for Short Course.
- Bull Pen** A designated area where swimmers (usually 8 & Under) report and are organized for their next race.
- Butterfly** One of the four competitive racing strokes characterized by the dolphin kick and over the water recovery of the arms. The newest of the four competitive strokes (an outgrowth from the breaststroke in 1956), it is performed in a front prone position with simultaneous up and down leg kick and simultaneous and symmetrical arms stroke. Butterfly (or Fly) is swum as the third stroke in the Medley Relay and first stroke in the Individual Medley.
- Button** Part of the automatic/electronic timing system used by the Timers on each lane to stop the clock at the end of a race.
- Camera Free Zone** The Florida Gold Coast Swimming CAMERA FREE ZONE policy states that no person may use a camera or any other device capable of recording still or video images in the area behind the starting blocks, in the locker rooms, changing areas, showers or restrooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
- Camp** A short-term program for improving swimming technique and enthusiasm. There are many types of training camps for just about every level of swimmer sponsored by clubs/teams, LSCs, schools/colleges, and USA Swimming.
- Cap** The silicone or latex covering worn on the head of swimmers. The colors and team logos adorning these caps are limitless. Caps also protect the swimmer's hair from the effects of chlorine and also cut down on water resistance from the swimmer's hair.
- Car Pool** A group of families that get together to share the responsibility for driving swimmers to and from practice.
- Carbohydrates** The main source of food energy used by athletes.
- Cards** In a pre-seeded meet, entry cards may be passed out by the Clerk of Course to the swimmer, who gives it to the Timer behind the lane. The cards list the event number, event description, swimmer's name, seed time, the lane and heat number the swimmer will swim in, and includes a place for the watch time(s) to be recorded. Each event has a separate card. For relays, the card also lists the four swimmers in the order they will swim.
- Catch** The point in the stroke pattern where the hand feels the most resistance and begins effective propulsive movement.
- Championship Heat** The Championship Heat (A Final) is the fastest heat (6 or 8 swimmers) of Finals when multiple heats are held and is usually conducted last, after the Bonus (C Final) and Consolation (B Final) heats.
- Chlorine** The chemical used by many pools to kill the bacteria in water and keep it clear and safe for swimming. Some pools have switched to chloramines and other chemical disinfectants that are less irritating.
- Circle In** See also "positive check-in". Swimmers are expected to sign in, or circle their name, on a list of all swimmers entered in each event at USA meets. The lists are usually posted near the pool, and swimmers should indicate their intention to swim events by circling the event number next to their name. This is a check-in for meet officials in order for the swimmer to be seeded in a race. Failure for a swimmer to circle in or positive check in for a meet session may result in the swimmer being scratched from that session.
- Circle seed** In a Prelims and Finals (championship) format, the fastest three heats of each event in Prelims is specially seeded: the fastest swimmer is in the fastest heat, the second fastest swimmer is in the next heat, the third fastest swimmer is in the next heat, the fourth fastest swimmer is in the fastest heat and so on until the three heats are filled up. As opposed to the normal slowest to fastest seeding in the rest to the heats (used in a Timed Finals format).
- Circle Seeding** Circle Seeding - A method of seeding where the fastest swimmers are seeded in the center lanes of the fastest 3 heats. Circle Seeding is only used in meets during the preliminaries of a Prelims-Finals meet.

- Circle Swim** When there are more than two swimmers in a lane during practice/warm ups, swimmers swim up on the right side, staying close to the lane line, and return on the other side in the same fashion, always staying to the right of the black centerline. Each swimmer leaves 5 seconds apart so there is space between each person in the lane.
- Clerk of Course** The USA Swimming-certified official responsible for deck seeding and organizing swimmers into heats (usually, a parent-volunteer). Also, where scratches, deck-entries, and relay cards are turned in and where on-going meet information is available for the coaches.
- Club** Florida Gold Coast League is comprised of member clubs. Swimmers belong to individual clubs and meets are hosted by these clubs.
- Colorado Timing** A brand of automatic/electronic timing system.
- Concessions** The snack concession at a swim meet. The club/vendor usually has healthy (and sometimes not so healthy) snacks and drinks for sale.
- Conforming Times** In championship meets, the qualifying times are often listed for each course (LCM, SCY, SCM). The meet is seeded using entry times conforming to the course for the meet (e.g., LCM) first, then non-conforming entry times (e.g., SCM/SCY) in the first heats.
- Consolation Finals** The next fastest swimmers (after the fastest swimmers) who qualify in Prelims to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
- Consolation Heat** Consolation Heat - The Consolation Heat (B Final) is the second fastest heat of Finals when multiple heats are held and are conducted before the Championship Heat (A Final).
- Converted Time** A swimmer's time in an event from one course converted to an equivalent time in that event in another course (e.g., SCY times converted to LCM times), often done at the beginning of a season for seeding purposes when swimmers don't have recent times in the new course. There are several "accepted" conversion formulas available for coaches to use.
- Cool-down** A slower, longer swim after a race used by the swimmer to rid the body of excess lactic acid. Essential to the prevention of injury.
- Course** Designated distance (length of pool) for swimming competition (i.e., Long Course (LCM) = 50 meters; Short Course (SCY/SCM) = 25 yards/meters).
- Crossover Turn** In the Individual Medley, a type of turn used in the Backstroke to Breaststroke transition. The swimmer approaches the wall on the back and executes a modified flip turn such that as he/she reaches the wall at the vertical then rotates to the breast and pushes off.
- Cut** A qualifying time for championship meets (e.g., Age Group Champs, Senior Champs, National Champs).
- Daktronics** A brand of automatic/electronic timing system.
- Deadline** The date meet entries must be 'in' by, to be accepted by the meet host/club. Making the meet deadline may not guarantee acceptance into a meet since many meets are 'full' weeks before the entry deadline.
- Deck** The area around the swimming pool reserved for swimmers, officials, and coaches. Parents who are not working in an official capacity (e.g., certified official, lane timer) are not allowed on deck during a meet.
- Deck Entries** Some meets will allow swimmers to enter an event during the meet. See the Meet Information/Announcement to determine if deck entries are allowed and any fees involved. Note that the swimmer or coach must provide proof of current USA-Swimming membership (USA-S Registration Card) before the swimmer is allowed to deck enter.
- Deck Level** A system of recirculating water in a pool where the side of the pool is at or just below the level of the water. Water continuously flows out of the pool and into the filtration system. This design is very successful at preventing waves reflecting off the side of the pool.
- Deck Seeding** The process of organizing swimmers into events, heats, and lanes (usually by the Clerk of Course) at the meet as it progresses (as opposed to pre-seeding by computer prior to the meet). Shortly before the race, swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events. Swimmers are not given a heat and lane assignment until shortly before the race. Deck Seeding is done when Positive Check In is used.
- Deck-entered meet** All entries are accepted on the first or later day of that meet and subsequently seeded into events.
- Declared False Start** An option for swimmers in championship meets to opt out of a swim without penalty. In Prelims, a swimmer notifies the Referee prior to the event that he/she will declare a false start. The swimmer is disqualified and does not report to the blocks or swim.
- Dehydration** The abnormal depletion of body fluids (water), the most common cause of swimmers cramps and sick feelings.
- Descend** To swim each lap in a faster time than the previous. E.g., 4 x 50 yards on a 1-minute interval, swim #1 in 50 seconds, #2 in 48 seconds, #3 in 46 seconds, and #4 faster than 46 seconds.
- Descending** Intervals or swims that decrease in time (1:15, 1:10, 1:05, 1:00, :55).
- Developmental Swimming** A program designed for swimmers aged 8 and younger.
- Disqualification (DQ)** A swimmer's performance that is not counted because of a rules infraction (signified by an official on deck raising one arm with open hand above his or her head). The results sheet will reflect "DQ" and no time will be recorded for the event.
- Distance** How far a swimmer swims in an event. Distances for Short Course are: 25 yards/meters (1 length), 50 yards/meters (2 lengths), 100 yards/meters (4 lengths), 200 yards/meters (8 lengths), 400 meters (16 lengths), 500 yards (20 lengths), 800 meters (32 lengths), 1000 yards (40 lengths), 1500 meters (60 lengths), and 1650 yards (66 lengths). Distances for Long Course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths). Also, see "Yardage".
- Distance Freestyle** Freestyle events at distances greater than 200 yards/meters.
- Dive** Entering the water head first at the start of the race.
- Dolphin Kick** An undulating, simultaneous kick used in Butterfly. It is also commonly used in Backstroke and Freestyle during the kick-out phase off the walls on starts and turns.

- DQ (Disqualification)** In meet results, a DQ indicates that a swimmer was disqualified for a rules violation or stroke infraction. The Referee confirms an infraction reported by the Starter or Stroke and Turn Judge.
- Drag suit** A second, loose fitting swimsuit worn by swimmers in workout and warm-up that adds weight and resistance to the flow of the water around the swimmer.
- Dropped Elbow** Opposite of the high elbow and ineffective for powerful propulsion through the water.
- Dropped Time** When a swimmer goes faster than their previous performance in an event, they have 'dropped time' (also a Personal Best Time).
- Dry Land** The program of exercises and various strength regimens swimmers do out of the water.
- Dual Meet** A competition between two teams.
- Early Take-off** In relays, an early take-off occurs in an exchange when a relay team member leaves the starting block before the previous team member in the water touches the wall. The relay team is disqualified and notified of the disqualification after the end of the race.
- Electronic Timing** Timing system operated automatically. The timing system usually has touch-pads in the water, junction boxes on the pool ends with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are linked to a scoreboard that displays the swimmers' times.
- Eligible to Compete** For sanctioned meets, swimmers that are registered with USA Swimming and have met all the entry requirements of the meet (usually, age and time standards or qualifying times).
- Entry** An individual swimmer or relay team listed to compete in an event at a meet; how the hand enters the water at the beginning of the stroke (freestyle, backstroke and butterfly).
- Entry Fees** The amount per event a swimmer or relay is charged to compete, which varies by meet.
- Entry Limit** Some meets have a limit of total swimmers that can be accepted before the meet will be closed and all other entries returned. Swimmers may also have a limit to the number of events in which they may compete in a day and in the meet overall.
- Entry Time** Official Times used to enter swimmers in meets. These times are the swimmer's personal best in a given event and must have been achieved at previous sanctioned competitions.
- Event** race of a stroke over a given distance at a meet. In a Prelims and Finals (championship) format, an event equals at least one prelims heat and its accompanying final, or in a timed finals format, at least one heat. Events are either individual (one swimmer per lane) or relay (four swimmers per lane).
- False Start** A violation of the start rules, a false start occurs when a swimmer leaves the starting block, or is moving on the block, before the Starter starts the race. The swimmer is disqualified and is informed of the disqualification after the end of the race.
- False Start Rope** A recall rope across the width of the racing course for the purpose of stopping swimmers who were not aware of a false start.
- Fastest to Slowest** A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed
- Fatigue** The whole idea of training is to fatigue the body, but to do it in a manner so that when it is given rest, the body over compensates and performs at a higher level.
- FINA** Federation Internationale de National de Amateur, the international governing body of competitive swimming, diving, water polo and synchronized swimming.
- Final Results** The printed copy of the results of each race of a swim meet.
- Finals** In a Prelims and Finals (championship) format, the fastest 12/16 or 18/24 swimmers (depending on the number of lanes in the pool) who, after the Prelims swims, return to compete to determine final placement in the event. There can be up to three heats: Bonus (C Final), Consolation (B Final), and Championship (A Final).
- Finish** In a race, the legal touch at the end of the prescribed distance; the final propulsive phase of the arm stroke before the hand leaves the water.
- Fins** Large rubber or other material fin type devices that fit on a swimmer's feet. Used in training to aid development of kick and ankle flexibility.
- Flip Turn** One type of turn used in Freestyle and Backstroke. Just as the swimmer approaches the wall, they tuck their body into a somersault, quickly roll toward the wall and push off with their feet.
- Flutter Kick** The alternating kick used in freestyle and backstroke, usually six kicks per stroke cycle.
- Fly Over Starts** A forward start of heat performed before the swimmers from the previous heat have exited the pool. Fly Over Starts allow swimmers to catch their breath before they exit the pool and allow better management of the meet timeline. The Meet Announcement will indicate if Fly Over Starts may be used (usually at the discretion of the Referee of Meet Director).
- Forward Start** In Freestyle, Breaststroke, and Butterfly events swimmers start from the start blocks, the edge of the pool, or in the water with a forward dive or push off.
- Four-Beat Kick** Four leg movements per arm stroke (both arms) in Freestyle for racing (usually, for middle distance). Similarly, 2- and 6- beat kicks may be used.
- Freestyle** One of the four competitive racing strokes, usually the American Crawl. Swimmers swim in a prone position, face down, and pull the arms independently of each other and legs kick individually. In competition, a swimmer can swim any stroke in a Freestyle event. Freestyle (or Free) is swum as the fourth stroke in the Medley Relay and fourth stroke in the Individual medley.
- Freestyle Relay (FRR)** Each swimmer swims Freestyle. Freestyle relays are conducted over 100y/m, 200y/m, 400y/m, and 800y/m distances.
- Gallery** The viewing area for spectators during the swimming competition.
- Goal** Short- and long-range performance/achievement targets set by swimmers and agreed to by their coaches.
- Goggles** Eyewear worn by swimmers in the pool to protect the swimmers' eyes from the effects of chorine in the water. Also improves vision underwater considerably!

- Gravity wave** Wave action caused by the swimmers' bodies moving through the water. Gravity waves move down and forward from the swimmer, bounce off the bottom of the pool, and return to the surface (turbulence).
- Gun lap** The part of a freestyle distance race (400 meters or longer) when the lead swimmer has 2 lengths plus 5 yards to go. The starter signals with a series of short continuous beeps when the lead swimmer is at the backstroke flags.
- Gutter level.** The area at the edges of the pool in which water overflows and is recirculated into the pool. Deep gutters catch surface wave and don't allow them to wash back into the pool and affect races. Alternatively, a pool may have no gutter and be deck level.
- Heat** A division of an event when there are too many swimmers to compete at the same time.
- Heat Sheet** A printed order of events by session with swimmers listed by heat and lane (with team and entry times). Usually used at pre-seeded meets. Also, a Meet Program.
- High Elbow** Refers to the recovery phase of freestyle where keeping a high elbow encourages better balance and body roll and to the pull phase of freestyle where the elbow remains in a higher position over the hand, giving the sensation of reaching over a barrel when pulling through the water.
- High Point** An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre meet information.
- High Points Award** At some championship meets, High Point Awards are presented to the swimmer in each sex/age group and overall who accumulates the most points (earned by placement in their events).
- Horizontal** Parallel to the water surface.
- Horn** A sounding device used in place of a gun. Used mainly with a fully automatic timing system.
- Hospitality** An area set aside for Coaches and Officials at a swim meet. The host club usually provides breakfast, lunch, sometimes dinner, and snack items.
- Host Team** The USA Swimming club assigned/awarded the responsibility to conduct a sanctioned meet. The club secures the venue, organizes the competition and its support, provides/arranges for volunteers and officials, and collects entries. They also keep any profits earned.
- Hypoxia Training (breath control)** Training with a decreased concentration of oxygen that causes the constriction of blood vessels that, in turn, helps muscles work more efficiently with what oxygen is available.
- Hypoxic Breathing** Breath control swimming such as underwater swimming or breathing every fifth or seventh stroke in Freestyle.
- Individual Medley (IM)** An event in which the swimmer uses all four competitive strokes in the following order: Butterfly, Backstroke, Breaststroke, and Freestyle (in this case, Freestyle means any stroke except one of the three previously swam).
- Intermediate** In the Individual Medley event, refers to the turns during each stroke/leg (as opposed to transition turns at the change of strokes).
- Interval** A specific elapsed time prescribed to complete a given distance, plus rest, used during swim practice.
- Interval Training** Consists of repeated rounds of moderate- to high- intensity activity separated by brief rest periods of approximately 20-40 seconds.
- Intrasquad Meet** A competition for just one team.
- Invitational** A swim meet open only to teams invited to participate. Usually, it's a Prelims and Finals (championship) format, qualifying times are required, and entry fees are higher.
- Invitational Meet** A type of meet that requires a club to be invited or request an invitation to participate.
- JD** This notation is used for a judge's decision. This happens when the place judge's list of finishing order does not match the times. This usually happens when the times are within hundreds of seconds of each other. The Chief Place Judge follows a standard procedure for determining time and place
- JOs (Junior Olympics)** Old term for the end of the season championship meets for age group swimmers. Some LSC's call these meets Age Group Championships.
- Junior National Championships** a championship meet sponsored by the National Club Swimming Association (NCSA).
- Kick** The leg movements of a swimmer that provide propulsion during execution of the stroke.
- Kick Board** A flotation device used by swimmers during training when swimming with legs only.
- Lactic Acid** In the absence of oxygen, as with anaerobic training, your body will breakdown muscle sugar (glycogen) using a process that produces an acidic by-product waste called lactate acid. Muscles may start to burn or ache as lactic acid accumulates and the body can't keep up with removing it from muscle stores.
- Lane** The specific area in which a swimmer is assigned to swim (i.e., Lane 1 or Lane 2). For pools with starting blocks at only one end: as the swimmers stand behind the blocks, lanes should be numbered from right (Lane 1) to left (Lane 8).
- Lane Ropes / Lane Lines** Continuous floating dividers attached to a cable stretched from the start end of the pool to the turn end, used to delineate the individual lanes. These dividers are made of individual finned disks that rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.
- Lap** Two lengths of the course (up and down the pool). Thus, 2 laps in a 25-yard pool would be swimming up and down the pool twice, totaling 100 yards.
- Lap Counter** The large numbered cards (or the person turning the cards) used during the Freestyle events of 16 or more lengths of the pool to help the competitor keep track of their yardage. Other swimmers usually do the counting from the turn end of the pool.
- Late Entries** Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries usually can be accommodated, but the club / individual must pay the late entry fee.
- LCM (Long Course Meters)** A 50 meter pool. A swimmer's event times can be selected for either Yards, SCM (Short Course Meters), or LCM (Long Course Meters).
- Lead-off** The first swimmer (leg) in a relay.
- Leg** The part of a relay event swum by a single team member; a single stroke portion of the IM.
- Length** Once up or down the pool. Thus, 4 lengths in a 25-yard pool would be swimming the length of the pool 4 times, totaling 100 yards. Also, the extent of the competitive course from end to end.

- Local Swimming Committee (LSC)** One of 59 administrative divisions of USA Swimming with supervisory responsibilities within certain geographical boundaries designated by USA Swimming. Florida Gold Coast (FGC) is our LSC.
- Long Course (LC)** A 50-meter pool. The Olympic Games swimming competition, as well as all major international swimming competitions, are conducted in long course. The swim year is divided into two seasons: Short Course season, competed in 25-yard/meter pools during fall and winter, and Long Course season, competed in 50-meter pools during spring and summer. See also Short Course (SC).
- LSC (Local Swim Committee)** Florida Gold Coast (FGC) is the LSC for this geographic region, and it consists of the Florida East Coast teams from Stuart, Florida to the Keys. There are 59 LSCs that make up USA Swimming. You can see a map of the 59 LSCs on the USA Swimming website.
- Lycra** A stretch material used to make competitive swimsuits.
- Marks** A swimmer's starting position.
- Marshal** The officials (usually, parent volunteers) who control the crowd and swimmer flow at a swim meet. They are primarily responsible for safety in the venue.
- Masters Swimming** A program for swimmers aged 19 and older who wish to continue swimming, but not necessarily at the senior level. Age groups are in five-year increments.
- Medals** Awards earned by swimmers at meets for finishing in the top places. They vary in size and design and method of presentation.
- Medley Relay (MRR)** one swimmer swims Backstroke, one swimmer swims Breaststroke, one swimmer swims Butterfly, one swimmer swims Freestyle, in that order. Medley Relays are conducted over 100y/m, 200y/m, and 400y/m distances.
- Meet** A series of swimming events held in one program, usually sanctioned by USA Swimming.
- Meet Announcement** The Meet Announcement lists everything you need to know about the eligibility, rules and schedule for an individual meet. Meet Announcements are posted on the Florida Gold Coast website [www.fgcswwim.org](http://www.fgcswwim.org)
- Meet Director** The person in charge of the planning, preparation, and administration of a swim meet (usually, a parent/volunteer).
- Meet Program / Heat Sheet** Meet Program / Heat Sheet - A listing of the swimmers competing in each event, including the heat and lane assignments. Note that events requiring positive check-in are often listed in the meet program in psyche sheet format since heat and lane assignments are not done until seeding. There is often a nominal charge for meet programs. See the Meet Announcement for more information.
- Meet Staff** The volunteers who are responsible for conducting a swim meet.
- Mile** The slang referring to the 1500-meter or the 1650-yard freestyle, both of which are slightly short of a mile.
- Mini Meet** A meet in which 25 yard/meter events are contested (usually for swimmers aged 8 and younger).
- National Championships** A meet sponsored by USA Swimming and is the highest level of swimming competition in the US. The meets are held twice a year, one for short course and one for long course.
- Nationals** USA Swimming's national championship meets. See National Championships.
- Negative Split** The second half of the swim is swum faster than the first half (e.g., 100- yard swim negative splitting: if the first 50 yards is swum around 30 seconds, then the second 50 yards must be swum faster than 30 seconds). Also, a race strategy in the longer Freestyle events in which a swimmer covers the second half of the race faster than the first half.
- NFT (No Faster Than)** A swimmer entered in this event must have achieved a time equal to or slower than the NFT time for the event. A swimmer who has never swum the event can enter. Meets with NFT event requirements are designed to ensure that all swimmers can compete, regardless of ability. The Meet Announcement would list NFT times for boys and girls in each event.
- No Time (NT)** Abbreviation used on a heat sheet to designate that the swimmer has not swum that event before (does not have an official time of record).
- Non-Conforming Time** A short course time submitted to qualify for a long course meet, or vice versa. In championship meets, the qualifying times are often listed for each course (LCM, SCY, SCM). The meet is seeded using entry times conforming to the course for the meet (e.g., LCM) first, then non-conforming entry times (e.g., SCM/SCY) in the first heats
- Novice** A beginning swimmer or one who has limited experience.
- NS (No Swim)** In results, NS indicates that the swimmer did not compete in the event.
- NST (No Slower Than)** A swimmer entered in this event must have achieved a time equal to or faster than the NST qualifying time for the event. Meets with NST event requirements are designed to limit entries to the fastest swimmers in each age group. The Meet Announcement would list NST times for boys and girls in each event.
- NT (No Time)** If a swimmer's seed time is listed as NT, it often indicates that this is their first time swimming the event in a meet.
- Observed Swim** In approved season-ending High School/YMCA championship meets, USA Swimming Officials observe the swims and report USA Swimming rules violations. Swimmers whose legal swims conform to USA Swimming rules can use their times as official times in USA Swimming-sanctioned meets.
- Official Results** After all Official Times and Disqualifications for an event are determined/recorded, the final Order of Finish (places) is published.
- Officials** The USA Swimming certified adult volunteers, who execute the many facets of a swim competition to ensure a fair and equitable competition for all swimmers. There are many different types of officials. See the [www.fgswim.org](http://www.fgswim.org) (Officials) and [www.usaswimming.org](http://www.usaswimming.org) (Member Resources) websites for more information on the types of officials and upcoming training clinics. You can also ask other officials and coaches for information on upcoming clinics.
- Olympic Trials** USA Swimming sanctioned swim meet held the year of the Olympic Games to decide which swimmers will represent the USA Olympic Team. Qualification times are usually faster than Nationals.
- Omega** A brand of automatic/electronic timing system.
- Open Turn** One type of turn used in Butterfly and Breaststroke. The swimmer touches the wall with both hands simultaneously, rotates, and pushes off with the feet.
- Open Water** Swim meets (usually, distance freestyle events) contested in lakes, rivers, or the ocean (not in pools).

- Over Fatigue** Over fatigue (too much training) can be a problem with dedicated swimmers and leads to poor performance. Many times the over fatigue is due to the lack of sleep and poor eating habits.
- Overhead Starts** Start procedures at a meet in which swimmers of the previous heat remain in the water, close to the wall, during the start of the next heat. Usually used in senior sessions/meets to save time and/or allow swimmers to rest before exiting the pool.
- Pace** The swimmer swims at a certain speed that corresponds to a race distance. Thus a swimmer may be swimming at a pace of 1:20 (or one minute twenty seconds) per 100. Usually, the pace is expressed in terms of 100 yards/meters.
- Pace Clock** The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during interval training in warm-ups or swim practice. The red hand goes around every minute (60 seconds). The 60 is sometimes referred to as the "top" and the 30 as the "bottom". Swimmers who watch the clock and know their times improve the most - they get feedback, learn pace, and improve technique.
- Paddle** Colored plastic devices worn on the swimmers hands during swim practice to increase resistance.
- Personal best (PR)** A swimmer's best time to date.
- Pitch** The angle position of the hands and forearms in all strokes and the feet in breaststroke.
- Plateau** All swimmers, even the world's best, will experience what are termed "plateaus". It refers to a period of time when a swimmer sees little improvement in their best times. Many factors need to be considered why swimmers experience plateaus, but usually perseverance and patience will break through.
- Points** Points earned by swimmers at a championship/scored meets for final place standings in each event and totaled by team to determine the meet champion. Usually, 1-20 points for the top 16 places in individual events and 2-40 points for the top 16 places in relay events).
- Pool** The facility in which practice/training is conducted.
- Positive Check In** The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer must mark their name on a list posted by the meet host.
- Positive Check In** This is the requirement that a swimmer indicate their intention to swim a specific event by marking their name on a list. The Meet Announcement indicates which events require Positive Check In and what time check in closes. After swimmers have been checked in, the event is Deck Seeded and heat and lane assignments are posted. Any swimmers that have not checked in by the Positive Check In deadline are scratched from the event. Positive Check-in – see "circle in". Signing in on entry sheets prior to the start of a meet session. A swimmer circles his/her name and events, indicating "I am here and intend to swim these events." Failure to sign in/circle in/complete positive check-in can result in a swimmer being left out (scratched) from the events during that session.
- Practice** The scheduled work-outs (training) a swimmer attends with their swim team/club.
- Prelims** In a Prelims and Finals (championship) format, those races/heats during which swimmers qualify to return for the Finals in each event. Prelims are circle-seeded.
- Prelims and Finals** Competition in which all the heats in an event are swum (Preliminaries) and the fastest 6, 8 or 10 swimmers (depending on the number of lanes) advance to Finals. These fastest swimmers compete again to determine the final placing, points and awards. Most championship and many invitational meets are Prelims and Finals format.
- Pre-seeded** A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the Meet heat sheet, or posted meet program.
- Pre-seeding** The process of organizing swimmers into events, heats, and lanes, usually by computer, prior to the meet (as opposed to deck seeding at the meet).
- Proof of Time** Frequently required for entry times at a swim meet. Proof (Official Results) that a swimmer officially achieved an entry time must be presented by a team representative if asked to do so by a meet official.
- Psych Sheet** A printed order of events by session with swimmers listed in order, usually fastest to slowest according to their entry times. It does not show heats. After scratches are turned in, the session is seeded and heat sheets are printed. Normally used at senior, sectional, and national meets. Also used at deck seeded meets, but heat sheets aren't usually printed.
- Pull Buoy** A flotation device used for pulling by swimmers in practice.
- Pull-out** In breaststroke, the initial arm pull and kick which brings the swimmer to the surface immediately after the start or turn.
- Qualifying Times (QTs)** Published times that must be achieved during a given period in order to enter certain meets. Some swim meets have qualifying times (time standards) that have to be met in order to participate.
- Race** Any single swimming competition (i.e., preliminary, final, timed final).
- Ready Room** A room/area on or near poolside for the swimmers to report and relax before they compete in Finals.
- Recorder** The USA Swimming-certified official responsible for recording the swimmer's Official Time and publishing the Official Results (usually, a parent-volunteer).
- Records** Fastest all-time swims by course/sex/event/age group in an organization, meet, or pool.
- Referee** The head USA Swimming-certified official at a swim meet responsible for the conduct of the meet (usually, a parent-volunteer).
- Registered** Swimmers must be registered members of USA Swimming (with an ID number) in order to compete in any sanctioned competition.
- Relay** A swimming event in which four swimmers (of the same sex, usually in the same age group) participate as a relay team, each swimmer swimming an equal distance of the race. There are two types of relays: Freestyle and Medley
- Relay Exchange** The exchange between the swimmer in the water finishing his/her leg and the next swimmer on the relay team. A perfect exchange will simultaneously have the finishing swimmer's hand on the touch pad and the starting swimmer's feet just touching the starting block with the rest of the starting swimmer's body extended over the water.
- Rest Area** A designated area (such as a gymnasium) that is set aside for swimmers to rest during a meet.

- Results** The official listing by place of finish of the competitors in an event. It includes the Official Time and any Points scored, as well as Disqualifications. Host Teams usually also include in the results any Time Standards achieved by the swimmers. Results are usually posted in the venue in an accessible location.
- Ribbons** Awards earned by swimmers at meets for finishing in the top places. They vary in size, color, design and method of presentation.
- Roll** To move forward on the starting blocks prior to the starting signal. A roll is usually caught by the Starter and called a false start, but swimmers will often try to guess the Starter's cadence to get a good start (similar to illegal procedure in football). Also refers to the side-to-side motion of the body along the long axis in Freestyle (body roll).
- Rules** USA Swimming annually publishes the Rules and Regulations that govern the sport in the United States.
- Safety** The responsible and careful actions of those participating in a swim meet.
- Sanction** A competition or time trial must be sanctioned (approved) by USA Swimming (through the Local Swim Committee) for the times swum to count and to be used in other sanctioned meets.
- Scoreboard** An electronic display of the times and place finish by lane of the competitors in a heat. Some venues have scoreboards that also display the event information and the swimmers' names.
- SCR (Scratch)** If a swimmer decides to withdraw from an event (e.g., by failing to mark their name during Positive Check In) they are listed as SCR in meet results.
- Scratch** If a swimmer decides to withdraw from an event (e.g., by failing to mark their name during Positive Check In) they are listed as SCR in meet results. Also, to withdraw from an event after having declared an intention to participate. In a Prelims and Finals (championship) format, swimmers who qualify for finals usually have 30 minutes to withdraw if they don't wish to participate. Failure to participate in finals without scratching normally results in disqualification from the rest of the meet. In a timed finals format, there's no penalty for missing an event without scratching.
- Sculling** Skill drills performed with the hands and arms to help swimmers be more aware of the sweeps and pitches of the hands and arms. Also, the sculling motions of the feet are important in breaststroke kick.
- SCY (Short Course Yards)** A 25 yard pool. A swimmer's event times can be selected for either Yards, SCM (Short Course Meters), or LCM (Long Course Meters).
- Seed** To assign the swimmers to heats and lanes according to their submitted entry or preliminary times.
- Seeding** Deck Seeding - swimmers are called to report to the Clerk of the Course. After scratches are determined, the event is seeded. Pre Seeding - swimmers are arranged in heats according to submitted times, usually a day prior to the meet.
- semi-automatic** Manually-operated buttons of an electronic timing system
- Senior Champs** In FGC, season-ending championship meets, one in each course, for senior swimmers (usually, aged 15 and older) who meet the qualifying times.
- Senior Meet** A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
- Senior Swimming** A program for swimmers generally, 15 and over.
- Session** Portion of meet distinctly separated from other portions by time (usually a morning or afternoon set of events for different age groups).
- Session** A session is a 3 or 4 hour period ( *morning* - 8 a.m. to noon, *afternoon* - noon to 5 p.m. and for meets with finals 5 p.m. to 9 p.m.).
- Set** Swim workouts are divided into sets of swims in a particular stroke, style, and distance, such as kick sets, pull sets, distance sets, sprint sets, IM sets, etc with a particular purpose. Sets are given in terms of the distance to be swum, calculated in yards or meters, depending on the pool. Therefore, a "set" of "25's" means swimming one length of the pool before resting; "50's" means two lengths, and so on.
- Sharpie** A pen used to write the E/H/L (event/heat/lane) information on a swimmer's hand to remind them of when it's their turn to swim.
- Shave** The removal of all arm, leg, and exposed torso hair, to decrease the 'drag' or resistance of the body moving through the water and to increase the "feel" for the swimmer.
- Short Course (SC)** A 25-yard or 25-meter pool (or a 50-meter pool divided into a 25-yard/meter course by a movable bulkhead). The swim year is divided into two seasons: Short Course season, competed in 25-yard/meter pools during fall and winter, and Long Course season, competed in 50-meter pools during spring and summer. See also Long Course (LC).
- Simultaneously** A term used in the rules of butterfly and breaststroke, meaning at the same time.
- Six-Beat Kick** Six leg movements during one arm stroke (both arms) in Freestyle for racing (usually, for sprinting). Similarly, 2- and 4- beat kicks may be used.
- Skill Drills** Sets in training used to develop and hone proper stroke techniques by isolating various components of a specific stroke. Skill drills are used every day with all swimmers.
- Split** A portion of an event, shorter than the total distance, which is timed (i.e., a swimmer's intermediate 25-yard/meter or 50-yard/meter time is recorded as the swimmer swims the 100-yard/meter race). It is common to take multiple splits for the longer distances. Splits help coaches provide performance feedback to their swimmers.
- Sports Medicine and Science** A comprehensive use of science and technology to develop better training methods for athletes. In USA Swimming, the sports medicine and science program deals with everything from blood and respiratory condition to the biomechanics of the swimmer to proper nutrition.
- S-Pull Pattern** A method of pulling in freestyle that encourages an outward and inward sweeping motion of the hand and arms rather than a straight back motion. Allows the arms to travel a greater distance through the water, resulting in greater distance per stroke and better body roll.
- Stand Up** The command given by the Starter to release the swimmers from their starting position.

- Start** The beginning of a race; the dive used to begin a race. Just before a swimmer's heat, the Referee will blow a quick series of whistles to inform the swimmers to be behind their respective blocks. He will then blow one long whistle to inform the swimmers to step up on their blocks. The Starter will then give the command "Take your mark", and after all the swimmers become motionless, will sound the start signal.
- Start Position** The swimmer must take his mark by placing at least one foot at the front of the block. The swimmer is permitted any position as long as one foot is at the front of the block and a motionless position is held prior to the start signal.
- Starter** The USA Swimming-certified official responsible for signaling the beginning of a race and ensuring that all swimmers have a fair take-off (usually, a parent/volunteer).
- Stations** Separate portions of a dry land or weight circuit.
- Step Down** The command given by the Starter to have the swimmers move off the blocks. Usually, this command is a good indication everything is not right for the race to start.
- Still Water** Water that has no current caused by a filtration/recirculation system or no waves caused by swimmers.
- Strategy** An approach to a race. The swimmer and coach discuss possible race strategies prior to the swim ... e.g., go out fast and hold it, go out slow and finish hard, build steadily to a fast finish, race pace (splits), stay close to a certain swimmer in another lane, etc.
- Streamline** The more swimmers can create a streamlined effect with their bodies, the more efficient they will be in the water. It often refers to making the body long and narrow (arms/hands together and outstretched, head down between arms, feet together pointed back) in the glide off the starts and walls, but it also applies to all aspects of the strokes.
- Stretch cord** A long, elastic or rubber cord used in dry land workouts.
- Stroke** There are four competitive techniques (strokes): Butterfly, Backstroke, Breaststroke, Freestyle.
- Stroke Judge** The USA Swimming-certified official positioned at the side of the pool, walking the length of the course as the swimmers race, responsible for observing the swim to ensure swimmers follow the stroke rules (usually, a parent/volunteer).
- Stroke Length** The length the body travels during one complete stroke cycle.
- Stroke Rate** The amount of time taken for one complete stroke cycle.
- Suit** The racing costume worn by the swimmer, in the water, during competition. The Team Suit is usually a standard tight lycra suit, the Championship Suit is usually a very tight suit, and the Practice Suits are usually loose fitting lycra suits.
- Sweeps** Refers to the direction and movement of arms through the water in all strokes and to the legs in breaststroke. Terms such as upsweep, downsweep, insweep and backsweep are used. Also, the Order of Finish of a race recorded by the Starter/Sweep Judge.
- Swim Shop** The swim wear concession at a swim meet. Vendors usually have suits, caps, goggles, t-shirts, jackets, bags, towels, and other swimming apparel/items for sale.
- Swimmer's Shoulder (Tendonitis)** Usually refers to tenderness and soreness in the shoulders caused by repetitive use (arm overhead). In most cases, with proper care, exercises, and stroke technique, even severe tendonitis can be controlled.
- Swim-Off** In a Prelims and Finals meet, a second race after the scheduled event to break a tie between swimmers, in order to determine which swimmer makes it into which finals heat or the order of the alternates.
- Taper** The resting process in training for swimming competition. Reduced training volume and intensity gives the body and mind a break from the rigors of intense training. Coupled with quality rest, it allows the swimmer's body time to repair itself and to restore its energy reserves to prepare for major competition. Studies have found tapering to produce a marked increase in muscle strength. During the middle of the swimming season, a swimmer works out several thousand yards/meters each day. As major competition draws near, usually two to three weeks out, the swimmer will "taper" off the distances swum each day. A perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching.
- Team** A USA Swimming registered organization with the mission of providing a competitive swim program. Also known as a Club.
- Tethered Swimming** Any form of swimming with added resistance, such as drag suits, buoys, tubes, and stretch cords.
- Three-event Rule** A swimmer who qualifies in 3 or more events for a meet can swim any event offered at that meet in that age group.
- Time Standards** Set of times by course, event, age group, and classification established by USA Swimming for classifying swimmers for entry into meets (e.g., a 10 year-old girl who's best time in the 50y Freestyle is 32.05 seconds is classified as an "A" swimmer and can't compete in a BB/B/C/Mini meet in that event). The time standards are updated every four years and are based on the Top 16 times for each event/age group. Also, Qualifying Times.
- Time Trial** An event swum separate from the regular competition that gives swimmers the chance to achieve an Official Time, usually in an effort to meet a Qualifying Time. Time trials are races against time – no places are determined and no awards are presented.
- Timed Finals** Competition in which all the heats in an event are swum and the final places, points, and awards for the event are determined by the resulting times of all swimmers in all heats. The slower times will be seeded in the first heats with the fastest times in the last heat. Most age group meets are timed finals.
- Timer** The volunteers sitting behind the starting blocks/finish end of pool, who are responsible for activating the backup buttons for the automatic timing system and recording the time from a stopwatch.
- Timing** In all strokes, correct timing or coordination of body, arms, legs, and head is needed to perform at a highly efficient level.
- Timing Judge** The USA Swimming-certified official responsible for determining the swimmer's Official Time (usually, a parent-volunteer).
- Timing System** The method used to obtain times for races at a swim meet.
- Timing System Operator** The USA Swimming-certified official responsible for the setup and operation of the automatic/electronic timing system (usually, a parent-volunteer).

- Top 16** The top 16 performances in each course/sex/event/age group published annually by USA Swimming. Top 16 Reportable times are published at the beginning of the swim year so that qualifying performances can be compiled and tabulated. The final lists are published the following year and certificates are awarded to the swimmers.
- Touch** At the end of the prescribed distance, the finish of the race.
- Touch Pad** The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must touch the touchpad at the end of a race to register a time.
- Transition** In the Individual Medley event, refers to the turn where the swimmer finishes one stroke and begins the next stroke (e.g., the transition from Butterfly to Backstroke) (as opposed to the intermediate turns during each stroke/leg).
- Travel Fund** A sum of money set aside by some clubs / LSC's to offset a portion of the expenses for travel and entry fees to designated (usually, national level) meets.
- Trophy** Awards earned by swimmers / teams at meets for finishing in the top places. They vary in size, design, and method of presentation.
- Turn Judge** The USA Swimming-certified official positioned at the ends of the pool responsible for observing the turn to ensure swimmers follow the turn rules (usually, a parent/volunteer). Frequently, this official is a Stroke & Turn Judge watching both the turns and the swim.
- Turnover** The number of times a swimmer's arms pull/recover (cycle) in a given distance or time during a race.
- Two-Beat Kick** Two leg movements during one freestyle stroke (both arms) for racing (usually, in distance events). Similarly, 4- and 6- beat kicks may be used.
- Unattached** A registered swimmer who is not attached to a registered USA swim team. If a swimmer changes teams, that swimmer must swim unattached for 120 days from the last day of meet competition representing the former team.
- Underwater Pullout** Long, full arm stroke past the hips used in breaststroke out of the start and off the walls on the turns.
- Underwater Recovery** In Butterfly, a violation of the stroke rules when the arms fail to recover over the water. Usually seen at the walls in the turns and the finish when the swimmer miscalculates the distance to the wall and during the swim by younger, inexperienced swimmers. There is no underwater recovery rule in Breast stroke.
- Uniform** The various parts of clothing a swimmer wears at a meet. May include: Team Parka, Team Warm-up suit, Team T-shirt, Team suit, Team cap, goggles, Team bag, etc.
- Unofficial Time** The time displayed on a scoreboard or read over the PA system by the announcer immediately after the race. After the time has been checked and adjusted, if necessary, it will become the official time.
- Up/Down Rule** Example: a swimmer who enters an A-meet with an A time in the 100 FR can swim the next shortest distance event offered at that meet as well as the next longest distance event offered – must be in the same stroke (for this example, FR).
- USA Swimming** USA Swimming, Inc., the national governing body for amateur competitive swimming in the United States.
- Venue** The facility in which a swimming competition is conducted.
- Vertical** At a right angle to the horizontal plane (water surface).
- Warm-up** The stretching exercises and practice session a swimmer does before the meet or their event to get their muscles loose and ready to race. Essential to the prevention of injury.
- Watch** The hand held device (stopwatch) used by timers and coaches for timing a swimmer's race and taking splits.
- Weights** The various barbells, benches, machines, etc. used by swimmers during their dry land training. Also, training sessions in the 'Weight Room'.
- Whistle** The sound a Referee makes to signal for quiet before they give the command to start the race.
- Work Out** The practice/training sessions a swimmer attends.
- Yardage** Distance a swimmer races or swims in practice. Total yardage is usually calculated for each practice session.
- Zone** One of 4 administrative divisions of USA Swimming with supervisory responsibilities within certain geographical boundaries designated by USA Swimming. Florida Gold Coast is in the Southern Zone.
- Zones** Southern Zone Championship Meet contested once a year at the end of the long course season. Swimmers must meet qualifying times to be chosen for the Zone Team.