**Glossary of swimming words and terms**

Age Group – the separation of swimmers divided into groups by ages. 8 and under, 9-10 or 10 and under, 11-12, 13-14, Open or Senior (which can be any age, or any age above 15).

Arm – that part of the body that extends from the shoulder or wrist

Attached – status of an athlete member to represents a member club in competition. Our swimmers are attached to North Iowa Splash, or NIS.

Body – the torso, including shoulders and hips.

Bonus (C Final) – the third fastest heat of swimmers competing in finals.

Championship (A Final) – The fastest heat of swimmers competing in finals.

Club – an organization which has been accepted for membership in USA Swimming.

Conforming Time – time achieved in a course that corresponds to the meet competition course.

Consolation (B Final) – the second fastest heat of swimmer competing in finals.

Course – designated distance over which the competition is conducted.

Short Course – 25 yards or 25 meters

Long Course – 50 Meters (Olympic size)

DQ (Disqualification) – in the event a swimmer does an incorrect form of a stroke or another infraction, the swimmer may be disqualified from the event.

Event – any race or series of races in a given stroke and/or distance. For competitive limits, one event is inclusive of preliminary heat(s) plus its related final(s), or one timed final, or one time trial.

False Start – when a swimmer gets an unfair edge by leaving or starting the race early before the starter has given the start signal.

Finals – a session of a meet in which the concluding heats of an event are contested, which may include championship, consolation or bonus finals.

Finish – the instant that a swimmer touches the wall at the end of the prescribed distance.

First Day of the Meet – day on which the first competitive swimming event is conducted.

Forward Start – and entry made while facing the course – Freestyle, Breaststroke, Butterfly.

Heats – a division of an event in which there are too many swimmers to compete at one time. (see preliminary heats or timed final heats).

ISI (Iowa Swimming Inc.) – the state of Iowa LSC name.

Lane Line – continuous floating markers attached to the lane stretched from the starting end to the turning end of the course for the purpose of separating each lane.

Length – extent of the course from end to end.

LSC (Local Swimming Committee) – an administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming. North Iowa Splash is in the IOWA LSC.

Manual Start – the start of any timing device by an individual in response to the same starting signal given to the swimmer(s).

May – permissive, not mandatory.

National Age Group NAG Recognition Time – an official time that qualifies as one of the fastest for a given age group as defined in the SWIMS portion of the policy manual.

Observed Swim – a swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules – like a high school meet, observed by USA officials (The High School State Meet).

On The Back – position of the body when the shoulders are at or past vertical towards the back.

On the Breast – position of the body when the shoulders are at or past vertical towards the breast.

Preliminary Heats or Preliminaries – Competition in which a number of heats are swum to qualify the fastest swimmers for the Finals.

Q Time – the ISI state qualifying time.

Relay – a race in which each team member swimmer swims a specified portion of the course.

Scratch (from an event) – withdraw an entry from competition.

Seed – to distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

Session – any portion of a meet distinctly separated from other portions by local, time, or type of competition.

SWIMS (Swimming Web-Based Interactive Membership System) – A single integrated database system which includes USA Swimming membership data and databank of achieved times that are considered official and are recognized for proof of entry and recognition programs.

Taper – part of the swimming season before the championship or season ending meets where the swimmers are rested for ultimate performance.

Time Standard – the time a swimmer must have previously achieved in order to compete in that event at a designated competition.

Timed Final Heats or Timed Finals - competition in which only heats are swum and final placings are determined by the time achieved in the heats.

Timer – meet volunteers that are behind the starting area to help manually keep time of the race.

Touch – contact with the end of the course.

Turn – a point where the swimmers reverse or change direction

Unattached – status of a member who does not represent a club.

Vertical – perpendicular to the water surface.

Wall – vertical portion of the pool, contiguous surfaces of the deck and overflow gutter. The front portion of the starting block or platform or the touchpad at the end of the course.

Warning Signal – a bell, whistle, air horn, or other audible device used to signal swimmers in distance events they have 2 lengths and 5 yards left in distance freestyle.