**Terminology:**

Free: Short for Freestyle

Back: Short for Backstroke

Breast: Short for Breaststroke

Fly: Short for Butterfly

Heat Sheet: The packet of papers with all of the events listed, complete with a listing of all participants and their heats, lanes, and times.

Event: The race i.e. the 50 Free

Heat: The method of organizing an event where 6 or 8 swimmers swim all at the same time and are grouped by their similar previous performance times. I.e. Johnny is swimming in lane 3 of the 4th Heat of the 200 Breast.

Lane: The row outlined by “lane lines” that a swimmer will be placed in for a race.

Leg: The position of a swimmer in a relay race, #1 beginning the race, #4 swimming last.

Block: The platform where a swimmer dives from at the beginning of every race. (It is not mandatory to use a block)

Fly-Over Starts: The process in which the swimmer who has just finished a race stays in the water in their designated lane, until the swimmer in the next race dives over them.

False Start: The Swimmer dove into the water too soon or was moving after the starter said “take your mark”.

Flip Turn: The method of touching the wall at the end of your lane and changing your direction. It looks like a somersault in the water and the swimmer can then push off the wall in the opposite direction. It is not required and it is not done with all strokes.

DQ: Short for Disqualified.  
Jammer: a boy’s swimsuit that goes from the waist to just above the knees.