



## GENERAL INFO & SWIMMING TERMS

We recognize that you are probably on information overload at this point. For all parents, especially those new to CGAC, don't worry if you don't understand it all at once. Swimming is a very involved sport and it will take some time for you to learn all the ins and outs of the process. This information was designed to help provide some background and general information about Swimming and CGAC.

### AT PRACTICE:

**PRACTICE GROUPS** – So that all swimmers are not in the pool at the same time, practices are divided into groups based on ability. Below is an explanation of the groupings:

- **Sharks and Minnows**-Introductory swim program. Early introduction to skills and stroke mechanics. Sessions are typically 6 or 8 weeks in length; there is no participation in swim meets.
- **White Team**-This is a beginner group with a heavy emphasis on stroke technique and increasing endurance and strength. This group will be introduced to low levels of competition, such as dual and some invitational meets.
- **Red Team** - These swimmers have started to exhibit good swimming skills and will be introduced to dry land training, skills and processes. There is still a great emphasis on stroke mechanics. Meet participation is expected as scheduled.
- **Black Team**- These swimmers are well-versed in technique and race strategy. They are also a full-fledged training group with yardage goals and focus on stroke refinement, increased endurance and strength. Indiana Divisional & State Championship time standards are achieved by some swimmers.
- **Pre-Senior Team**-These swimmers are also well-versed in technique and race strategy and are prepared for High School and senior level swimming. Yardage goals are increased and introduction of longer distance events (1500 yard) begin. Focus continues on stroke refinement, increased endurance and strength. They generally have a skill level commensurate with Indiana Divisional & State Championship time standards or higher.
- **Seniors**-in general consists of Center Grove H.S. Experienced swimmers. Tests sets established for swimmers to reach goals and maximum ability. Increased training and morning practices are expected.

**STROKES** – There are four different type of swimming strokes used in competitive swimming. They are as follows: Freestyle, Backstroke, Breaststroke and Butterfly. In addition to these four basic strokes there is the Individual Medley, commonly referred to as the "I.M.", which features all four strokes. In the IM, the swimmer begins with the butterfly, then changes after one-fourth of the race to backstroke, then breaststroke, and finally freestyle.

**DRY LAND** - A part of swim practice not done in the water. "Dry land" can consist of running, stretching, light weights, etc. Dry land is typically done before swimming, but some teams have dry land after pool training.

**"ON DECK"** - The Deck is the area surrounding the pool. Individuals located there are "On Deck". For safety reasons, during practices and meets only swimmers, coaches and volunteers are allowed on deck.

## **AT SWIM MEETS:**

### **Types of meets**

**DUAL MEETS** - A meet between CGAC and one other team. A small meet usually a few hours long.

**INVITATIONAL MEETS** - These large meets usually are attended by 10 to 15 teams. The typical invitational meet is held over the weekend in five "sessions". Each session is approximately four hours long. Typically the sessions start with one session Friday evening, two sessions on Saturday and two on Sunday. Each age group will be assigned to one session (either morning or afternoon) per day. Most Invitational Meets are known as "Timed Finals Meets". This indicates that the time a swimmer achieves in any event is the final time for that event. His place in the event's standings will be based on that time.

**PRELIMS-FINALS MEETS**- In these meets all age groups swim in morning "preliminary" sessions, and the top swimmers (usually 16) return to swim in the evening for "Finals". CGAC swimmers who qualify for 'finals' swims are expected to compete.

### **At the Meet**

**MEET PACKET** - This document is developed by the Meet's Host Club. It contains the details for type of meet, entry procedure, events listing, awards, etc. It is available on CGAC website and the Indiana Swimming Web Site (look under MEETS > Meet Information).

**EVENTS** - Swim meets are segregated by age, gender and event. There are varying levels of difficulty of events based on age. For example, 8 year olds swim 25 yard events (freestyle, backstroke, etc.) while 14 year olds can swim 200 yard events. At a meet, all strokes are offered as different Events for the various age groups, separated also by gender. Events are numbered to better keep track progress of the meet.

**HEATS** - Each Event can consist of one or more Heats. The number of heats is dependent on the number of swimmers in an event and the number of lanes available in the pool. A typical Heat can have as many swimmers as the number of lanes in the pool.

**SEEDING** - Each event is "seeded" by time. Swimmers are placed in heats and lanes based on their previous swim times. These times come from previous meets in which they swam. An event is seeded so that the slower swimmers are in the first few heats with the fastest swimmers placed in the last heat.

**NO TIMES (NT)** - If a swimmer is entered in an event, but has not previously swam that event, he/she is entered in the meet as a No Time. No Times are always seeded in the slowest heat(s).

**"POSITIVE CHECK-IN"** - In order for the meet personnel to seed the meet correctly, they need to know who is there to swim. Positive check-in means, "I'm here. I intend to swim." To check-in positively, circle or highlight the swimmer's name and events on sign-

in sheets. Check-in sheets are usually taken down at a set time before the start of a session (typically 30 minutes). **It is VERY IMPORTANT to check-in.** Failure to do so could result in the swimmer not being allowed to swim that session. If you miss a check-in notify a coach immediately!

**CLERK OF COURSE & HEAT SHEETS** – These are the two methods for letting swimmers know where they are seeded and thus what heat in which they will swim a particular event. The Clerk Of Course is the person who does the seeding for the younger (usually 8 year old and younger) swimmers. At a meet there is a designated “Clerk Of Course” area where the swimmers are lined up according to their seed times.

This is done by the “Clerk”. For older swimmers, the heats are posted on sheets on the swimming deck. It is the *swimmers responsibility* to read the heat sheets and determine when the event will take place and be in the correct lane. The heat and lane assignment is shown on the posted Heat Sheet.

**“CALLS”** - Are to notify the swimmer which events are next occurring. The host club “calls” event numbers. “First Call” for an event is followed by “Second Call”, which is followed by “Final Call”. First Call is to alert the swimmer of the upcoming event. At Second Call the swimmer should be On Deck. At Final Call the Swimmer should be in the vicinity of the Starting Blocks as his/her event is next.

**PSYCH SHEETS/PROGRAMS** – Available at all meets is a program. Contained within is a listing of the events and all of the swimmers who signed-up for that event. Under any event the swimmers are listed in seeded order, usually fastest to slowest.

**PEOPLE “ON-DECK”** – During a meet in addition to all of the swimmers and coaches there are many volunteers. These include Timers, Officials, Clerk of Course assistants, and various Administrative people.

**TIMER** - One of the easier introductions to volunteering at a swim meet is as a Timer. It is the Timer’s responsibility to record the time of the swimmer in an event. This is done using a stop watch. At many meets there is usually a need for Timers. Volunteers are always welcome!

**OFFICIALS** – There are various levels of officials needed at a meet (Referee, Starter, Stroke & Turn Judge, etc.) It is the Officials responsibility to be sure that the events are swum fairly by all participants.

**DISQUALIFICATION** - In the event an infraction of the rules takes place the swimmer will be Disqualified (DQ) from that event. While at times this can be disappointing for the younger swimmers, this is a learning experience on which to build upon for future events. Every attempt is made to explain to the swimmer the infraction that took place.

**FINAL RESULTS** – The results of all events are usually posted somewhere in the swimming venue or may be posted on the Meet Mobile™ app. Click [here](#) for information on how to download the app to your iPhone or Android.

**AWARDS** – There are many awards that may be given at typical meets. These can include:

- **Heat Award** – A small award given to the winner of a heat.
- **Event Award** – Ribbons given to the top “place” finishes in a given event. Usually between 8 to 16 places are awarded.
- **Meet Awards** – Points are awarded for the place of finish in events. At the end of the meet these points are totaled and awards given based on gender and age. Meet awards are not given at every meet.

## **TIME STANDARDS:**

Competitive swimming is based on time. That is, the time it takes a swimmer to complete an event (e.g., the 50 yard freestyle). Individuals compete against their previous "best time" as a means of demonstrating improvement. As a means of standardizing, USA Swimming publishes National Motivational Time Standards. These can be used by a swimmer to gauge how they are doing measured against other swimmers of their age and gender.

**AGE GROUPS** – In order to provide for fair competition, time standards (and swimming events) are divided by gender and age. Age Groups are as follows: 10 & under, 11-12, 13-14, 15-16, and 17-18.

**TIME STANDARD POOL LENGTHS** – Swim meets are held in two swim lengths, 25 yard & 50 Meter.

25 Yard is known as "Short Course Yards" (SCY) and is the distances swam during the winter season. Most high school pools are 25 yards.

50 Meter is known as "Long Course Meters" (LCM). This is typically the distance swum during the summer and at National level meets. It is the "Olympic" pool distance. You will also see SCM on the time standards this refers to "Short Course Meters". There are very few SCM meets held in Indiana.

### **NATIONAL MOTIVATIONAL TIMES**

These nationally-generated time standards progress as follows: C, B, BB, A, AA, AAA, and AAAA. Motivational times for girls (left side) and boys (rights side) are listed. For example, the time progression from a "C" time to a "AAAA" time for 10 & Under Boys swimming the 50 yard freestyle is as follows: a time slower than 39.19 is a "C" time, a time between 39.19 and 35.60 is a "B", etc., until a time of 28.29 seconds or faster is a "AAAA" time. These times change on a 4 year basis and are calculated on National averages.

**DIVISIONAL CHAMPIONSHIP TIME STANDARDS** - These standards relate to the Divisional Championship Meets that are held twice a year in several sites around the state. The winter ("short course") divisional championships are held in early March and the summer ("long course") championship is held at the beginning of August. A swimmer must have swum faster than the Divisional Championship Meet time standard, but slower than the Age Group State time standard, for an event in order to qualify for this meet. Indiana Time Standards are changed on an annual basis.

**AGE GROUP STATE TIME STANDARDS** - These standards relate to the state championship meets held twice yearly in Indianapolis for swimmers aged 14 and under. The winter ("short course") championship is held in mid-March and the summer ("long course") championship is held at the end of July. The standards are intended to qualify approximately 32 swimmers in each event, and are adjusted to be faster based on the results of the state meets in the previous three years.