

APPENDIX 1 – GLOSSARY OF TERMS

Several different terms are used throughout the season that relate to the sport, the pool, events and various other aspects of swimming. Below is a list that will aid you should you hear a term that is unfamiliar.

"25, 50, 100, 200": Common distances in meters or yards to swim. Each length of the pool is 25 meters; therefore a "100" is four lengths of the pool. The ODSL swims 25 and 50 Meter races in each of the four strokes and some are eligible to swim the 100M Individual Medley.

Anchor: The final swimmer in a relay.

Best Time: When a swimmer goes faster than the previous performance they have "dropped their time."

Block (Starting Block): The starting platform (elevated); not typically used in summer league.

Break out: The transition from the push off mode into the full swimming pattern.

Breaststroke Kick (whip or frog kick): Where the legs and feet come apart in a symmetrical motion keeping the feet under the water.

Build: The swimmer "builds" or gains speed within a particular swim (start slow, finish fast). Some coaches will also use the description "progressive" to mean the same thing.

Cards: A card that is either handed to the swimmer in the waiting area or given to the timer behind the lane. Entry cards in dual meets usually list the swimmers name, seed time, event number, heat number and lane assignment. Each event has a separate card.

Circle Swim: Done when there is two or more swimmer in a lane. Swimmers swim up the right side, staying close to the lane line, and return on the other side in the same fashion, thus swimming in a counter-clockwise circle. Swimmers should always stay to the right of the black line. This enables a maximum number of swimmers to utilize a lane.

Clerk of the Course: The gatekeeper of the swimmers entering the water to swim and event. The Clerk of the Course, along with the gatherers, is in charge of the staging area ensuring that the swimmers are in the correct event, heat and lane.

Clock/ Pace Clock: The big clock on the deck. The red hand goes around every minute. The 60 is sometimes referred to as the "TOP" and the 30 as the "bottom" by coaches. The Pace Clock helps swimmers properly space themselves when several are using a lane.

Cool down: The concluding part of the workout in which the heart rate should be gradually lowered.

Course: The designated distance over which the competition is conducted. The standard is 25 Meters for summer league meets, 50 Meters for Olympic competition and 25 Yards for regular year-round and college competition.

Cut: Slang for qualifying time or cut time. A qualifying time standard necessary to participate in a particular meet or event.

Distance Per Stroke: The amount of distance you cover with each stroke.

Dive start: Diving into the water from the side of the pool as opposed to pushing off from the side while in the water.

Deck: The area around the swimming pool reserved for swimmers, officials, and coaches.

Disqualified (DQ): A swimmer's performance time is not counted as a result of a rules infraction. An Official signals a disqualification by raising one arm with open hand above their head.

ODSL: The governing body of the summer swim league (Old Dominion Swim League)

All-Stars: The ODSL premier end of season championship swim meet

Divisionals: The ODSL Division end of season championship swim meet

Dolphin Kick: Method of kicking used in the Butterfly where the thrust of the kick comes from the hips, and the feet and legs are held together.

Dry land Training: Training done out of the water that aids and enhances swimming performance.

Dual Meet: A type of meet where two teams compete against each other.

Even Split: The first and second half of a particular swim that is swum in the exact same time.

False Start: When a swimmer moves or leaves the deck before the starting horn or gun sounds.

Flags: Backstroke flags placed a specific distance from the end of the pool. They enable a swimmer performing the backstroke to execute a backstroke turn more efficiently knowing their distance from the wall.

Flip turn: Competitive racing turn by utilizing a somersault where the feet push off from the end wall.

Flutter kick: Used in both Freestyle and Backstroke where the feet and toes are pointed and kick the water in an alternating motion.

Goggles: Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.

Heat: A division of an event when there are too many swimmers to compete at the same time. The results of multiple heats within an Event are compiled in order of the swimmer's time.

Heat Sheet (Meet Program): Contains information regarding the order of events, heat and lane assignments for all participating swimmers at a meet. These will be posted to the website prior to dual meets.

Individual Medley (IM): A swimming event using all 4 of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, and Freestyle.

Lane: The specific area in which a swimmer is assigned to swim and typically divided by Lane Lines. Lanes are numbered 1 through 6 (or 8).

Lane Lines: Continuous floating markers attached to a cable stretched lengthwise to either end of the pool for the purpose of separating each lane and reducing the waves caused by racing swimmers.

Leg: The part of a relay event swum by one individual swimmer.

Manual Start/Manual Timing: The starting and stopping of a timing device, typically a stopwatch, by a Timer in response to the starting signal given to the swimmers.

Meet: A series of Events held in one program. Swimming's equivalent to a "game."

Meters: The measurement of the length of a swimming pool built with metric specifications. Most outdoor summer pools are 25 meters in length.

Negative Split: Swimming the second half of the race faster than the first half.

Official: A judge on the deck of the pool at a competition who is there to enforce rules. Stroke and Turn Judges, Administrative Officials, Starters, Timers and Referees are all types of Officials.

Official Time: The swimmer's Event time recorded to one hundredth of a second.

Open turn: A turn by touching the wall with one hand and pushing off with the feet.

Referee: The head official at a swim meet in charge of interpreting and enforcing all rules and the final arbiter of disputes.

Relay: A swimming Event in which 4 swimmers participate as a relay team with each swimmer swimming an equal distance of the race.

Seed: A method of distributing the swimmers among the heats & lanes according to their times such that each heat is comprised of swimmers of similar talent.

Seed Time: The time used when entered into a meet. This time will be written on the swimmer's event card as well as the heat sheet and determines a swimmer's position in the race (heat and lane).

Split Time: The time from the start of the race to some distance within the race, but prior to the finish.

Starter: The meet official responsible for starting each heat, calling the next heat to the starting position and ensuring that the meets runs smoothly.

Streamline: The position used to gain maximum distance during a start and/or push off from the wall in which the swimmer's body is as tight as it can be.

Stroke And Turn Judge: A trained and certified swim Official responsible for judging a swimmers conformance to the proper rules and technique of a swim.

Team/League Records: The statistics a team keeps, listing the fastest swimmer in the team's history for each age group and each event. ODSL maintains League Records as well.

Time Trial: An unofficial "time only" swim meet which is not part of the regular season where swimmers establish their base time to improve upon and for initial seeding purposes.

Transition: Generally refers to the change of strokes in the Individual Medley event.

Tri-Meet: A competition between three teams.

Warm Up: Used by a swimmer prior to a main practice, set or race. Gets muscles loose and warm and gradually increases heart and respiration.

APPENDIX 2 - OLD DOMINION SWIM LEAGUE CODE OF CONDUCT

The purpose of the Old Dominion Swim League Code of Conduct is to establish standards of conduct that our swimmers, officials and parents are expected to uphold while participating in sanctioned swim meets of the Old Dominion Swim League. It is a goal of the Old Dominion Swim League that these standards of conduct be incorporated into the daily management of the teams within the league.

1. No team personnel, competitor or spectator shall act in an unsportsmanlike-like manner. This includes, but is not limited, to the following:
 - a. Making insulting or derogatory remarks, gestures or acts, including taunting.
 - b. Trying to influence or showing disgust with officials' decisions.
 - c. Interfering with meet officials in the performance of their duties.
 - d. Using obscene language.
2. The use of tobacco or alcoholic products is not permitted at the pool facility before, during or after League-sponsored meets. The pool facility includes all parking lots and buildings associated with the pool facility.
3. No Team Representative or official shall direct the modification of disqualification cards following the final approval of the meet Referee. (Rules for appealing are described within League Rules.)
4. Competitors shall not participate in after-meet celebrations, which include:
 - a. Running and shoving.
 - b. Throwing trash or other debris into the pool.
 - c. Pushing or shoving individuals into the pool.
5. Competitors shall maintain orderly conduct within the team area. No running, pushing or shoving shall be permitted.
6. No team personnel/competitor shall enter the water without the Referee's approval. This includes pre-meet warm-ups and individual events.
7. No competitor shall intentionally contact or hold another competitor during the swimming of an event which results in impeding the progress of that competitor.
8. The reporting of a violation to these Codes of Conduct will be through the Team Representative to the meet Referee. If after receiving one warning, and the behavior continues, the individual(s) involved shall be requested to leave the premises.
9. If a team or individual has repeated offenses, the league board will be consulted for further actions, to include barring the offender from further participation in league activities.

APPENDIX 3 – LEAGUE INSURANCE INFORMATION/RIDER

To be provided to each team at the beginning of the season by May 31st.

APPENDIX 4 – REGULAR SEASON MEET EVENTS

Event #	Boys	Girls	Event #
1	6 & Under 25 Freestyle	6 & Under 25 Freestyle	2
3	7-8 25 Freestyle	7-8 25 Freestyle	4
5	9-10 50 Freestyle	9-10 50 Freestyle	6
7	11-12 50 Freestyle	11-12 50 Freestyle	8
9	13-14 50 Freestyle	13-14 50 Freestyle	10
11	15-18 50 Freestyle	15-18 50 Freestyle	12
13	6 & Under 25 Backstroke	6 & Under 25 Backstroke	14
15	7-8 25 Backstroke	7-8 25 Backstroke	16
17	9-10 50 Backstroke	9-10 50 Backstroke	18
19	11-12 50 Backstroke	11-12 50 Backstroke	20
21	13-14 50 Backstroke	13-14 50 Backstroke	22
23	15-18 50 Backstroke	15-18 50 Backstroke	24
25	8 & Under 25 Breaststroke	8 & Under 25 Breaststroke	26
27	9-10 50 Breaststroke	9-10 50 Breaststroke	28
29	11-12 50 Breaststroke	11-12 50 Breaststroke	30
31	13-14 50 Breaststroke	13-14 50 Breaststroke	32
33	15-18 50 Breaststroke	15-18 50 Breaststroke	34
35	8 & Under 25 Butterfly	8 & Under 25 Butterfly	36
37	9-10 25 Butterfly	9-10 25 Butterfly	38
39	11-12 50 Butterfly	11-12 50 Butterfly	40
41	13-14 50 Butterfly	13-14 50 Butterfly	42
43	15-18 50 Butterfly	15-18 50 Butterfly	44
45	10 & Under 100 IM	10 & Under 100 IM	46
47	11-12 100 IM	11-12 100 IM	48
49	13-14 100 IM	13-14 100 IM	50
51	15-18 100 IM	15-18 100 IM	52
53	8 & Under 100 Free Relay	8 & Under 100 Free Relay	54
55	9 – 10 100 Medley Relay	9 – 10 100 Medley Relay	56
57	11 - 12 100 Medley Relay	11 - 12 100 Medley Relay	58
59	13 - 14 100 Medley Relay	13 - 14 100 Medley Relay	60
61	15 - 18 100 Medley Relay	15 - 18 100 Medley Relay	62
63	Mixed Age 200 Free Relay	Mixed Age 200 Free Relay	64

APPENDIX 5 – END OF SEASON MEET EVENTS

Event #	Boys	Girls	Event #
1	6 & Under 25 Freestyle	6 & Under 25 Freestyle	2
3	7-8 25 Freestyle	7-8 25 Freestyle	4
5	9-10 50 Freestyle	9-10 50 Freestyle	6
7	11-12 50 Freestyle	11-12 50 Freestyle	8
9	13-14 50 Freestyle	13-14 50 Freestyle	10
11	15-18 50 Freestyle	15-18 50 Freestyle	12
13	6 & Under 25 Backstroke	6 & Under 25 Backstroke	14
15	7-8 25 Backstroke	7-8 25 Backstroke	16
17	9-10 50 Backstroke	9-10 50 Backstroke	18
19	11-12 50 Backstroke	11-12 50 Backstroke	20
21	13-14 50 Backstroke	13-14 50 Backstroke	22
23	15-18 50 Backstroke	15-18 50 Backstroke	24
25	8 & Under 25 Breaststroke	8 & Under 25 Breaststroke	26
27	9-10 50 Breaststroke	9-10 50 Breaststroke	28
29	11-12 50 Breaststroke	11-12 50 Breaststroke	30
31	13-14 50 Breaststroke	13-14 50 Breaststroke	32
33	15-18 50 Breaststroke	15-18 50 Breaststroke	34
35	8 & Under 25 Butterfly	8 & Under 25 Butterfly	36
37	9-10 25 Butterfly	9-10 25 Butterfly	38
39	11-12 50 Butterfly	11-12 50 Butterfly	40
41	13-14 50 Butterfly	13-14 50 Butterfly	42
43	15-18 50 Butterfly	15-18 50 Butterfly	44
45	10 & Under 100 IM	10 & Under 100 IM	46
47	11-12 100 IM	11-12 100 IM	48
49	13-14 100 IM	13-14 100 IM	50
51	15-18 100 IM	15-18 100 IM	52

APPENDIX 6 – POOL MEASUREMENTS

Pool Name & Location	Depth	Date Measured	Verified By
Belmont Country Club, Ashburn			
Brambleton, Ashburn			
Broadlands, Ashburn			
Courts & Ridges, Ashburn			
Evergreen Meadows, Leesburg			
Exeter, Leesburg			
Franklin Park, Purcellville			
Greenway Farm, Leesburg			
Ida Lee, Leesburg			
Kincaid Forest, Leesburg			
Lansdowne, Lansdowne			
Lenah Run, Aldie			
Lifetime Fitness			
Loudoun Valley Estates,			

Ashburn			
Lovettsville, Lovettsville			
Potomac Crossing, Leesburg			
Potomac Station, Leesburg			
Lakes at Red Rocks, Leesburg			
Rivercrest, Potomac Falls			
South Riding, South Riding			
Spring Lakes, Leesburg			
Stoneleigh, Round Hill			
Stone Ridge,			
Tavistock, Leesburg			
Woodlea Manor, Leesburg			

APPENDIX 7 – LEAGUE RECORDS