



SWIM TERMINOLOGY

A to Z

Age Group	Division of swimmers according to age. Maine Age Groups are 8 & Under, 9-10, 11-12, 13-14 and 15&over National Age Groups are 10 & Under, 11-12, 13-14, 15-16, 17-18
Cut Times	Time standards required for each event in each age group starting with 10 & unders. More competitive meets may require cut times in order to participate. New 2012-13 cut times are posted on MSI's website.
Colorado	A brand of automatic timing system.
Disqualified (DQ)	A swimmers performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.
Dryland	The exercises and various strength programs swimmers do out of the water.
Entry Fees	The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet. Your CMA account will be charged for the total amount of entries your child has been entered for at the meet.
Entry Limit	The number of entries each swimmer can swim at a session or throughout the entire meet.
False Start	When a swimmer leaves the starting block before the horn or gun.
Final Results	The printed copy of the results of each race of a swim meet.
Heats	A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of the event are completed.
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.
HOD	<i>House of Delegates</i> . The ruling body of an LSC composed of the designated representative of each club plus the board of directors (BOD) of the LSC. Two votes per club: board member and coach representative.



HY-TEK	Sports software for swim meet entry processing, meet management and timing system.
IM	<i>Individual Medley A</i> swimming event using all 4 of the competitive strokes. Order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swum of each stroke. Distances offered: 100 yds, 200 yds/mtr, 400 yds/mtr.
Length	25yds = 1 pool length. 100IM is 1 length of each stroke, 100Free is 4 lengths, etc. 50yds = 2 pool lengths. 200IM is 2 lengths of each stroke, 200Free is 8 lengths, etc.
LSC	Local Swim Committee. The LSC has jurisdiction over the sport of swimming in their area for USA Swimming clubs and meets. Maine Swimming Inc. is our LSC
Marshall	The adult(s) (official) who control the crowd and swimmer safety and flow at a swim meet.
Meet Director	The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
MSI	<i>Maine Swimming Inc.</i> State of Maine LSC. Visit the MSI website for information regarding meets and results in our State, bord meeting minutes and more.
NAG	<i>National Age Group.</i> USA swimming maintains a list of motivational time standards for each event in each age group. These times are derived by taking averages over a period of years and are updated periodically (updated this year 2012-13). Thims are divided into levels and given the classifications of "All Times, B, BB, A, AA, AAA, AAAA" with the AAAA being the fastest and placing the swimmer in a higher percentage nationally. Visit www.usaswimming.org to view the new NAG motivational times.
Officials	The certified, adult volunteers, who operate the many facets of a swim competition.
Qualifying Times	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. Many Maine meets do not have qualifying times, except for the Bowdoin Meet, Winter Championship Meet and maybe a few other meets.
Referee	The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.
Seed Time	The best time your swimmer has achieved in any event and is used to determine which heat he/she will be placed at the next meet. Swimmers are typically grouped into heats with similar times. If your swimmer has never swum an event before, you will see NT (no time) in place of a seed time



Step-Down	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
Taper	The resting phase of a senior swimmer at the end of the season before the championship meet.
Timed Finals	Competition in which only heats are swum and final placings are determined by the those times.
Timer	The volunteers standing behind the starting blocks/finish end of pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system
Time Trial	An event or series of events where a swimmer may achieve or better a required time standard.
Touch Pad	The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time (on the timing board) in a race. Often, young swimmers do not hit the touch pad with enough force so you may see an inaccurate time. Button or stop watch times will then be utilized and posted on the official meet results.
Unattached	An athlete member who competes, but does not represent a club or team (abbreviation UNAT).
USA Swimming	The national governing body of swimming. USA Swimming offers a broad based age group program that is managed by local swim committess (LSC). Annual membership is a requirement and charged at the start of the fall/winter season. Visit USA Swimming website for more information and valuable resources. www.usaswimming.org
Warm-down	A period of easy swimming after a hard race or practice. This loosening period allows the body to actively recover after the event. Warm-down quickens the process of removing lactic acid from muscles and allows the body more time to recover. You may see some athletes warming-down after a race when pool space is available.
Warm-up	The practice and loosening session a swimmer does before the meet or their event is swum. All age group swimmers warm-up before the meet.
Zones	The country is divided up into 4 major zones: Eastern - Southern - Central - Western. At the end of the short course season (in March) and long course season (in August) the Zone Administration sponsors a championship age group meet. Maine is in the Eastern Zone and the Zone Championship meet is held in Webster, NY. Swimmers qualify based on performance at Maine Winter Championship Meet.



Coastal Maine Aquatics
