

## GLOSSARY OF TERMS

### **USA Swimming:** [www.usaswimming.org](http://www.usaswimming.org)

The national governing body for the development of Olympic caliber swimmers. USA swimming offers a broad based Age Group Program which is managed by local swim committees. Annual membership is a requirement and traditionally charged at the start of the fall/winter season. Visit the USA Swimming website for more info, to set up your child's own account to check rankings, motivational times etc.

### **LSC and MSI:** [www.maineswimming.org](http://www.maineswimming.org)

(Local Swim Committee and Maine Swimming Inc.)

Maine Swimming Inc is the Local Swim Committee that our team falls under. The local swim committees have jurisdiction over the sport of swimming in their area for USA swimming clubs and meets. There are a total of 54 LSCs that make up USA Swimming. These are further divided into Zones. Ours is the Eastern Zone. Check out the MSI website for info regarding meets in our area, results, board meeting minutes, etc.

### **SC Season (Short Course Season) - (SCY, SCM)**

Competitive swimming consists of (2) seasons. The short course (SC) season typically runs from September to March and culminates in the State Championship Meet in March for those swimmers achieving a state cut time. (See MSI website for a list of age group cut-times). Typically meets are held in SCY (short course yard) pools such as Reiche, or SCM (short course meter) pools such as Riverton.

### **LC Season (Long Course Season) - (LCM)**

The second season of the year is the long course (LC) season and typically runs from April to the end of July and culminates in the Summer Championship Meet for which there are no required cut times to participate. All age groups compete together at this meet. Typically meets are held in a LCM (long course meter) pool (also known as a 50-meter, Olympic-size pool). The state of Maine currently does not have a 50-meter pool so some of the meets and the summer Championship are held out of state.

### **Cut Times**

These are the time standards required for each event in each age group, starting with 10 & unders, for the more competitive meets. Examples include the State Championship meet, Sectionals, Jr. Nationals and Nationals. There is also a Zone Meet each year following the State Championship Meet with the top 2 finishers of each event qualified to compete.

### **NAG (National Age Group)**

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. Times are divided into levels and given the classifications of C, B, BB, A, AA, AAA, AAAA with the "quad A" (AAAA) being the fastest and placing the swimmer in a higher percentage nationally. At elite levels of swimming the distinctions disappear. Check out where your swimmer's times are on our website

### **Seed Time**

This is the best time your swimmer has achieved in any event and is used to determine which heat he/she will be placed in at the next swim 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.

### **Drylands**

Drylands are workouts that occur on land rather than in the pool. Most swimmers do not have these workouts built into their schedule until they reach middle school or high school ages.

### **Taper**

A taper is decreasing the intensity of workouts in preparation for important meets.

**Meet Program**

A program is available to purchase at all meets. Programs contain all the information you need for your child's meet. See "SAMPLE" MEET PROGRAM.

**"SAMPLE" MEET PROGRAM**

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**2009 MSI Summer Combined Championships - 7/23/2009 to 7/26/2009**  
**Meet Program - Sunday Night**

Event #, age group and event type

Maine Swimming record for this event (not always shown)

These 2 swimmers didn't have a time yet. NT= no time

This is the swimmer's best time this season so far. AKA seed time

These first numbers correspond to the swimmer's lane assignment

LC=long course (this was a summer meet in an Olympic size pool) Usually this will read SC yards or SC meters referring to short course pools like we practice in.

| #97 Girls 11-12 200 LC Meter Freestyle Relay 11-12 |         |       |           |
|--|---------|-------|-----------|
| MSI LCM: 2:12.45 2008 Long Reach Swim              |         |       |           |
| L. Soucek, E. Soucek, H. Ziegler, H. Logan         |         |       |           |
| Lane   | Team    | Relay | Seed Time |
| Heat 1 of 1 Finals                                 |         |       |           |
| 3  | LRSC-ME | B     | NT        |
| 4  | LRSC-ME | A     | 2:12.46   |
| 5  | CMA-ME  | A     | 2:18.58   |

| #99 Girls 13-14 400 LC Meter Freestyle Relay 13 & O |         |       |           |
|---|---------|-------|-----------|
| MSI LCM: 4:35.21 2007 Coastal Maine                 |         |       |           |
| L. Flowering, K. Ryan, K. Wolfe, H. Kraft           |         |       |           |
| Lane  | Team    | Relay | Seed Time |
| Heat 1 of 1 Finals                                  |         |       |           |
| 4   | LRSC-ME | A     | 4:39.08   |
| 5   | LRSC-ME | B     | NT        |

| #100 Boys 13-14 400 LC Meter Freestyle Relay 13 & O |        |       |           |
|---|--------|-------|-----------|
| MSI LCM: 4:13.52 2006 Coastal Maine                 |        |       |           |
| R. Gravel, Z. Gavin, N. Twomey, K. Gravel           |        |       |           |
| Lane  | Team   | Relay | Seed Time |
| Heat 1 of 1 Finals                                  |        |       |           |
| 3   | SYT-ME | A     | 5:00.79   |
| 4   | CMA-ME | A     | 4:07.22   |
| 5   | BYB-ME | A     | 5:00.77   |

| #101 Girls 400 LC Meter Freestyle Relay 13 & Over  |         |       |           |
|--|---------|-------|-----------|
| MSI LCM: 4:10.69 2008 Westbrook Scals              |         |       |           |
| K. Desrosiers, E. McKinnon, K. Desrosiers, K. Jack |         |       |           |
| Lane   | Team    | Relay | Seed Time |
| Heat 1 of 2 Finals                                 |         |       |           |
| 3  | LRSC-ME |       |           |
| 4  | CMA-ME  |       |           |
| 5  | DEFY-ME |       |           |
| Heat 2 of 2 Finals                                 |         |       |           |
| 1  | BYB-ME  |       |           |
| 2  | SYT-ME  |       |           |
| 3  | CMA-ME  |       |           |
| 4  | LRSC-ME |       |           |
| 5  | SEAL-ME | A     | 4:37.45   |
| 6  | LRSC-ME | B     | 4:44.44   |
| 7  | CBRY-ME | A     | 4:45.04   |
| 8  | LRSC-ME | C     | 5:00.00   |

| #102 Boys 400 LC Meter Freestyle Relay 13 & Over |         |       |           |
|--|---------|-------|-----------|
| MSI LCM: 3:44.27 2005 Coastal Maine              |         |       |           |
| T. Alberti, A. Rogers, P. Beecher, J. Moreshead  |         |       |           |
| Lane   | Team    | Relay | Seed Time |
| Heat 1 of 3 Finals                               |         |       |           |
| 3  | HSC-ME  | A     | 5:44.23   |
| 4  | LRSC-ME | E     | 4:44.44   |
| 5  | CMA-ME  | D     | 5:31.91   |
| Heat 2 of 3 Finals                               |         |       |           |
| 1  | CMA-ME  | C     | 4:32.31   |
| 2  | DEFY-ME | A     | 4:26.02   |
| 3  | LRSC-ME | D     | 4:24.24   |
| 4  | SSC-ME  | A     | 4:19.02   |
| 5  | NYCY-ME | A     | 4:19.58   |
| 6  | SEAL-ME | A     | 4:25.50   |
| 7  | SYT-ME  | A     | 4:28.40   |

| Heat 3 of 3 Finals |         |     |           |
|--------------------|---------|-----|-----------|
| Lane               | Team    | Age | Seed Time |
| 1                  | BYB-ME  |     | 9:10.77   |
| 2                  | CBRY-ME |     | 8:05.01   |
| 3                  | LRSC-ME |     | 8:56.45   |
| 4                  | CMA-ME  |     | 8:51.78   |
| 5                  | MMD-ME  |     | 8:55.64   |
| 6                  | CMA-ME  |     | 8:01.76   |
| 7                  | LRSC-ME |     | 8:05.05   |
| 8                  | LRSC-ME |     | 8:14.14   |

| #103 Girls 11-12 200 LC Meter Breaststroke 11-12 |                       |     |         |
|--|-----------------------|-----|---------|
| MSI LCM: 2:57.41 2006 Marsh Reading              |                       |     |         |
| Lane   | Name                  | Age | Team    |
| Heat 1 of 2 Finals                               |                       |     |         |
| 2  | Dufresne, MacKenzie D | 11  | LRSC-ME |
| 3  | Stover, Meghan B      | 11  | LRSC-ME |
| 4  | Morissette, Bronwyn Q | 12  | LRSC-ME |
| 5  | Lotze, Rachel A       | 11  | LRSC-ME |
| 6  | Fadley, Madri P       | 11  | PRY-ME  |
| 7  | Johnson, Cubie H      | 11  | PRY-ME  |
| Heat 2 of 2 Finals                               |                       |     |         |
| 1  | Dow, Taylor E         | 12  | PRY-ME  |
| 2  | Walsh, Haylee M       | 12  | CMA-ME  |
| 3  | Park, Hwaahnee        | 11  | SSC-ME  |
| 4  | Burill, Emilee M      | 11  | LRSC-ME |
| 5  | Lin, Sonia H          | 11  | LRSC-ME |
| 6  | Soucek, Lucy E        | 12  | LRSC-ME |
| 7  | Cowan, Anna N         | 12  | LRSC-ME |
| 8  | Cloutier, Nicole S    | 12  | CMA-ME  |

| #104 Boys 11-12 200 LC Meter Breaststroke 11-12 |                    |     |         |
|---|--------------------|-----|---------|
| MSI LCM: 2:57.68 2004 Robby Gravel              |                    |     |         |
| Lane  | Name               | Age | Team    |
| Heat 1 of 2 Finals                              |                    |     |         |
| 1   | Swia, Nicholas L   | 12  | SSC-ME  |
| 2   | Mussacuan, Diego R | 11  | HSC-ME  |
| 3   | Abaj, Dumitri S    | 12  | CMA-ME  |
| Heat 2 of 2 Finals                              |                    |     |         |
| 1   | Comau, Stephen G   | 12  | HSC-ME  |
| 2   | Tolan, Kevin S     | 12  | LRSC-ME |
| 3   | Bauer, Kyle A      | 12  | LRSC-ME |
| 4   | Holmes, Cooper W   | 11  | DEFY-ME |
| 5   | Dysart, Brian      | 11  | BYB-ME  |
| 6   | Reg, Connor L      | 11  | SSC-ME  |
| 7   | Penk, Tony A       | 12  | SEAL-ME |
| 8   | Proderick, Sam J   | 12  | CMA-ME  |

| #96 Boys 800 LC Meter Freestyle 13 & Over |                   |     |         |
|---|-------------------|-----|---------|
| 13-14 MSI LC: 8:50.99 1997 Jason Thomas   |                   |     |         |
| 15&O MSI 8:12.03 2001 Jason Thomas        |                   |     |         |
| Lane                                      | Name              | Age | Team    |
| Heat 1 of 4 Finals                        |                   |     |         |
| 1   | Lafine, Mike S    | 16  | SYT-ME  |
| 2   | Grover, Miles I   | 14  | DEFY-ME |
| 3   | Williams, Brent M | 17  | BYB-ME  |
| 4   | Chang, Won Ho     | 17  | LRSC-ME |
| 5   | Gravel, Robby E   | 17  | CMA-ME  |
| 6   | Seal, Robby E     | 17  | SEAL-ME |
| 7   |                   |     | BYB-ME  |
| 8   |                   |     | PFSC-ME |

| Backstroke 11-12   |                       |     |         |
|--------------------|-----------------------|-----|---------|
| Lane               | Name                  | Age | Team    |
| Heat 1 of 2 Finals |                       |     |         |
| 1                  | Lotze, Rachel A       | 11  | LRSC-ME |
| 2                  | Cohen, Jessica L      | 11  | DEFY-ME |
| 3                  | Morissette, Bronwyn Q | 12  | LRSC-ME |
| 4                  | Pontusa, Taylor J     | 11  | LRSC-ME |
| 5                  |                       |     | ME      |
| 6                  |                       |     | ME      |
| 7                  |                       |     | ME      |
| 8                  |                       |     | ME      |

| #106 Boys 11-12 100 LC Meter Backstroke 11-12 |                    |     |         |
|---|--------------------|-----|---------|
| MSI LCM: 1:12.87 1993 Jon Stanka              |                    |     |         |
| Lane  | Name               | Age | Team    |
| Heat 1 of 2 Finals                            |                    |     |         |
| 3   | Grossmann, Diego R | 11  | HSC-ME  |
| 4   | Comau, Stephen G   | 12  | HSC-ME  |
| 5   | Hurd, Caleb F      | 11  | HSC-ME  |
| 6   | Lewis, Nicholas L  | 13  | SSC-ME  |
| Heat 2 of 2 Finals                            |                    |     |         |
| 1   | Penk, Tony A       | 12  | SEAL-ME |
| 2   |                    |     | SYT-ME  |
| 3   |                    |     | CMA-ME  |
| 4   |                    |     | BYB-ME  |
| 5   |                    |     | DEFY-ME |
| 6   |                    |     | LRSC-ME |
| 7   |                    |     | LRSC-ME |
| 8   |                    |     | CMA-ME  |

| #95 Girls 800 LC Meter Freestyle 13 & Over |                      |     |      |
|--|----------------------|-----|------|
| 13-14 MSI LC: 9:25.05 2002 Emily Caras     |                      |     |      |
| 15&O MSI 9:13.20 2004 Jenn Flaherty        |                      |     |      |
| Lane                                       | Name                 | Age | Team |
| Heat 1 of 2 Finals                         |                      |     |      |
| 1  | Reardon, Alyssa M    | 17  |      |
| 2  | Bonnett, Rebecca L   | 17  |      |
| 3  | Beecher, Christine L | 18  |      |
| 4  | McKenna, Kaitlyn A   | 16  |      |
| 5  | Easterling, Sarah E  | 14  |      |
| 6  | McKinnon, Emily G    | 14  |      |
| 7  | Ridge, Abbey M       | 17  |      |
| 8  | Foster, Caitlin E    | 15  |      |