

## GLOSSARY OF SWIMMING TERMS

- Age Group:
  - Division of swimmers according to age. The National Age Group divisions are:
    - 10-under, 11-12, 13-14, 15-16, 17-18.
    - Some meets will divide the swimmers into more convenient age groups specific to their events: (i.e.) 8-under, 13-Over, 15-Over, Senior
- Alternate:
  - In a Prelims/Finals meet, after the finalists are decided, the next two fastest swimmers other than the finalists are designated as alternates. The faster of the two being the first alternate and the next being second alternate. If a finalist cannot participate, the alternates are called to take their place.
- Championship Meet:
  - The meet held at the end of a season. Qualification times are necessary to enter meet.
- Circle Seeding:
  - A method of seeding where the fastest swimmers are seeded in the center lanes of the fastest 3 heats. Circle Seeding is only used in meets during the preliminaries of a Prelims-Finals format meet.
- Deck Entries:
  - Some meets will allow swimmers to enter an event during the meet. See the Meet Information to determine if deck entries are allowed and any fees involved.
- Deck Seeding :
  - Swimmers are not given a heat and lane assignment until shortly before the race. Deck Seeding is done when Positive Check In is used.
- Distance:
  - How far a swimmer swims.
    - Distances for short course are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), 1650 yards (66 lengths).
    - Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
- 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.
- Entry Limit:
  - Each meet will usually have a limit of total swimmers they can accept, or a time limit they cannot exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
  - Individuals are also limited in the number of events they can enter for each meet.
    - Prelim/Final Meet: 3 events per day
    - Timed Finals: 5 events per day

- False Start :
  - When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
- Fastest to Slowest:
  - A seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heats followed by the next fastest and so on.
- Fly Over Starts:
  - A forward start of heat performed before the swimmers from the previous heat have exited the pool. Fly Over Starts allow swimmers to catch their breath before they exit the pool and allow better management of the meet timeline.
- DQ (Disqualification):
  - In meet results, a DQ indicates that a swimmer was disqualified for a rules violation or stroke infraction.
- IMX:
  - IMX is a motivational program that allows swimmers across the nation to compare themselves to the thousands of other athletes in their age group. All you have to do is swim a combination of events, at least one time per season, and USA Swimming will automatically give you your ranking.
- Interval:
  - A specific elapsed time for swimming or rest used during swim practice.
- Invitational Meet:
  - A type of meet that requires a club to be invited or request an invitation to participate.
- Lap Counter:
  - The large numbered cards (or the person turning the cards) used during the freestyle events 500 yards or longer. Counting is done from the end opposite the starting end. The numbers on the cards are “odd numbers” only with the final lap being designated by a bright orange card.
- LCM (Long Course Meters):
  - A 50 meter pool. Competitions during the Long Course season are swum in 50 Meters. This season usually runs from April-August.
- LSC (Local Swim Committee):
  - Missouri Valley Swimming is the LSC for this geographic region. There are 59 LSCs that make up USA Swimming. You can see a map of the 59 LSCs on the USA Swimming website.
- Meet Information:
  - The Meet Information lists everything you need to know about the eligibility, rules and schedule for an individual meet. Meet Information is posted on the Aquahawks Website under Meet/Events.
- Meet Program / Heat Sheet:
  - A listing of the swimmers competing in each event, including the heat and lane assignments. Note that events requiring Positive Check In are often listed in the meet program in Psych Sheet format since heat and lane assignments are not done until

seeding. There is often a nominal charge for meet programs. See the Meet Information for each specific meet for more details.

- NS (No Swim):
  - In results, NS indicates that the swimmer did not compete in the event.
- NT (No Time):
  - If a swimmer's seed time is listed as NT, it often indicates that this is their first time swimming the event in a meet.
- Officials - The certified adult volunteers who work at a meet. There are many different types of officials.
- Positive Check In:
  - This is the requirement that a swimmer indicate their intention to swim a specific event by marking their name on a list. The Meet Information posted on the Aquahawks Website will indicate which events require Positive Check In and what time check in closes. After swimmers have been checked in, the event is Deck Seeded and heat and lane assignments are posted. Any swimmers that have not checked in by the Positive Check In deadline are scratched from the event.
- Prelims-Finals:
  - A meet with two sessions. The preliminary heats are usually held in the morning. The fastest swimmers return in the evening to swim the event again in Finals. The Meet Announcement will indicate the number of finals heats by age group.
- Psych Sheet:
  - A list of all swimmers entered in each individual event and their entry time. The Psych Sheet does not list heat and lane assignments.
- Referee:
  - The head official at a swim meet.
- SCR (Scratch):
  - If a swimmer decides to withdraw from an event they are listed as SCR in meet results.
- SCY (Short Course Yards):
  - A 25 yard pool. Short Course season is swum in SCY. This season typically runs from September-March.
- Seeding:
  - The process of assigning swimmers entered in an event to a heat and lane.
- Session:
  - A portion of the meet that includes a specific set of events for a specific age group (1 or more). Each session of the meet has a distinct warm-up time and event start time.
- Split:
  - The time for a portion of an event. In longer events, splits are usually available each time a swimmer turns at the start end of the pool (e.g., at each 50 in a SCY meet).
- Starter:
  - The official in charge of signaling the beginning of the race.

- Stroke and Turn Judge:
  - The official positioned at the edge of the pool watching swimmers during the event. If the Stroke and Turn Judge sees a stroke infraction, they report to the Referee and the swimmer may be disqualified.
- Surcharge:
  - An additional charge/fee that can change based on meet.
    - Coach Surcharge: fees help the Lawrence Aquahawks offset the costs of sending coaches to meets. This fee changes based on the location of a meet and ranges from \$5-\$20.
    - Facility Surcharge: Missouri Valley's House of Delegates passed a resolution allowing meet hosts the ability to charge a per swimmer facility surcharge in order to help defray the cost of renting a facility.
- Taper:
  - A short-term reduction in training load during a period leading up to a championship event. The intention behind a tapering period is to decrease training load to improve an athlete's performance. Training load can be reduced by decreasing volume, intensity frequency and duration- or a combination of all four.
- Timed Finals:
  - Events where the swimmers only swim one time and final results are determined by those times. The Meet Information indicates which events are Timed Finals and which, if any, are Prelims-Finals.
- Timeline:
  - After event entries have been processed and seeded, a timeline can show the approximate start time for each event. If available, timelines can be
- Timer:
  - One of the volunteers behind each lane responsible for getting stop watch times for each race and activating the backup buttons for the automatic timing system. There are typically 2 timers assigned to each lane. There is also a Head Timer, which will start multiple watches in the event that a timer has an error in starting their watch.
- Touch Pad:
  - The pad on the end of the pool that is connected to an electronic timing system. If a swimmer does not properly touch the touch pad to register their time, a backup time (e.g., stop watch time) will be used.
- USA Swimming:
  - The governing body of competitive swimming in the United States. You can visit their website at [www.usaswimming.org](http://www.usaswimming.org).
- Warm-down:
  - The recovery swimming a swimmer does after a race when pool space is available.
- Warm-up:
  - The practice and "loosening-up" session a swimmer does before the meet or their event is swum.