

SARPY COUNTY SWIM CLUB

# 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 LSCs have divided the swimmers into more convenient divisions specific to their situations: (i.e.) 8-under, 13-Over, 15-Over, Junior, 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.

**Anchor**

The final swimmer in a relay.

**Blocks**

The starting platforms that are located behind each lane. Minimum water depth for use of starting blocks is 4 feet. Blocks have a variety of designs and can be permanent or removable.

**BOD**

Board of Directors of either SCSC, the Local Swim Committee (LSC) or USA Swimming (USAS).

**Championship Meet**

The large meet held at the end of each season, in March and August. Qualifying times are necessary to enter these meets.

**Championship Finals**

The top six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. The fastest heat of finals when multiple heats are held.

**Check-In**

The procedure required before a swimmer swims an event in a deck-seeded meet. Sometimes referred to as positive check-in, the swimmer must mark their name on a list posted by the meet host.

**Circle Seeding**

A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes. (i.e.) Lane 4 in the final three heats.

**Circle Swimming**

Circle swimming is a way for multiple swimmers to swim laps in a single lane. Swimmers will swim to the right of the lane, except on backstroke, swim on the left.

**Clinic**

A scheduled meeting for a purpose of instruction. There may be swim clinic/camp opportunities offered by colleges or national/professional swimmers for swimmers to learn from. Other types of clinics include official's clinics and coach's clinics.

**Closed Competition**

Swim meet which is only open to the members of an organization or group. Summer recreation swim meets are considered to be "Closed Competition."

**Club**

A registered USA Swimming swim team. SCSC is a registered club team of USA Swimming.

**Consolation Finals**

After the fastest six or eight swimmers, the next six or eight swimmers (depending on the number of pool lanes) in a Prelims/Finals meet who, after the prelims are swum, qualify to return to the Finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.

**Course**

Designated distance (length of pool) for swimming competition. (le) Long Course = 50 meters / Short Course = 25 yards or 25 meters.

**Deck**

The area around the swimming pool reserved for swimmers, officials, and coaches. Only authorized persons may be on the deck during a swim competition or practice.

**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).

**Disqualified**

A swimmer's 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.

**Dual Meet**

Type of meet where two teams/clubs compete against each other.

**Dryland**

The exercises and various strength programs swimmers do out of the water.

**Entry**

An individual, relay team, or club roster's event list in a swim competition.

**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.

**Exhibition**

An X in front of seed time on a heat sheet or psych sheet means the swimmer is swimming an exhibition heat. In exhibition heats, swimmers receive a time, but do not score points for the team. Exhibition heats are performed so that more swimmers can participate in events, and are a valuable opportunity to get a legal time for championship eligibility, or achieve one's personal best.

**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.

**FINA**

The international governing organization for the sport of swimming.

**Fins**

Large rubber flipper-type devices that fit on a swimmer's feet. Used in swim practice, not competition.

**Heat Award/Heat Prize/Hot Heat**

A ribbon, coupon, or other prize given to the winner of a single heat during a meet. Some meets may give them out for all heats, some meets may do 'hot heats' where randomly selected heats are eligible for a prize, but most meets do not do heat prizes.

**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**

House of Delegates. The ruling body of an LSC and USA Swimming composed of the designated representative of each club plus the board of directors (BOD) of the LSC. One vote per club and one vote per board member.

**Interval**

A specific elapsed time for swimming or rest used during practice.

**Invitational**

Type of meet that requires a club to request an invitation to attend the meet.

**Lap**

One length of the course. Sometimes may also mean down and back (2 lengths) of the course.

**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.

**Leg**

The part of a relay event swum by a single team member. A single stroke in the IM.

**LSC**

Local Swim Committee. The local level administrative division of USA Swimming with supervisory responsibilities within certain geographic boundaries designated by USA Swimming. There are 59 LSC's and SCSC is affiliated with Midwestern Swimming (MW/MWS).

**NCAA**

National Collegiate Athletic Association

**Non-Conforming Time**

A short course time submitted to qualify for a long course meet, or vice versa.

**NT**

No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swum that event before.

**Observed Meet**

A meet that is not conducted according to USA Swimming rules (high school, YMCA) where a request for observation has been processed and approved in advance. Sufficient USA Swimming officials are present to certify that the athletes' swims are in compliance with USA Swimming technical rules.

**Observed Swim**

A swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.

**Officials**

The certified adult volunteers who operate the many facets of a swim competition.

**Order of Finish**

The finishing order of each swimmer from first place to last place in each race. A swimmer may place first in their individual heat, but this may not apply overall with the other heats included for the end results.

**Positive Check In**

The procedure required before a swimmer swims an event in a deck seeded or pre seeded meet. The swimmer or coach must indicate the swimmer is present and will compete.

**Referee**

The head official at a swim meet in charge of all of the "Wet Side" administration and decisions.

**Prelims**

Session of a Prelims/Finals meet in which the qualification heats are conducted.

**Prelims-Finals**

Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest six or eight (Championship Heat) swimmers, and the next fastest six or eight swimmers (Consolation Heat) return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if their finals time would place them so. The converse also applies.

**Proof of Time**

A requirement at some meets to make certain that swimmers have legally met the entry time standards for that meet.

**Psych Sheet**

An entry sheet showing all swimmers entered into each individual event. Sometimes referred to as a "Heat Sheet" or meet program. However, a "heat sheet" would show not only every swimmer in an event, but also what heat and lane they are swimming in.

**Sanction**

A permit issued by an LSC to a USAS team to conduct an event or meet.

**Sanctioned Meet**

A meet that is approved by the LSC in which it is held. Meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.

**Scratch**

To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.

**Session**

Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.

**Split**

A portion of an event that is shorter than the total distance and is timed. (i.e.) A swimmer's first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

**Start**

The beginning of a race. The dive used to begin a race.

**Starter**

The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.

**Stand-up**

The command given by the Starter or Referee to release the swimmers from their starting position.

**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.

**Stroke Judge**

The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the Stroke Judge sees something illegal, they report to the referee and the swimmer may be disqualified.

**Swim-off**

In a Prelims/Finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or an alternate, otherwise ties stand.

**SWIMS**

The USA Swimming online management system that keeps track of every time swum by all swimmers and various team administration information.

**Taper**

The resting phase of a swimmer at the end of the season before the championship meet.

**Team Records**

The statistics a team keeps, listing the fastest swimmer in the clubs history for each age group/each event.

**Timed Finals**

Competition in which only heats are swum and final placings are determined by those times.

**Time Standard**

A time set by a meet or LSC or USA-S (etc) that a swimmer must achieve for qualification or recognition.

**Timer**

The volunteers sitting 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.

**Touchpad**

The removable plate (on the end of pools) that is connected to an automatic timing system.

**Unattached**

An athlete member who competes, but does not represent a club or team. (abbr. UN) or has recently transferred teams and must be unattached for 60 days before attaching to their new team.

**Unofficial Time**

The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been verified by the meet administrative official, it will become the official time.

**USA Swimming**

The national governing body of the sport headquartered in Colorado Springs.

**USAS ID Number**

An athlete or non-athlete members ID number used by USA Swimming.



**Warm-Up**

Preparing for physical exertion by gently increasing the intensity of swimming beforehand.

**Warm-Down**

The practice of recovery from strenuous physical exertion by doing gentle stretches, exercises, swimming.

**Yardage**

The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.

**Zone**

The country is divided up into 4 major zones: Eastern - Southern - Central - Western. At the end of the long course season (in August) the Zone Administration sponsors a championship age group meet. SCSC is part of the Central Zone.