

# GLOSSARY

A Glossary of those strange and wacky words we use in the sport of swimming. Parents! You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary. Relax and take your time reading. Soon you will understand and maybe even speak some "SWIMSLANG".

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## AGE GROUP

**Time Standard** Provides three (3) different sets of motivational times for age group swimmers.

1. Quadrennial, percentile-based sets of times for each sex, age, stroke and distance.
2. Championship-based times for those age group swimmers working towards making a USA National or JR National qualifying time.

## A

**A-Meet** Swim meet, which requires swimmers to have previously achieved an "A" time standard in the events they wish to enter.

**A-B-C** Swim meets similar to the A-B meet except that there are 3 divisions. This type of meet includes every ability level of swimmer from novice to very experienced.

**Admission** Certain swim meets charge for spectators to view the meets. This is common at invitationals. Dual meets do not require admission fees.

**Age Group** Division of swimmers according to age. The National Age Group divisions are: 10 & Under, 11-12, 13-14, 15-16, and 17-18. Some LSC's have divided the swimmers into more convenient divisions specific to their situations: 8 & Under, 15 & Over, Senior, Open...

**Alternate** In a prelim/final 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 the second alternate. If a finalist scratches or cannot participate, the alternates are called to take their place.

**Anchor** The final swimmer in a relay.

**Approved Meet** Swim meets conducted by organizations other than USA member clubs or LSC's. If approval is granted, swimmers may use times achieved as an USA time. An USA official must be present at all sessions of the meet. Approval does not mean sanctioned.

**ASCA** The American Swim Coaches Association. The professional organization for swim coaches throughout the nation. Certifying coaches and offering many services for coaches education and career advancement.

## B

**"B" Time** National Age Group Time Standard "B". "B" time is .01 seconds faster than the "C" time standard and .01 slower than the "BB" time standard. See the NAGT published chart.

**B-Meet** Swim meets which requires swimmers to have previously achieved a "B" time standard in the events they wish to enter. Some meets have no bottom cut time allowing "C" swimmers to also compete.

**Backstroke** One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is the first stroke in the Medley Relay and the second stroke in the IM. Racing distances are 50 yd/m, 100 yd/m, and 200 yd/m. 8 & under divisions offer the 25

yard backstroke.

<b>Blocks</b>	The starting platforms located behind each lane. Some pools have blocks in the deeper end of the pool, and some pools have blocks at both ends. Blocks have variety of designs and can be permanent or removable.
<b>Bonus Heat</b>	The heat held during the finals session of a prelim/final meet that is slower than the swimmers participating in the final heat. The bonus heat may refer to consolation finals or an extra heat in addition to consolation finals.
<b>Breaststroke</b>	One of the 4 competitive racing strokes. Breaststroke is the second stroke in the Medley Relay and the third stroke in the IM. Racing distances are 50 yd/m, 100 yd/m, 200 yd/m. 8 & under divisions offer the 25 yard breaststroke.
<b>Bull Pen</b>	The staging area where swimmers wait to receive their lane and heat assignments for a swimming meet. Area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of Course is in charge of this area.
<b>Butterfly</b>	One of the 4 competitive racing strokes. Butterfly (nicknamed FLY) is swam as the third stroke in the Medley Relay and the first stroke in the IM. Racing distances are 50 yd/m, 100 yd/m, and 200 yd/m. 8 & under divisions offer the 25 yard butterfly.

## C

<b>Camp</b>	A swimming function offered by USA Swimming, your LSC, or a college swimming program. There are many types of camps for just about every level of swimmer. When selecting a camp, ask for your coaches' advice as to what will be the best for the swimmer.
<b>Carbohydrates</b>	The main source of food energy used by athletes. Refer to a nutritional manual for more information.
<b>Championship Meet</b>	The meet held at the end of a season. Qualification times are usually necessary To enter the meet
<b>Championship Finals</b>	The top 6 or 8 swimmers (depending on the number of pool lanes) in a prelim/final meet who, after the preliminary swims, qualify to return to the finals.
<b>Check-In</b>	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.
<b>Circle Seeding</b>	A method of seeding swimmers when they are participating in a prelim/final meet. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes (lane 4 in the final three heats). See rulebook for the exact method for seeding depending upon the number of lanes in the pool.
<b>Closed Competition</b>	Swim meet which are open to the members of an organization or group. Summer club swim meets are considered to be "Closed Competition".
<b>Club</b>	A registered swim team that is a dues paying member of USA Swimming and the local LSC.
<b>Code of Ethics</b>	A code of conduct that the swimmer and parent signs before swimming with FAST.
<b>Consolation Finals</b>	After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending upon the number of pool lanes) in a prelim/final meet who, after the prelim swim, qualify to return to the evening finals. Consolations are the second fastest heat of finals when multiple heats are held and are conducted before the championship heat.
<b>Course</b>	Designated distance (length of pool) for swimming competition. Long course = 50 meters, short course = 25 yards or 25 meters.

## D

<b>Deadline</b>	The date meet entries must be turned into FAST. Entries need to be mailed early to the meet host to insure that FAST swimmers get entered into a meet.
<b>Deck</b>	The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an 'authorized' USA member may be on the deck during a swim competition.

<b>Deck Entries</b>	Accepting entries into swimming events at a meet. Deck entries usually are more expensive than entering with your club. Deck entries are taken upon a space availability premise.
<b>Deck Seeding</b>	Swimmers check-in for all their events at a swimming competition. The heat and lane assignments are then posted prior to their race.
<b>Dehydration</b>	The abnormal depletion of body fluids; the most common cause of swimmers' cramps and sick feelings.
<b>Developmental</b>	A classification of meet or competition; the purpose of a developmental meet is to allow all levels of swimmers to compete in a low-pressure environment. There are usually 'slower than' time cuts used.
<b>Disqualified</b>	A swimmer's performance is not counted because of a rule infraction. A disqualification or DQ is shown by an official raising one arm with open hand above their head.
<b>Dive</b>	Entering the water head first. Diving is not allowed during warm-ups except at a designated time, in specific lanes that are monitored by the swimmers' coach.
<b>Diving Well</b>	A separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/platforms. During a meet, this area may be designated as a warm-down pool with proper supervision.
<b>Division I-II-III</b>	NCAA member colleges and universities are assigned divisions to compete in, depending on the schools total enrollment. Division I being the largest universities and Division III being the smaller colleges.
<b>Double Dual</b>	Type of swim meet where three teams compete in dual meets against each other, at the same time. Separate meet scores would be kept for Team A vs Team B, Team A vs Team C, and Team B vs Team C.
<b>Dual Meet</b>	Type of meet where two (2) teams/clubs compete against each other.
<b>Dryland</b>	The exercises and various strength programs swimmers do out of the water.

## E

<b>Entry Chairperson</b>	The host clubs designated person who is responsible for receiving and making sure the entries have met the deadline or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.
<b>Entry Limit</b>	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.
<b>Electronic Timing</b>	Timing system operated during a swim meet. The timing system usually has touch pads in the water, junction boxes on the deck with hook up cables, buttons for back up timing and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers time.
<b>Eligible to Compete</b>	The status of a member swimmer that means they are registered and have met all the requirements.
<b>Event</b>	A race or stroke over a given distance. An event equals 1 preliminary with its final, or 1 timed final.

## F

<b>False Start</b>	When a swimmer leaves the starting block before the start. One false start will disqualify the swimmer or relay team . The DQ will be notified at the end of the race.
<b>Fastest to Slowest</b>	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. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
<b>FINA</b>	The international rules making organization for the sport of swimming.

<b>Final Results</b>	The printed copy of the results of each race at a swim meet.
<b>Fine</b>	The monetary penalty assessed a swimmer or club when a swimmer does not achieve the necessary time required to swim in an event and cannot prove they have done the time previously.
<b>Fins</b>	Large rubber fin type devices that fit on a swimmers foot. Used in practice not in competition.
<b>Flags</b>	Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
<b>Format</b>	The order of events and type of swim meet being conducted.
<b>Fund Raiser</b>	A money making endeavor by a swim team/club usually involving both parents and swimmers.
<b>Freestyle</b>	One of the 4 competitive racing strokes. Freestyle (nicknamed Free) is the fourth stroke in the Medley Relay and the fourth stroke in the IM. Racing distances are 50 yd/m, 100 yd/m, 200 yd/m, 500 yd/400 m, 1000 yd/800 m, 1650 yd/1500 m. 8 & Under division offer a 25 yard free.

## **G**

<b>Goals</b>	The short and long range targets for swimmers to aim for.
<b>Goggles</b>	Glasses type devices worn by swimmers to keep their eyes from being irritated by the chemicals in the water.
<b>Gun Lap</b>	The part of a freestyle distance race when the swimmer has 2 lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when the swimmer is at the backstroke flags.

## **H**

<b>Handbook</b>	A reference manual published by teams/clubs and LSC's or other swimming organizations.
<b>Heats</b>	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 events are completed.
<b>Heat Awards</b>	A ribbon given to the winner of a single heat at an age group swim meet.
<b>Heat Sheet</b>	A pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy since the coaches submit swimmers times many weeks before the meet. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for. Parents enjoy looking at the seedings prior to the race plus swimmers can tell the order of events that will be conducted and get a rough idea how long the meet sessions will last.
<b>High Points</b>	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.
<b>HOD</b>	House of Delegates is the ruling body of an LSC composed of the designated representative of each club plus the board of directors (BOD) of the LSC. One vote per club and board member.
<b>Horn</b>	A starting device used in place of a gun. Used mainly with a fully automated timing system.

## **I**

<b>Illegal</b>	Doing something against the rules that is cause for disqualification.
<b>IM</b>	The Individual Medley is 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. Equal distances must be swam for each stroke. Distances offered: 100 yd, 200 yd/m and 400 yd/m.
<b>Interval</b>	A specific elapsed time for swimming or rest used during swim practice.

<b>Invitational</b>	Type of meet that requires a club to request an invitation to attend.
	<b>J</b>
<b>Jump</b>	An illegal start done by the second, third or fourth swimmer of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
	<b>K</b>
<b>Kick</b>	The leg movements of a swimmer....a popular word to 'yell' to encourage swimmers during a race.
<b>Kick Board</b>	A flotation device used by swimmers during practice.
	<b>L</b>
<b>Lane</b>	The specific area in which a swimmer is assigned to swim.
<b>Lane Lines</b>	Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane quieting the waves caused by racing swimmers.
<b>Lap</b>	One length of the course.
<b>Lap Counter</b>	The large numbered cards (or the person turning the cards) used during the freestyle event 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.
<b>Late Entries</b>	Meet entries from a club or individual that are received after the deadline. These entries are usually not accepted and are returned to sender.
<b>Leg</b>	The part of a relay event swam by a single member.
<b>Length</b>	The extent of the competitive course from end to end.
<b>Long Course</b>	A 50 meter pool
<b>LSC</b>	Local Swim Committee is the local level administrative division of the corporation (USA) with supervisory responsibilities within certain geographic boundaries designated to the corporation. Our local LSC is LAKE ERIE.
	<b>M</b>
<b>Mark</b>	The command to take your starting position
<b>Marshall</b>	The adult who controls the crowd and swimmer flow at a swim meet.
<b>Meet Director</b>	The official in charge of the administration of the meet. The person directing the "dry side" of the meet.
<b>Meters</b>	The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters and short course meters is 25 meters.
<b>Mile</b>	The mile refers to the 1650 yard or the 1500 meter freestyle both of which are slightly short of a mile.
	<b>N</b>
<b>NAIA</b>	National Association of Intercollegiate Athletics
<b>NAGTS</b>	National Age Group Time Standards is the list of "B" through "AAAA" times published by USA Swimming.
<b>Nationals</b>	USA Swimming Senior and Junior level meets conducted twice a year.
<b>Natatorium</b>	A building constructed for the purpose of housing a swimming pool and related equipment.
<b>NCAA</b>	National Collegiate Athletic Association
<b>NGB</b>	National Governing Body
<b>Non-Conforming</b>	A short course time submitted to qualify for a long course meet.

<b>Time</b>	
<b>Novice</b>	A beginner or someone who does not have experience
<b>NRT</b>	The National Reportable Time is a list published once a year which if a swimmer equals or betters the time on the list, they may submit their time in that event for the consideration for national recognition.
<b>NT</b>	The abbreviation for NO TIME used on a heat sheet to designate that the swimmer has not swam that event before.
<b>Nutrition</b>	The sum of the process by which a swimmer takes in and utilizes food Substances
	<b>O</b>
<b>OHSAA</b>	Ohio High School Athletic Association
<b>Officials</b>	The certified adults who operate the many facets of a swim meet.
<b>Olympic Trials</b>	The USA sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.
<b>OT</b>	Official time. The swimmers event time recorded to one hundredth of a second (.01)
<b>OVC</b>	Official Verification Card is a 3 copy form for certifying a national qualifying time made by a swimmer and issued only by a verification official of the area in which the meet was held.
<b>Open Competition</b>	Competition which any qualified club, organization or individual may enter.
	<b>P</b>
<b>Parka</b>	Large ¾ length fleece lined coat worn by swimmers usually in team colors.
<b>Pace Clock</b>	The large clocks with the highly visible numbers and second hands, positioned at the end or sides of the swimming pool so the swimmers can read their times during warm-up or swim practice.
<b>Paddle</b>	Colored plastic devices worn on the swimmers hands during practice.
<b>Positive Check-In</b>	The procedure required before a swimmer swims an event in a deck seeded meet. Upon check-in, the swimmer must circle their name on the list posted by the meet host.
<b>Practice</b>	The scheduled workouts a swimmer attends with their swim team/club.
<b>Prelims</b>	Session of a Prelims/Final meet in with the qualification heats are conducted.
<b>Prelims-Finals</b>	Type of meet with two sessions. The preliminary heats are usually swum in the morning session. The fastest 6 or 8 (Championship heat) swimmers, the next fastest 6 or 8 swimmers (Consolation heat) return in the evening to compete in the finals. A swimmer who has qualified in the Consolation Final may not place in the Championship Final even if their finals time would place them so. The converse also applies.
<b>Pre-Seeded</b>	A meet conducted without a bull pen in which the swimmer knows what lane and heat they are in by looking at the Meet heat sheet, or posted meet program.
<b>Proof of Time</b>	An official meet result, OVC, or other accepted form. Swimmers/Coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut off time at the meet.
<b>Psyche Sheet</b>	A listing of where a swimmer is seeded within a given event. This list gives swimmers an idea as to how fast they must swim in order to make Finals.
<b>Pull Buoy</b>	A flotation device used for pulling by swimmers in practice.
	<b>Q</b>
<b>Qualifying Times</b>	Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer. See "A", "AA" (etc.) times.
	<b>R</b>
<b>Race</b>	Any single swimming competition.

<b>Ready Room</b>	An area or room situated poolside for swimmers to relax before their Finals event is to be swum.
<b>Referee</b>	The head official at a swim meet in charge of all the "Wet Side" administration and decisions.
<b>Relays</b>	A swimming event in which 4 swimmers participate as a team. There are, basically, two types of relays: 1) Medley relay – one swimmer swims backstroke, one swimmer swims breaststroke, one swimmer butterfly and one freestyle. Medley relays are conducted over 200 yd/m and 400 yd/m distances. 2) Freestyle relay – each swimmer swims freestyle. Freestyle relays are conducted over 200 yd/m, 400 yd/m and 800 yd/m distances.

## S

<b>Sanction</b>	A permit issued by an LSC to a USA Club to conduct an event or meet.
<b>Sanction Fee</b>	The amount paid by a USA Club to an LSC for issuing a Sanction.
<b>Scratch</b>	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, swimmers can be disqualified from the remaining events.
<b>Seed</b>	Assign the swimmers heats and lanes according to their submitted times.
<b>Seeding</b>	Deck seeding – a swimmers heat and lane is decided after all swimmers have "checked in." Some meets will require swimmers to report to the "Clerk of Course." Pre-Seeded – swimmers are assigned heats and lanes according to submitted times, usually a day prior to the meet.
<b>Senior Meet</b>	A USA National Championship meet for swimmers of any age as long as the qualification times are achieved.
<b>Senior Nationals</b>	Nationals are considered the "Championship" meet of the season. There are both Long Course and Short Course meets conducted. This meet is often a selection meet for National teams.
<b>Session</b>	Portion of the meet distinctly separated from other portions by locale, time type of competition, or age group.
<b>Shave</b>	The process of removing all arm, leg and exposed torso hair to decrease the "drag" or resistance of the body moving through the water. Used by Seniors swimmers at championship meets.
<b>Short Course</b>	A 25 yard or 25 meter pool.
<b>Simultaneously</b>	A term used in the rules of butterfly and breaststroke hand touches at the walls. Hands must touch at the same time.
<b>Splash</b>	USA Swimming magazine that is mailed bi-monthly.
<b>Split</b>	A portion of an event, shorter than the total distance that is timed. For instance, a swimmers first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
<b>Start</b>	The beginning of a race.
<b>Starter</b>	The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.
<b>Stand Up</b>	The command given by the Starter or Referee to release the swimmers from their starting position.
<b>Step Down</b>	The command given by the Starter or Referee to have the swimmers move off the blocks. Usually, this command is a good indication that there is a problem prior to the start.
<b>Stroke</b>	There are four (4) competitive strokes: Butterfly, Backstroke, Breaststroke and Freestyle.
<b>Stroke Judge</b>	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.
<b>Submitted Time</b>	Times used to enter swimmers in meets. These times must have been achieved by the

swimmer at a previous meet.

**Swim-off** In a prelim/final type of 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 alternate position, otherwise, the tie stands.

## T

**Taper** The resting phase of a senior level swimmer at the end of the season before the championship meet.

**Timed Finals** A competition in which all heats are swam and final placing is determined by those times.

**Time Standard** A time set by a LSC or USA Swimming that a swimmer must achieve for qualification or recognition.

**Timer** The volunteers sitting behind the starting blocks 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.

**Top 10** A list of times compiled by the LSC or USA Swimming that recognizes the top number of swimmers in each age group (boys and girls) in each event and distance.

**Touch Pad** The removable device (at the end of the pools) that is connected to an automatic timing system. A swimmer must properly touch the pad to register an official time in a race. If the pad is not activated by the swimmers touch, a back-up time is then used.

**Transfer** The act of leaving one club or LSC and going to another. There is 120 days of unattached competition that is required before the swimmer can represent another USA club.

## Y

**Yards** The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.

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

## Z

**Zones** The country is divided into four (4) major areas: Eastern, Central, Southern and Western. At the end of the long course season (in August) the Zone administration sponsors a championship age group meet.

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