

Some Important Terms

USA-S: (United States of America Swimming) – based in Colorado Springs, is the national governing body of swimming. Each of SwimTulsa's swimmers is required to join. See www.usaswimming.org for more information. This web site has a wealth of information including your swimmers times and IMX score.

LSC: (Local Swimming Committee) – in an administrative division of USA-S, with supervisory responsibilities within certain geographic boundaries designated by USA-S. SwimTulsa's LSC is Oklahoma Swimming, Inc. (OKS)

Age Group: Swimmers compete in their appropriate age group (8 & under, 10 & under, 11-12, 13-14, 15-16, and 17-18 [17-19 in Oklahoma]). Any age group swimmer may swim a "senior or open event" if his/her time meets the senior entry qualification for that event and the coaches approval. The age of the swimmer on the first day of a meet determines the age group for that meet.

A B B B C Level Swimmers: These times designate levels of swimming in each age group. They are revised every 4 years and are based on national averages. The level of progression from slowest to fastest is C, B, BB, A, AA, AAA, AAAA, and Top 16. Most swimmers begin at level C. A swimmer's level is determined by comparing his or her lifetime best time for an event with the time standards in effect for that event in his or her current age group. Time Standards can be found on the ST web site on the drop down menu under Events/Location tab. Certificates for first time B, A, and AAA times in each age group and pool length are awarded to a swimmer. These will be distributed to the swimmers folder after each meet.

No Time: When entering meets for the first time you will not know how fast a swimmer can swim in the event. A "NT" (No Time) is entered for the swimmers time. Once the swimmer has achieved an official time for that event it will be entered as their best time for the next meet.

Prelims, Final, and Timed Finals: Some meets have preliminary heats (prelims) of each event swum in the morning, and invite the fastest swimmers in the prelims back to swim in the finals of each event to determine the winners. Other meets are timed finals meets in which an event is only swum once.

Split Session Meets: Some swim meets will have all events of one set of age groups (usually 8 & under, 10 & under, and 11-12) swim together at one session each day and all events of another set of age groups (usually 13-14, 15-16, and 17-18 or senior/open) swim together at another session each day, beginning after the end of the first groups sessions.

Division II: Oklahoma Division II Championship meet is held at the end of each season before the OAG meet for swimmers not yet attaining the OAG qualifying times.

OAG'S: Oklahoma Age Group Championship meet held at the end of each season for swimmers attaining the qualifying times.

Zones: Central (includes Oklahoma), Eastern, Southern, and Western Zone meets are held at the end of every summer. AAA qualifying times are required.

Region VIII Central Sectionals: Clubs from the Central Zone compete for this regional title. Swimmers of any age who meet the qualifying standards may enter.

Junior Nationals: United States Junior National Championship is held at the end of each season for swimmers 19 and under who have attained a qualifying time in an event.

Nationals: United States Senior National Championship meet is held at the end of each season. Any swimmer who has attained the qualifying time in an event may compete in that event.

Olympic Trials: Held every 4 years before the Olympics for any swimmer that has qualifying times in an event.

LSC Open Record: Fastest swim by a swimmer in a meet held in OKS

LSC Record: Fastest swim by an OKS registered athlete

Top 16 Times: For each age group the sixteen fastest swimmers in the nation in each event, each season, have Top 16 times.

Reportable Top 16 Times: Times that meet Top 16 standards can be submitted to USA-S as candidates for the Top 16 ranking.

IMX: The IMX Challenge, with its two components, IM Ready and IM Xtreme, is a motivational program where swimmers are scored on their performances in a combination of five or six events. The purpose of the program is to promote versatility in age group swimming while advocating greater participation and development across a range of events that are integral to long term success in swimming. By encouraging swimmers to swim a variety of events, we hope to avoid any tendency to specialize in a narrow selection of events at a young age. For more information go to www.usaswimming.org > Times & Teams >IMX and Power Point in the menu.

USA-S Number: Each athlete registered with USA-S is issued a unique ID number that will rarely, if ever, change. This number is prefaced with the swimmer's date of birth in numerical form, then the first 3 letters of the legal first name, the first letter of the middle name, and the first four letters of the last name. If the first or last names do not have enough letters (or they don't have a middle name), an asterisk(*) will be used to fill in the blanks. This unique number is used at every meet to track the swimmer's times. Times can be viewed on the ST web site and the USA-S web site. Providing a copy of the swimmers birth certificate or other legal id upon registering insures that the number will be correct and the swimmers times attributed to the right person.

Short Course/Long Course: Short course season is from September to March and is in a 25 yard or 25 meter pool. Long course season is from April to August and is in a 50 meter pool.

Open Water: A meet held in an open body of water such as a lake or ocean. Buoys mark out a course that the swimmers follow for a set distance.