

## SWIM TEAM JARGON

STREAMLINE:	The most important thing in the sport of swimming! Head in line, with straight arms overhead and hands palm over palm with thumbs locked, core strong and body straight.
SCRATCH:	When a swimmer who is signed "in" to a meet is removed from some/all events. (i.e. "My son needs to scratch this meet. He has the flu." or "I need to scratch the 50 Fly...my shoulder is sore.")
MARKING EVENTS:	When a swimmer writes his or her event/heat/lane information on his/her arm with a permanent "Sharpie" marker. (#25/1/4 = Event25, Heat 1, Lane 4)
I.M.:	Individual Medley; an individual event of the four strokes swum in Fly, Back, Breast, Free order.
MEDLEY RELAY:	A four-person relay swum in Back, Breast, Fly, Free order.
ANCHOR:	The fourth swimmer in a relay.
HEAT:	A single race of swimmers in a competition pool. An 'Event' usually consists of several heats of swimmers. (i.e. "My son is in the 2 <sup>nd</sup> heat of the 25 Free.")
LANE:	A single lane of the swimming pool in which a swimmer competes in a race.
SHORT vs. LONG FREE:	All swimmers ages 7 and up swim two different freestyle events. One is the shorter distance (short free) and the other is the longer distance (long free). Long free is double the distance of the short free.
SEED TIME:	A swimmer's best time in a particular event. A seed time determines which heat a swimmer will compete in. (Seed also meaning a rank in a particular event. I.e. "My friend is the top seed in the IM!")
PERSONAL BEST:	When a swimmer achieves a faster time than their previous best. Also called a PB or PR (Personal Record).
TIME TRIALS:	A required meet swum at the beginning of the season by our team only to establish a set of seed times for upcoming dual meets.
CHAMPS:	Champs is short for "Championships"; a required meet for all swimmers at the end of the season.
MEET OF CHAMPS:	Also called MOC; a meet which takes place 1-2 weeks after Champs for swimmers with fast qualifying times only.
PRELIMS/FINALS:	Prelims means "Preliminary events" at Champs. All swimmers swim 3 events each morning (Sat: Short free, I.M, Back. Sun: Long free, Breast, Fly). The top 10 finishers in each "Prelim" advance to re-swim the same events in afternoon "Finals."