

Swim Team Lingo

Back - aka Backstroke (BA)

Breast - aka Breaststroke (BR)

Fly - aka Butterfly (FLY)

Free - aka Freestyle (FR)

IM - Individual Medley, an event where swimmers do every stroke. The order is Fly, Back, Breast, Free

Medley Relay - An event where each swimmer does a stroke. The order is Back, Breast, Fly, Free (alphabetical!)

DQ - Disqualification (stroke and turn official will put their hand in the air)

B-Champs - League Championship (all the team's we've raced this summer compete in one big meet)

BDQ time - Midlakes sets certain times as BDQ times, which means swimmers disqualify from swimming that event at B meets (giving everyone the chance to win)

Prelims - Swimmers with BDQ times can compete in prelims. If you place in the top 16 in prelims, you can compete in A champs

A-Champs - This is a competitive meet between every team in Midlakes

Basic Rules

Starting: The starter will do a long whistle, which tells the other swimmers to exit the pool. Then on the second whistle, you get on the blocks. They'll then say "Take your marks" and you'll get ready. When the buzzer goes, you can dive in

Freestyle: Don't touch the bottom or pull the lane lines, other than that, you're good to go!

Backstroke: Stay on your back the whole time (especially when finishing the race)

Breaststroke: No sneaky flutter kicks, legs must move in sync, one pull per kick, breathe every pull, two hand touches on the walls

Butterfly: No sneaky flutter kicks, legs must stay together, arms move in sync, two hand touches on the walls

Relays: The previous swimmer must touch before you leave the wall/blocks. Remember if it is a medley relay to touch with two hands when swimming Butterfly or Breaststroke!

