

Swim Terminology Glossary

Meet Sheets – The meet’s program of events. Shows who is swimming in each race and each swimmer’s Event/Heat/Lane assignments. Meet sheets are emailed out the night before Saturday meets and a few hours before Wednesday night meets.

Event – You might think of this as a race. They are numbered and go in chronological order; for example, Event 24 is always Boys 6 & Under 25 Yard Freestyle.

Heat - Because pools have a limited number of lanes, all the kids in an event cannot swim at the same time, so they are divided up into ‘heats.’ Heats are also numbered.

Lane – The specific area in which a swimmer is assigned to swim (Lane 1, Lane 2, etc.)

Swim Assignment Example - Event # 24, Heat 2, Lane 5

Down Year/Up Year – For age groups that include 2 ages (i.e. 7/8), when you’re in the younger year (7), you’re in your ‘Down Year.’ When you’re in the older year (8), you’re in your ‘Up Year.’

Pop Times - A swimmer is said to have ‘popped’ their time when they swim a race faster than they have ever swum that race. For example, if Gina’s current best time in the 25-Yard Freestyle is 22.44 seconds, and Gina swims the 25-Yard Freestyle in 21.34 seconds, she is said to have “popped” her time.

Disqualifications (DQ) - It is the job of trained Stroke and Turn judges to watch for swimmers not performing a stroke correctly. When a swimmer exceeds the allowable threshold for incorrect stroke performance (the threshold varies by age and heat), the judge may issue a disqualification. Coaches may talk with an individual swimmer about their DQ or they may talk to the larger

group if there were a large number of DQs for a single reason (for example, failure to touch with 2 hands on Butterfly by the 6&Unders).

Time Trials – The first meet of the season. HOX swimmers only. A great chance to get the lay of the land. Each swimmer swims every stroke to establish their base time. No relays are swum.

Dual Meet – When HOX swims against 1 other team

Invitationals - Springbrook, Woodlands, Crossings, Summer Splash B Meet, and LMYA are meets in which swimmers are selected by coaches based on times. Some invitational meets are for A (fastest) swimmers and others are for B swimmers.

VSA – Valley Swim Association ('League') - Consists of 8 teams.

VSA League Championship - This is a 2 day meet where all teams in the VSA swim. To be eligible to swim in the meet, you must swim at least 3 VSA/League Dual-Meets during the season.

LMYA Invitational ('County') - The Lafayette Moraga Youth Association (LMYA) swim team hosts a meet at the end of the recreational swim season. To swim in the meet, a swimmer must meet or exceed an established time in an event. This is usually a very challenging goal to attain.