

SWIMMING TERMS

Age Groups	all registered swimmers grouped by ages: 8 & under, 10 & under, 9-10, 11-12, 13-14, 15-18.
Anchorman	the competitor who swims the last or anchor leg of a relay.
Backstroke	one of the four primary competitive swimming styles. It is performed with the swimmer on his back and the race starts with the swimmer in the water.
Breaststroke	one of the four primary competitive styles. It is performed on the breast. The legs are kicked in unison and the arms must stroke simultaneously and symmetrically.
Bi-lateral breathing	a breathing pattern turning head to both sides, usually every 3 strokes.
Butterfly	one of the four primary competitive strokes, an outgrowth of the breaststroke, swum in the Olympics for the first time in 1956. The butterfly is performed with the swimmer face down. The legs must be kicked in unison and the arms must stroke simultaneously and symmetrically.
Deck Seed	swimmers are called to report to the clerk of course for their event on the day of the meet. After scratches are determined they are then seeded in the proper heats.
D.Q. (Disqualified)	the swimmer's (or swimmers') times are not considered in the competition due to improper stroke techniques, false starting, feet touching the bottom of the pool, etc.
Dolphin Kick	the kick used in the butterfly stroke. The feet move up and down together.
False Start	an error in which the swimmer leaves the starting block too soon. If this is done once by the same swimmer in an individual event, it constitutes a D.Q. If done in a relay, e.g.,--the swimmer on the block jumps in before his teammate has touched the wall--the relay team will be disqualified.
Flip Turn	a commonly used tumbling turn in which the swimmer bends and twists his body with a corkscrew movement and pushes off the wall with his feet.
Flutterkick	the kick used in the freestyle (crawl).
Freestyle	usually the fastest competitive stroke; a style of facedown swimming in which the arms pull independently of each other and the legs kick individually.
Heat Sheet	a printed order of swimming events and competitors.

Heats	a division of an event in which there are too many swimmers to compete at one time.												
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High Point	the award given in age group swimming to the boy and girl in each age group who earns the highest number of points.												
Individual Medley	one swimmer does all the strokes: butterfly, backstroke, breaststroke and freestyle.												
Lap	two lengths of the pool.												
Leg	one of the four equal portions of a relay race, each swum by a different competitor.												
Length	extent of the course from end to end.												
Long Course	50 meters.												
LSC	Local Swimming Committee - an administrative division of USS with supervisory responsibilities within certain geographical boundaries designated by USS.												
Medley Relay	a race in which all four basic competitive strokes are used, each for one fourth of the total distance.												
Meet	a series of events held in one program and in the following categories: <table> <tr> <td>Open</td> <td>competition which any qualified club, organization, or individual may enter.</td> </tr> <tr> <td>Age Group</td> <td>for any or all age groups.</td> </tr> <tr> <td>Junior</td> <td>18 and under.</td> </tr> <tr> <td>Masters</td> <td>for master swimmers (age 19 and over).</td> </tr> <tr> <td>Invitational</td> <td>for those swimmers and clubs invited by the meet director.</td> </tr> <tr> <td>Dual</td> <td>between two clubs</td> </tr> </table>	Open	competition which any qualified club, organization, or individual may enter.	Age Group	for any or all age groups.	Junior	18 and under.	Masters	for master swimmers (age 19 and over).	Invitational	for those swimmers and clubs invited by the meet director.	Dual	between two clubs
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Meter	a unit of measure equal to 39.37 inches. Some pools are measured in meters and some in yards.
Prelim & Final	some meets run preliminary heats with the fastest swimmers making it into the finals. Usually found in championship meets.
Pre-Seeded	swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of competition.
Record Attempt	swimming against time in a record attempt, unpaced by other swimmers. LSC Records must be achieved by LSC member swimmers in USA Swimming sanctioned competition. This competition can be at any level.
Relay	made up of four boys or four girls of the same age group.
Seed	distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.
Scratch	(from an event) withdraw an entry from competition.
Short Course	25 yards or 25 meters.
Split Time	time recorded from official start to completion of an initial distance within a longer event.
Sprint	a short distance race.
Taper	to steadily reduce training in order to rest a swimmer for competition.
Time Standard	the time standard for any event in a meet is the cut-off time for that event.
Time Trial	an event or series of events where swimmers may achieve or better a required time standard.
Timed Finals	a meet in which all heats run one after the other--fastest times placing.
USA Swimming	United States Swimming, an organization that conducts swimming programs and supervises amateur competitions in the U.S.
Unattached	an athlete member who competes but does not represent a club member of USA Swimming.
Whip Kick	the kick used in breaststroke, simulating a frog's movement in the water. The swimmer's feet are drawn up behind him as his knees glide to the side. Then he straightens his legs with a forceful snap.