

## **WAVE Swimming Glossary**

**AGE GROUP SWIMMING** - the program through which USA and YMCA Swimming provides fair and open competition for its younger members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent.

**ANCHOR** - The final swimmer in a relay.

**ATTACHED** - A registered swimmer who is attached to a registered USA Swimming swim team.

**BACKSTROKE FLAGS** - Pennants that are suspended over the width of each end of the pool approximately five yards/meters from the wall that notify backstroke swimmers that they are approaching the end of the pool.

**BUTTON** - The manual Timing System stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. It is the timers responsibility to push the button as the swimmer finishes the race.

**CHAMPIONSHIP MEET** - The meet held at the end of a season. Qualification times are usually necessary to enter meet.

**CHECK-IN** - The procedure required before a swimmer swims an event in a deck-seeded meet. Sometimes referred to as positive check in, the coach will mark each swimmer's name on a list posted by the meet host. Once a swimmer is checked in they must swim the event or they will be scratched from his/her next event.

**CIRCLE SEED** - In a Prelims and Finals meet, the fastest three heats of each event in Prelims is specially seeded: the fastest swimmer is in the fastest heat, the second fastest swimmer is in the next heat, the third fastest swimmer is in the next heat, the fourth fastest swimmer is in the fastest heat and so on until the three heats are filled up, as opposed to the normal slowest to fastest seeding in the rest to the heats (used in a Timed Finals format).

**CIRCLE SWIMMING** - When swimming in a lane with several swimmers – staying to the right of the black line.

**CLERK OF COURSE** - The USA Swimming-certified official is responsible for deck seeding and organizing swimmers into heats (usually, a parent-volunteer). Also, where scratches and relay cards are turned in and on-going meet information is available for the coaches.

**CODE OF CONDUCT** - an agreement between swimmer and club, stating that the swimmer will abide by certain behavioral guidelines.

**CUT (STANDARD)** – slang for Qualifying standard; a time set for entry into a meet or event.

**DECK SEEDING** - The process of organizing swimmers into events, heats, and lanes (by the Clerk of Course) at the meet as it progresses (as opposed to pre-seeding prior to the meet).

**DEHYDRATION** - The abnormal depletion of body fluids (water).

**DISQUALIFICATION "DQ"** - the loss of points and an official time due to an infraction of the rules that govern the meet.

**DIVE OVER STARTS** - Start procedures at a meet in which swimmers of the previous heat remain in the water, close to the wall, during the start of the next heat. Usually used in senior sessions/meets to save time and/or allow swimmers to rest before exiting the pool.

**ENTRY FEE** - a set fee paid to swim each event at a meet.

**FALSE START** - occurs when a swimmer is moving at the start of a race, prior to the starting signal. In USA Swimming, one false start will result in disqualification.

**15-METER MARK** - Marks on the sides of the pool and on the lane lines 15 meters from the ends of the pool. In Free, Back, and Fly events the swimmer must surface at or before these marks.

**FINA** - Federation Internationale de National de Amateur, the international governing body of competitive swimming, diving, water polo and synchronized swimming.

**FREESTYLE RELAY** - In the freestyle relays, four swimmers each swim one fourth of the total distance. As in the medley relay, no individual may swim more than one leg of the relay.

**HEAT** - a division of any event in which there are too many swimmers to swim at the same time (set up by the submitted times and number of lanes in the pool being used).

**HEAT SHEETS** - a printed program of events and "who swims when" sold at most meets, a MUST for parents.

**IM** – slang for Individual Medley; an event in which the swimmer uses all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

**LANE LINES** – Continuous floating dividers stretched from the start end of the pool to the turn end, used to delineate the individual lanes.

**LAP COUNTER** – a set of plastic display numbers used to keep track of laps during a distance race by the person who counts for the swimmer, stationed at the opposite end of the start.

**LAXY** – The La Crosse Wave abbreviation used in heat sheets.

**LENGTH/LAP** – Technically, a length is once across the pool; a lap is across and back. However, most coaches use the terms interchangeably to mean simply once across the pool. Thus, 4 lengths in a 25 yard pool would be swimming across the pool 4 times, totaling 100 yards.

**LONG COURSE** – a pool 50 meters in length. USA and YMCA Swimming conducts most of its summer competition in long course. This is the size pool that the Olympics are competed in.

**LSC** – Local Swim Committee, the governing body that govern swimming at the local level. There are 59 LSC's in the country. Our LSC is North Carolina Swimming, Inc.

**MARSHAL** – The officials (usually, parent volunteers) who control the crowd and swimmer flow at a swim meet. They are primarily responsible for safety in the venue.

**MASTERS SWIMMING** – A program for swimmers aged 19 and older who wish to continue swimming, but not necessarily at the senior level. Age groups are in five-year increments.

**MEDLEY RELAY** – In the medley relay, all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in backstroke, breaststroke, butterfly and freestyle order.

**NT** – No Time – Abbreviation used on a heat sheet to designate that the swimmer has not swum that event before and does not have an official time of record.

**OFFICIAL** – a judge on the deck of a pool at sanctioned and approved competitions that enforce USA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

**OPEN WATER SWIMS** – conducted in a natural body of water, such as a lake, river or ocean.

**PERSONAL BEST** – The best time a swimmer has achieved so far in a given event.

**PRELIMINARIES (PRELIMS)** - also called trials. Races in which swimmers qualify for the finals to typically be swum later in the day.

**PROOF OF TIME** - A requirement some meets have to make certain that swimmers have legally met the time standards for that meet. Monetary fines are typically assessed for any failed swim at meets if the entry time can't be proven.

**PSYCH SHEET** - A printed order of events by session with swimmers listed in order, usually fastest to slowest according to their entry times. It does not show heats.

**QUALIFYING TIMES** - Published times that must be achieved during a given period in order to enter certain meets.

**REFEREE** - the head official at a meet that makes all final decisions based upon USA Swimming rules.

**SANCTION** - A competition or time trial must be sanctioned (approved) by USA Swimming (through the Local Swim Committee) for the times swum to count and to be used in other sanctioned meets.

**SCRATCH** - to withdraw from an event (with the forfeit of the entry fee), only to be done by the Coaching Staff.

**SEEDING TIMES** - The time a swimmer uses to enter a meet. This time determines one's heat and lane in the particular event.

**SESSION** - Portion of meet distinctly separated from other portions by time (usually a morning or afternoon set of events for different age groups).

**SHORT COURSE (SC)** - a pool 25 yards/meters in length. USA Swimming conducts most of its winter competition in short course.

**SPLASH MAGAZINE** - The USA Swimming magazine that is mailed bi-monthly. (A benefit of being a member of USA Swimming.)

**SPLIT** - a time taken at an intermediate distance, e.g., a 50 yard time for a 100 yard race

**STARTER** - a Certified Official responsible for starting each event, and being sure that each start is fair for all participants.

**STOPWATCHES** - watches used to time the swimmers during a competition. When automatic timing equipment is used, watches serve as a back-up method.

**STREAMLINE** - the position used to gain maximum distance during a start and/or push-off from the wall in which the swimmer's body is as straight and tight as can be.

**STROKE AND TURN JUDGE** - a Certified Official that walks the deck or stands at the end of the pool during a meet to certify the legality of individual strokes and turns.

**STROKE DRILL** - an exercise involving a portion or part of a stroke, used to improve technique.

**SWIM-OFF** - In Prelims and Finals (championship) format, a second race after the scheduled event to break a tie between swimmers, in order to determine which swimmer makes it into which finals heat or the order of the alternates.

**TIME STANDARDS** – Certain qualifying times, which have been set up annually by USA Swimming or YMCA Swimming for all events in all levels of meets to ensure that all competitions are reasonably of the same ability in their respective meets.

**TOUCH PAD** – a large sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

**UNATTACHED** – is a registered swimmer who is not attached to a registered USA swim team. If a swimmer changes teams, that swimmer must swim unattached for 120 days from the last day of meet competition representing the former team.

**WARM-DOWN** – low-intensity swimming used by a swimmer after a practice, set or race to rid the body of excess lactic acid, and to gradually reduce the heart rate and respiration.

**WARM-UP** – low-intensity swimming used by a swimmer prior to a practice, set or race to get muscles loose and warm and gradually increase heart rate and respiration.