

GLOSSARY

A glossary of those strange words we use in the sport of swimming. Parents! You may or may not find these words in the English Dictionary, and if you do, their definitions will probably be radically different than the ones listed in this Glossary.

- **“A”** - Time classification for a swimmer. National Age Group Time Standard “A”. “A” time is .01 seconds faster than the “BB” time standard and .01 slower than the “AA” time standard. See the NAG time standards located in the Appendix.
- **“AA”** - Time classification for a swimmer. .01 faster than “A” time standard.
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- **“AAAA”** - Time classification for a swimmer. .01 faster than the “AAA” time standard. This is the fastest time standard listed on the NAG time standard chart. Times faster than this are approaching National cuts or Top Times consideration.
- **A-Meet** - Swim meet which requires swimmers to have previously achieved an “A” time standard in the events they wish to enter.
- **A-B Meet** - Swim meet that offers separate competition for both “A” swimmers and “B” swimmers. Swimmers compete in separate brackets against other swimmers of their own ability.
- **Admission** - Certain swim meets charge for spectators to view the meets. These are usually the larger more prestigious meets. Sometimes the meet program (heat sheet) is included in the price of admission.
- **Age Group** - Division of swimmers according to age. The National Age Group divisions are: 10 and Under, 11 – 12, 13 – 14, 15 – 16, 17 – 18. Some LSC’s have divided the swimmers into more convenient divisions specific to their situations: i.e. 8 and Under, 13 – Over, 15 – Over, Senior.
- **Aggregate Time** - Times achieved by 4 swimmers in individual events which are added together to arrive at a provable relay entry time.
- **Alternate** - In a Prelims/Finals meet, after the finalist are decided, the next two fastest swimmers other than the finalist are designated as alternates. The faster of the 2 being the first alternate and the next being the second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moments notice.
- **Anchor** - The final swimmer in a relay.
- **Approved Meet** - Swim meets conducted by organizations (other than USS member clubs or LSC’s) that have applied to USS or the local LSC for approval. If approval is granted, swimmers may use times achieved as USS qualifying times. A USS official must be present at all sessions of the meet. Approval does not mean Sanction.

- **ASCA** - The American Swimming Coaches Association. The professional organization for swim coaches throughout the nation. Certifying coaches and offering many services for coaches education and career development.
- **“B”** - Time classification for a swimmer. National Age Group Time Standard “B”. “B” time is .01 seconds faster than the “C” time standard and .01 slower than the “BB” time standard.
- **“BB”** - Time classification for a swimmer. National Age Group Time Standard “BB”. “BB” time is .01 seconds faster than the “B” time standard and .01 slower than the “A” time standard.
- **B-Meet** - Swim meet which requires swimmers to have previously achieved a “B” time standard in the events they wish to enter. Some meets have no bottom cut time allowing “C” swimmers also to compete.
- **Backstroke** - One of the 4 competitive racing strokes, basically any style of swimming on your back. Backstroke is swam as the first stroke in the Medley Relay and the second stroke in the Individual Medley (IM). Racing distances are 25 yds/m, 50 yds/m, 100 yds/m, 200 yds/m.
- **Beep** - The starting sound from an electronic, computerized timing system.
- **Blocks** - The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable.
- **Bonus Heat** - The heat held during the finals session of a Prelim/Finals meet, that is slower than the swimmers participating in the Big Finals. The bonus heat may refer to the Consolation final or an extra heat in addition to Consolation finals.
- **Breaststroke** - One of the 4 competitive racing strokes. Breaststroke is swam as the second stroke in the Medley Relay and the third stroke in the Individual Medley (IM). Racing distances include 25 yds/m, 50 yds/m, 100 yds/m, 200 yds,m.
- **Bull Pen** - The staging area where swimmers wait to receive their lane and heat assignments for a swimming event at meets that are not pre-seeded. The area usually is away from the pool and has rows of chairs for the swimmers to sit. The clerk of course is in charge of the Bull Pen.
- **Butterfly** - One of the 4 competitive racing strokes (nicknamed FLY). Butterfly is swam as the third stroke of the Medley Relay and the first stroke of the individual medley (IM). Racing distances include 25 yds/m, 50 yds/m, 100 yds/m, 200 yds/m.
- **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.
- **Camp** - A swimming function offered by USS, your LSC, or a USS or College coach. There are many types of camps for just about every level of swimmer. When Waukesha Express Swim Team Glossary selecting a camp, ask for your coaches advice as to what will be the best for the swimmer.
- **Cap** - The latex or lycra covering worn on the head of swimmers. The colors and team logo’s adorning these caps are limitless.
- **Carbohydrates** - The main source of food energy used by athletes. Refer to a nutritional manual for more information.

- **Championship Meet** - The meet held at the end of the season. Qualification times are usually Meet necessary to enter the meet.
- **Championship Finals** - The top 6 or 8 swimmers (depending on the # of lanes in the pool) in a Prelims/ Finals Finals meet who, after the Prelims swim, qualify to return to the Finals. The fastest heat of finals when multiple heats are held. Big Finals.
- **Check-in** - The procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as positive check-in, the swimmer must mark their name on a list posted by the meet host. Usually done only for distances of 400 yds/m or longer.
- **Chlorine** - The chemical used by most pools to kill the bacteria in the water and keep it clear and safe to swim in.
- **Circle Seeding** - A method of seeding swimmers when they are participating in a prelims/ finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being seeded in the inside lanes. See section entitled swim meets in this handbook for greater explanation.
- **Clinic** - A scheduled meeting for the purpose of instruction (coaches or officials clinics). Club A registered swim team that is a dues paying member of USS and the local LSC.
- **Code of Ethics** - A code of conduct that both swimmers and coaches are required to sign at certain USS/LSC sponsored events. The Code involves common sense rules on behavior and proper conduct.
- **Consolation Finals** - After the fastest 6 or 8 swimmers, the next 6 or 8 swimmers (depending on the Finals number of lanes in the pool) in a prelims/finals meet who, after the Prelims swim, qualify to return to the Finals. Consolation finals are the second fastest heat of finals when multiple heats are held and are conducted before the Championship heat.
- **Convention** - United States Aquatic Sports annual, week long, meeting where all rules changes are decided and working committees are established. Representatives are sent by each LSC to make up the voting body.
- **Course** - Designated distance (length of the pool) for swimming competition. For example, Long course = 50 meters, Short course = 25 yards or meters.
- **Deadline** - The date that meet entries must be “postmarked” by, to be accepted by the meet host. Making the meet deadline does not guarantee acceptance into a meet since many meets are “full” weeks before the entry deadline.
- **Deck** - The area around the swimming pool reserved for swimmers, officials, and coaches. No one but an “authorized” USS member may be on the deck during a swim competition or practice.
- **Deck Entries** - Accepting entries into swimming events on the day of the meet. Usually only allowed if there is an empty lane in a heat.
- **Deck Seeding** - Swimmers report to a bull pen or staging area and receive their lane and heat assignments for the events.
- **Dehydration** - The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings.

- **Distance** - How far a swimmer swims. Distances for short course are: 25 yds (1 length), 50 yds (2 lengths), 100 yds (4 lengths), 200 yds (8 lengths), 400 yds (16 lengths), 500 yds (20 lengths), 1000 yds (40 lengths), 1650 yds (66 lengths). Distances for long course are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), 1500 meters (30 lengths).
- **Disqualified** - A swimmer's performance is not counted because of a rules infraction. A disqualification is shown by an official raising one arm above their head. Better known as a "DQ".
- **Dive** - Entering the water head first. Diving is not allowed during warm-ups except at the designated time, in specific lanes that are monitored by the officials or coaches.
- **Dual Meet** - Type of meet where two (2) teams/clubs compete against one another.
- **Dropped Time** - When a swimmer goes faster than the previous best performance they have "dropped their time".
- **Dryland** - The exercises and various strength programs swimmers do out of the water.
- **Entry** - An individual, relay team, or team roster's event list into a swim competition.
- **Entry Chairperson** - The host team's designated person who is responsible for receiving, and making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering team to correct any errors.
- **Entry Fees** - The amount per event a swimmer or relay is charged. This varies depending on the LSC and type of meet.
- **Entry Limit** - Each meet will usually have a limit of total swimmers they can accept, or a time limit they can not exceed. Once an entry limit has been reached, a meet will be closed and all other entries returned.
- **Electronic Timing** - Timing system usually has touchpads in the water, hook up cables, buttons for Timing backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers time. Some popular timing systems are Colorado, Daktronics, and Omega.
- **Eligible to Compete** - The status of a member swimmer that means they are registered and have met all Compete the requirements.
- **Equipment** - The items necessary to operate a swim practice or conduct a swim competition.
- **Event** - A race or stroke over a given distance. An event equals 1 preliminary with its finals, or 1 timed final.
- **False Start** - When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.
- **False Start Rope** - A recall rope across the width of the racing pool for the purpose of stopping Rope swimmers who were not aware of a false start. The rope is about ½ way on a yard pool and about 50 feet from the starting end on 50 meter pools.

- **Fastest to Slowest** - A seeding method used on the longer events held at the end of a session. The Slowest fastest seeded swimmers participate in the first heats followed by the next fastest and so on. Many times these events will alternate one girls heat and one boys heat until all swimmers have competed.
- **FINA** - The International, rules making organization, for the sport of swimming.
- **Finals** - The final race of each event. See “Championship Finals”, “Consolation Finals”, Timed finals”, etc.
- **Final Results** - The printed copy of the results of each race of a swim meet.
- **Fine** - The monetary penalty assessed a swimmer or team when a swimmer does not achieve the necessary time required to swim in an event, and cannot prove they have done the time previously.
- **Fins** - Large rubber fin type devices that fit on a swimmers feet. Used in swim practice, not competition. Some types include regular fins, monofins, and zoomers.
- **Flags** - Pennants that are suspended over the width of each end of the pool approximately 15 feet from the wall.
- **Format** - The order of events and type of swim meet being conducted.
- **Fund Raiser** - Money making endeavor by a swim team usually involving both parents, swimmers and coaches.
- **Freestyle** - One of the 4 competitive racing strokes. Freestyle (nicknamed FREE) is swam as the fourth stroke in the Medley Relay and individual medley. Racing distances include 25 yds/m, 50 yds/m, 100 yds/m, 200 yds/m, 400 yds/m, 500 yds, 800 m, 1000 yds, 1500 m, 1650 yds.
- **Goals** - The short and long term targets for swimmers to aim for.
- **Goggles** - Glasses type devices worn by swimmers to keep their eyes from being irritated by the chlorine in the water.
- **Gun** - The blank firing pistol used by the starter to start races (a bell is used as well).
- **Gun Lap** - The part of a freestyle distance race of 500 yds or longer. When a swimmer has two lengths plus 5 yards to go, the starter fires a gun shot over the lane of the lead swimmer. This is done to signify that the end of the race is near.
- **Heats** - A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swam, after all heats of an event are completed.
- **Heat Awards** - A ribbon or coupon given to the winner of a single heat at an age group swim meet.
- **Heat Sheet** - The pre-meet printed listings of swimmers seed times in the various events at a swim meet. These sheets vary in accuracy since coaches submit times weeks in advance of the competition. Heat sheets are sold at the admissions table and are used mainly to make sure the swimmer has been properly entered in all the events they signed up for, as well as in what heat and lane the swimmer will compete in.

- **High Point** - An award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards.
- **Horn** - A sounding device used in place of a gun. Used mainly with a full automatic timing system.
- **Illegal** - Doing something against the rules that is cause for disqualification.
- **IM** - Also known as the Individual Medley. A swimming event using all 4 of the competitive strokes on consecutive lengths of a race. The order must be: butterfly, backstroke, breaststroke, and freestyle. Equal distances must be swam of each stroke. Distances offered include 100 yds/m, 200 yds/m, 400 yds/m.
- **Insurance** - USS offers “accident insurance coverage” which is automatic when swimmer, coach, official, pays their USS membership fee. Many restrictions apply, so check with your team for detailed information.
- **Interval** - A specific elapsed time for swimming or rest used during swim practice.
- **Invitational** - Type of meet that requires a club or team to request an invitation to attend the meet.
- **Jump** - An illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall.
- **Junior Championships** - A USS National Championship meet for swimmers 19 years old or less. Championships Qualification times are necessary. National meets are conducted both short course (April) and long course (August).
- **Kick** - The leg movements of a swimmer. A popular word to “yell” to encourage swimmers during a race.
- **Kick Board** - A flotation device used by swimmers during practice. A lightweight object used with great accuracy by swim coaches.
- **Lane** - The specific area in which a swimmer is assigned to swim, i.e. lane 1 or lane 2. Pools with starting blocks at only one end: As the swimmers stand behind the blocks, lanes are numbered from right (lane 1) to left (lane 6 or 8).
- **Lane Lines** - Continuous floating markers attached to a cable stretched from the starting end to the turning end for the purpose of separating each lane and quieting the waves caused by racing swimmers.
- **Lap** - One length of the course. Sometimes may also mean down and back (2 lengths) of the course.
- **Lap Counter** - The large numbered cards (or the person turning the cards) used during the freestyle events of 500 yards and longer. Counting is done from the end opposite the starting end. The numbers on the cards are “odd numbers” only with the final lap being designated by a bright orange card.
- **Late Entries** - Meet entries from a club or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.
- **Leg** - The part of a relay event swam by a single team member. A single stroke in the IM.

- **Length** - The extent of the competitive course from end to end. See lap.
- **Long Course** - A 50 meter pool.
- **LSC** - Stands for Local Swimming Committee. The local level administrative division of the corporation (USS) with supervisory responsibilities within certain geographic boundaries designated by the Corporation.
- **Lycra** - A stretch material used to make competitive swim suits.
- **Malfunction** - A mechanical or electronic failure – not a human failure by the swimmer.
- **Marshall** - The adult(s) (official) who control the crowd and swimmer flow at a swim meet.
- **Medals** - Awards given to the swimmers at meets. They vary in size and design and method of presentation. Not all meet will award medals.
- **Meet** - A series of events held in one program.
- **Meet Director** - The official in charge of the administration of the meet. The person directing the “dry side” of the meet.
- **Meters** - The measurement of the length of a swimming pool that was built per specs using the metric system. Long course meters is 50 meters, short course meters is 25 meters.
- **Mile** - The slang referring to the 1500 meter or the 1650 yard freestyle , both of which are slightly short of a mile.
- **Nationals** - USS Senior or Junior level meets conducted in March/April and August. See Senior or Junior Championships.
- **Natorium** - A building constructed for the purpose of housing a swimming pool and related equipment.
- **Non-Conforming Time** - A short course time submitted to qualify for a long course meet, or vice versa.
- **NRT** - “National Reportable Time”. A time list published once a year, which if a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition.
- **NT** - “No Time”. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.
- **Nutrition** - The sum of the processes by which a swimmer takes in and utilizes food substances.
- **Nylon** - A material used to make swim suits.
- **Officials** - The certified, adult volunteers, who operate the many facets of a swim competition.
- **Olympic Trials** - The USS sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.
- **OT** - “Official Time”. The swimmers event time recorded to the one hundredth of a second (.01).

- **OVC** - “Official Verification Card”. A three copy form for certifying a national qualifying time made by a swimmer and issued only by a verification official of the area in which the meet was held.
- **Open Competition** - Competition which any qualified team, organization, or individual may enter. Competition
- **Parka** - Large $\frac{3}{4}$ length fur lined coats worn by swimmers. Usually are in team colors with logo or team name on the back.
- **Pace Clock** - The large clocks with highly visible numbers and second hands, positioned at the ends or sides of a swimming pool so the swimmers can read their times during warm-ups or swim practice.
- **Paddle** - Colored plastic devices worn on the swimmers hands during swim practice.
- **Positive Check In** - The procedure required before a swimmer swims an event in a deck seeded or Check In pre-seeded meet. The swimmers are required to mark their name on a list posted by the meet host. Usually only done for races of 400 yds/m in length or longer.
- **Practice** - The scheduled workouts a swimmer attends with their swim team/club. Waukesha Express Swim Team Glossary
- **Prelims** - Session of a prelim/finals meet in which the qualification heats are conducted.
- **Prelims-Finals** - Type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 (championship heat) swimmers, and the next fastest 6 or 8 swimmers (consolation heat) and sometimes the next fastest 6 or 8 swimmers (bonus heat) return in the evening to compete in the finals. A swimmer who has qualified in the Consolation finals may not place higher than someone in the Championship finals even if their finals time would place them so. The converse also applies.
- **Pre-seeded** - A meet conducted without a bull pen in which a swimmer knows what lane and heat they are in by looking at the meet heat sheet, or posted meet program.
- **Proof of Time** - An official meet result, OVC, or other accepted form. Swimmers/coaches must supply proof of time with some meet entries, and other meets it is not required unless a swimmer misses a cut off time at the meet.
- **Psyche Sheet** - Another name for a “Heat sheet” or meet program. Swimmers are ranked from fastest to slowest.
- **Pull Buoy** - A flotation device used for pulling by swimmers in practice.
- **Qualifying Times** - Published times necessary to enter certain meets, or the times necessary to Times achieve a specific category of swimmer, See “A” “AA” etc. times.
- **Race** - Any single swimming competition. For example preliminary, final, or timed final.
- **Ready Room** - A room pool side for the swimmers to relax before they compete in finals.
- **Referee** - The head official at a swim meet in charge of all of the “Wet Side” administration and decisions.
- **Relays** - A swimming event in which 4 swimmers participate as a relay team each swimmer swimming an equal distance of the race. There are two types of relays: 1) Medley relay – one

swimmer swims backstroke, one swimmer swims breaststroke, one swims butterfly, one swims freestyle, in that order. Medley relays are conducted over 200 yd/m and 400 yd/m distances. 2) Freestyle relay – each swimmer swims freestyle. Free relays are conducted over 200 yd/m, 400 yd/m, and 800 yd/m.

- **Ribbons** - Awards in a variety of sizes, styles, and colors given at swim meets.
- **Safety** - The responsible and careful actions of those participating in a swim meet. USS and each LSC now have a “Safety Coordinator” and each meet must have “Marshals” in charge of safety.
- **Sanction** - A permit issued by an LSC to a USS group member to conduct an event or meet.
- **Sanction Fee** - The amount paid by a USS group member to an LSC for issuing a sanction.
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- **Schedule** - USS or LSC list of meets with dates, meet host, meet location, type of meet, and contacts address and phone.
- **Scratch** - To withdraw from an event after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, swimmer can be disqualified from remaining events.
- **Seed** - Assign the swimmers heats and lanes according to their submitted or preliminary times.
- **Seeding** -
 - Deck seeding: Swimmers are called to report to the Clerk of Course. After scratches are determined, the event is seeded.
 - Pre seeding: Swimmers are arranged in heats according to submitted times done prior to the meet start date.
- **Senior Meet** - A meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.
- **Senior** - A USS National Championship meet for swimmers of any age as long as the qualification times are met.
- **Senior Nationals** - Nationals are conducted long course in the spring (usually in late March) and in the summer (usually in late July or August). This is the United State’s National Championship meet.
- **Session** - Portion of meet distinctly separated from other portions by locale, time, type of competition, or age group.
- **Shave** - The process of removing all are, leg, and exposed torso hair, to decrease the “drag” or resistance of the body moving through the water. Used only by Seniors at very important (Championship) meets.
- **Short Course** - A 25 yard or 25 meter pool. Splash United States Swimming newsletter that is mailed bi-monthly.
- **Split** - A portion of an event, shorter than the total distance, that is timed. For example, a swimmer’s first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

- **Start** - The beginning of a race. The dive used to begin a race.
- **Starter** - The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair take-off.
- **Stand-up** - The command given by a the Starter or Referee to release the swimmers from their starting position.
- **Step-down** - The command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication everything is not right for the race to start.
- **Stroke** - There are 4 competitive strokes: Butterfly, Backstroke, Breaststroke, and Freestyle.
- **Stroke Judge** - The official positioned at the side of the pool, walking the length of the course as the swimmers race. If the stroke judge sees something illegal, they report to the referee and the swimmer may be disqualified.
- **Submitted Time** - Times used to enter swimmers in meets. These times must have been achieved by the swimmer at previous meets.
- **Swim-off** - In a prelims/finals type competition, a race after the scheduled event to break a tie. The only circumstance that warrants a swim-off is to determine which swimmer makes finals or an alternate, otherwise ties stand.
- **Taper** - The resting phase of a senior swimmer at the end of the season before the championship meet.
- **Team Records** - The statistics a team keeps, listing the fastest swimmer in the clubs history for each event and age group.
- **Timed Finals** - Competition in which only heats are swum and final placings are determined by those times.
- **Timed Standard** - A time set by a meet or LSC or USS that a swimmer must achieve for qualification or recognition.
- **Timer** - The volunteers sitting behind the starting blocks/finish end of the pool, who are responsible for getting watch times on events and activating the backup buttons for the timing system.
- **Time Trial** - An event or series of events where a swimmer may achieve or better a required time standard.
- **Top 16** - A list of times compiled by the LSC or USS or Swimming World that recognizes the top 16 number of swimmers nationally in each age group (boys and girls) in each event and distance.
- **Touch Out** - To reach the touch pad and finish first in a close race.
- **Touch Pad** - The removable pad at the finish end of the pool that is connected to an automatic timing system. A swimmer must properly touch the touch pad to register an official time in a race.
- **Transfer** - The act of leaving one club or LSC and going to another. Usually 120 days of unattached competition is required before the swimmer can represent another USS club.

- **Travel Fund** - A sum of money set aside for a swimmer to use for travel expenses and entry fees to Junior Championships, Senior Nationals, US Open Meet, and Olympic Trials.
- **Unattached** - An athlete member who competes, but does not represent a club or team.
- **Uniform** - The various parts of clothing a swimmer wears at a meet. May include: parka, warm-up jacket, team duffle bag, sweat pants, suits, cap, t-shirt, goggles, etc.
- **Unofficial Time** - The time displayed on a read out board or read over the intercom by the announcer immediately after the race. After the time has been checked, it will become the official time.
- **USS** - The governing body of swimming. "United States Swimming".
- **USS Number** - A 12 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first three parts include the two letter abbreviation for the LSC (local swim committee) and the registration year. The next three parts are letters standing for the first initial of: Last Name/ First Name/ Middle Name in that order. The last 6 parts are numbers of swimmers birthdate: Day/ Month/ Year using zeros as place holders. For example: USS # for swimmer Alec James Carlson, a member of Wisconsin Swimming, registering for the 1998/99 year and born on March 6, 1996 = WI9CAJ030696.
- **USOTC** - United States Olympic Training Center located in Colorado Springs, Colorado.
- **Warm-down** - The loosening that a swimmer does after a race when pool space is available.
- **Warm-up** - The practice and loosening session a swimmer does before the meet or their event is swum.
- **Watch** - The hand held device used by timers and coaches for timing swimmers races and taking splits.
- **Whistle** - The sound a starter/referee makes to signal for quiet before they give the command to start the race.
- **Work Out** - The practice sessions a swimmer attends.
- **Yards** - The measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.
- **Yardage** - The distance a swimmer races or swims in practice. Total yardage can be calculated for each practice session.
- **Zones** - The country is divided up into 4 major zones: Eastern – Southern – Central – Western. At the end of the long course season (in August) the Zone Administration sponsors a championship age group meet.