



## Swimmers Dictionary - JB Chambers Swim Team

Term	Description
Distance	Recreational pools are 25 yard or 25 meters for one lap. Eight and unders swim one lap. Nine and above swim two or more laps. A Long or Olympic course is 50 meters for one lap.
Double Dual Meet	Competition between three teams competing individually against each other.
DQ	The disqualification of a swimmer as determined by the meet referee. D.Q.'s may occur because of illegal starts, strokes, turns, or finishes. False starts in relays are also D.Q.'s. Note there are illegal strokes in breaststroke, backstroke, butterfly, but generally not in freestyle (which in freestyle by definition).
Drag Suit	A loose fitting or second suit, worn over a tighter suit, to increase resistance during training.
Dual Meet	A meet where there are only two teams. The sign-up for these meets are on small sheets of paper and typically due a couple of days before the event.
Event	A swim meet is made up of "events" which are the specific age groups, boys or girls, swimming specific strokes, such as the "Girls 10-12 50 Yard Freestyle".
Event, Heat, Lane	The order of information most swimmers write on their arms and legs before a meet begins. For example: 3-2-4, then 15-1-7 means this swimmer is first swimming in Event 3, Heat 2, Lane 4, then later in the meet in Event 15, Heat 1, Lane 7.
Free Relay	Four different swimmers, each swimming one or laps of Freestyle according to age group. Example: 100 free relay (1 lap each), or 200 free relay (2 laps each), or 400 free relay (4 laps each), or 800 free relay (8 laps each).
Heat	A race where the swimmers start their race at the same time. An event has one or more heats. The fastest group of swimmers, based on previous best times, are always in the last heat. The next-to-last heat for the event has the next-to-fastest swimmers, etc.
Heat Sheet	The program for the meet, showing all of the "heats" or races in chronological order, including swimmers' names and seed times. These are generally available at the Y entrance or pool entrance for several dollars.
IM, or Individual Medley	An individual medley of strokes where an individual swimmer will swim one or more laps each of Butterfly, Backstroke, Breaststroke, and Freestyle, in that order.
Invitational Meet	A meet where anywhere from three to ten or more teams participate. Since the home team has a lot of inputting or file transfers from the other teams, the registration deadlines are generally well-in-advance and strictly enforced.
Lane, Lane Assignment	Most pools have 6 lanes, some have 4 lanes, and some have 8 or more lanes. The swimmers are "seeded" based on their fastest previous times. For a six lane pool, the fastest seeded swimmer will be in lane 3, next fastest lane 4, then 5, 2, 1 and 6.
MR, Medley Relay	Made up of four swimmers each swimming one of the four strokes. Stroke order is Backstroke, Breaststroke, Butterfly, and Freestyle, in that order. Age eight and unders swim one lap each in the 100 MR, nine and overs swim two laps each in the 200 MR.
Meet Essentials	Two swimsuits (one as backup), two pair goggles, chamois and/or multiple towels, blankets or sleeping bags, robes and/or pajama bottoms and/or sweat pants, hooded sweatshirt, healthy snacks and drinks, folding chairs, homework and/or games and/or notepads for sketching. Mark all items with your name.
Meet Event Order	Each stroke/event proceeds by age group from youngest to oldest, starting with 6 & under. Girls swim before boys. The usual order of events at dual meets is Medley Relay, Individual Medley, Freestyle, Breaststroke, Backstroke, Butterfly, and Freestyle Relay. The order may vary. Age groups 7 and up can also swim the Individual Medley, consisting of four laps – one lap each of Butterfly, Backstroke, Breaststroke and Freestyle.
Meet Length	A dual meet usually lasts about 2 ½ hours. Invitational meets can be a half or full day. This can vary depending on how many swimmers attend. Generally there are 94 events at the meet.
Mixed Relay	A relay, either free or medley, composed of boy and girl swimmers.
NS	No Show. Swimmer did not start or show up for their scheduled event.
Racing Suit	Not required to participate, but most swimmers have one. A few have two. They are generally only worn once or twice during practice to ensure proper fit and feel. After that, they are only worn during races, else they would not last the season. Some swimmers use last year's suit for practice.
Tri Meet	Three teams competing against each other for first place.