

**These terms are used around the pool deck
and are only **GUIDELINES**** (updated 10 May 2008)

While viewing the results page, a "+" next to the swimmer's time indicates that this was the swimmer's personal best!

Age up: The instance in which a swimmer's birthday results in a change in the age group in which s/he will compete.

Awards:

- BC meets: normally pins for the top 16 finishers, and participation pins for the other participants.
- ABC meets: normally ribbons for the top 8 finishers.
- "AA" meet:, medals to the top 3, ribbons 4th - 8th.
- Invitational, same as "AA" meet.
- State Championships, Medals to the top 8th, usually.

Backstroke Flags: A line of flags placed over the pool at a distance of 20 feet away from each end of the pool. The purpose of these flags is to help a swimmer locate the wall while doing backstroke.

Clerk Of Course: An official who assigns swimmers to the different heats and lanes. The swimmer must report and check in to this person before their event.

Course: Designated distance over which the competition is conducted.

- Long Course - 50 meter Facility.
- Short Course - 25 yard Facility.
- Short Course Meters - 25 meter Facility.

DQ: Disqualification during a meet due to an infraction of the United States Swimming rules.

Pulling: during swimming, using a pull buoy or some other device to immobilize the legs in order that only the upper body muscle group gets developed.

Pull Buoy: A pull buoy consists of two foam cylinders strapped together by nylon straps or cord. Pull buoys increase the resistance in the water and inhibit the use of the swimmer's lower body, causing the swimmer to exercise the muscles of the upper body in moving through the water.

Referee: As in all sports, this official makes the decisions on disqualifications as well as other decisions that is needed on the deck.

Relays: Swum with the same gender, not necessarily the same age or level of competition.

Repeats: A repeated distance in a given time interval.

Session: A.M. and P.M parts of a meet. Session One is for 11 and older swimmers, and usually starts at 0830. Session Two is for 12 and under swimmers and starts one hour after the completion of Session One (usually 11:30 – 1:30).

Set: In training, a number of repeats consist of a set.

Split Time: Time recorded from official start to completion of an initial distance within a longer event. A time taken at different intervals of an overall race. Time maybe taken for the 1st lap, 2nd

Ear Plugs: Plugs to keep water out of the swimmer's ear. Reportedly helps to prevent ear infections.

Entry Fees: a nominal fee paid by a swimmer, in order to enter and participate in an event.

False start: When a swimmer starts the race before the starting signal is given.

Finals: To swim the top 8 or 16 swimmers for points and placing.

Finish Judge: Stands at the finish end of the pool and in his view point, jots down the finish as s/he sees it. Sometime this call supersedes the stop watch time.

Form Judge: This official walks along the side of the pool during competition and checks to see if the swimmer is swimming in a legal fashion.

Heats: In a single event, say 50 yards of freestyle. There may be 24 swimmers participating. If at the site of competition, the pool has 8 lanes, the 24 swimmers would be broken down to 3 even heats of 8 swimmers a piece. That is, the fastest 8 swimmers would probably be swimming in the 3rd heat, the next fastest in the 2nd heat and the next fastest in the 1st heat. Although the swimmers are in different heats, the top 8 among all 24 swimmers would score or be awarded.

I.M.: Individual Medley, a individual race consisting of butterfly, backstroke, breaststroke and freestyle (in that order)..

Kicking: During training, an exercise in which swimmers use a kickboard and move through the water primarily by kicking and using leg muscles.

lap, 3rd lap and so on. The times are then compared to see if the swimmer had paced him/herself over the entire race. A quick look and talk from the coach can ready the swimmer for the next event, to do better.

Stager: A rotating volunteer position at meets. Each team has 1-2 staggers for each session. This parent helps sharpie heat/lane assignments on a swimmers arm, and ensures swimmers are at their events on time.

Time Finals: Competition in which only heats are swum and final placing are determined by the times performed in the heats. Out of a number of swimmers, the times are consolidated, and the top 8 swimmers are awarded points.

Time Standards: The time standard for any event in a meet is the cut-off time for that event. If a swimmer betters his/her time, he/she will advance to the next higher level of competition.

Time Trials: An event or series of events where a swimmer may compete and achieve or to better a required time standard.

Timer: A rotating volunteer position at meets. A parent/older swimmer who times events at a swim meet. At all meets, each swim club needs to provide one timer for every 5 swimmers entered.

Touch Pad: A light weight pad 2 feet deep by 3 feet wide, placed at the finish wall of the lane. The pad is connected to a computer which registers a swimmer's time and place in the heat.

Training: To exercise the necessary muscle groups and develop skills to

<p>Lane: The specific area in which the swimmer is assigned to swim. Lane 1 shall be on the swimmer's right when s/he faces the pool.</p> <p>Lane assignment: A particular lane which is assigned to a swimmer in an event .</p> <p>Lane line: A continuous floating marker attached to a line stretched from the lanes running from the starting end to the turning end.</p> <p>Lane markers: The guidelines on the bottom of the pool and in the center of the lanes running from the starting end to the turning end.</p> <p>Lycra suits: A suit with a slick lycra coat to be used mainly for swim competition. This tighter fitting suit has less drag in the water and gives a competitive edge over a swimmer with a nylon or baggy suit.</p> <p>Meet Check-in: The last important step to do, prior to racing in your event. This process is done 45 minutes before the meet starts. No check-in, No Swim.</p> <p>Nylon suits: Used during practice and during warm-up during a meet. A well fit, not necessarily snug for less drag.</p> <p>Practice: To do over again and through repetition, to master the correct form.</p>	<p>perform at the level of training.</p> <p>Trials: Preliminary race to obtain the fastest 8/16 swimmers by time to swim in the finals.</p> <p>Turn Judge: This official checks to see if the swimmer touches the wall with two hands on butterfly and breaststroke. That the swimmer touches the wall on freestyle and backstroke.</p> <p>Unattached: A swimmer who competes but who does not represents a club.</p> <p>U.S.S. United States Swimming. The governing body.</p> <p>Warm-Up: A period of swimming designed to bring the heart rate up, warm up the muscles, and get limber. This is also a period of being mentally aware of the race to be swum.</p> <p>Warm-Down: A period of swimming designed to bring the heart down. After competition, the swimmer does a easy swim to stretch, move the lactic acid out of their muscles, and let the body do a 75% recovery.</p>
--	--

The Terms were borrowed from Hawaii Swimming Club's Parents Handbook. Mahalos to HSC! Additional terms added by AAA.