

## Glossary of Swimming Terms

**ALLSTARS:** Time qualification meet. Swimmers qualify throughout the season for this meet.

**BACKSTROKE (BACK):** The back crawl.

**BLOCK:** The starting platform.

**BREASTSTROKE (BREAST):** A frog-like stroke with a whip kick.

**BUTTERFLY (FLY):** A racing stroke in which both arms rotate together while the legs perform a dolphin kick.

**CHAMPIONSHIPS:** Top 12 - 16 finishers at Prelims in each individual event and up to 3 groups per relay event will participate in division Championships that include all 5-6 teams.

**CIRCLE SWIMMING:** Used in practice by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane without running into each other.

**CLERK OF COURSE:** Meet official who places swimmers in correct order of events and lane assignments by managing the heating area.

**CODE OF CONDUCT:** Conduct guidelines that the Mountain Hi Swim League has established and will enforce for swimmers, coaches, officials and parents.

**CONSOLATION HEAT:** 7<sup>th</sup> - 12<sup>th</sup> or 8<sup>th</sup> - 16<sup>th</sup> place finishers at Prelims for each event will swim in this heat at the Championship Meet. They may not place higher than 7<sup>th</sup> or 9<sup>th</sup> at Championships even if their times are faster than those in the Championship heat.

**DQ:** Disqualification for reason of a rule/stroke violation.

**DUAL MEET:** A regular season meet swam with two teams.

**EVENT:** Any race, per age group, may consist of multiple heats

**FALSE START:** This occurs when a swimmer leaves the blocks before the whistle or beeper sounds.

**FINALS HEAT:** 1<sup>st</sup> through 6<sup>th</sup>/8<sup>th</sup> (depending on a 6 or 8 lane pool) place finishers in Preliminary Meet will swim in the Finals Heat at the Championship Meet.

**FINISH:** End of a race. Exact time when swimmer touches the wall.

**FIRST CALL/LAST CALL BOARD:** Located near the Heating Area. White Board maintained by heating area. Signals First Call (swimmers should report to heating area to check in) and Last Call (swimmers are in chairs and all swimmers must be present or they will be scratched) for upcoming events.

**FLIP TURN:** In the freestyle and backstroke only, when a swimmer turns by completing a partial somersault and twisting underwater before pushing off the wall to resume swimming.

**FREESTYLE (FREE):** In this event, a swimmer can swim any stroke that he/she wishes, but the front crawl is usually chosen.

**FREESTYLE RELAY:** A relay consisting of 4 swimmers, who each swim  $\frac{1}{4}$  of the race with any stroke but usually freestyle.

**HEAT:** Events with many swimmers may need to be divided into multiple rounds or heats, which are the races that make up each event. Swimmers are matched with others of similar seed times with the slowest times in the first heat and the fastest times in the last heat of each event.

**HEATING AREA:** Area to the side of the blocks where swimmers are organized into the correct heats for each event.

**INDIVIDUAL MEDLEY (I.M.):** A swimmer swims the prescribed distance in quarter increments in the following order: Butterfly, Backstroke, Breaststroke, Freestyle.

**MARK:** Swimmer's starting position, assumed when commanded by Starter, as in "take your mark".

**MEDLEY RELAY:** Four swimmers on a team, who each swim a different stroke for  $\frac{1}{4}$  of the race in the following order: Backstroke, Breaststroke, Butterfly, Freestyle. In this race the freestyle leg must be just that, freestyle or front crawl.

**MEET:** Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests him/her self against the clock to see improvement.

**N/T (No Time):** this is used to designate a swimmer has no previous time in a specific event or distance of event.

**PRELIMS:** Preliminaries to league Championship finals that are attended by all swimmers of each divisional team to determine placement at Championships.

**REFEREE:** Top official at a meet. Has full authority over all officials, swimmers, parents and coaches. Enforces all rules and decides all questions relating to conduct of meet. Can overrule any meet official on a point of rule interpretation or judgment decision on any action he has observed. May also disqualify swimmers or remove any afore mentioned persons for un-sportsman-like behavior.

**RELAY:** An event in which four swimmers compete together as a team to achieve one time. Each swimmer swims a  $\frac{1}{4}$  of the race.

**RUNNER:** Deck volunteer who gathers event cards from timers and takes them to the scorer's table.

**SCRIBE:** Is on headset and fills out DQ forms per officials, then gets Meet Ref to confirm DQ by signing off on DQ slip. Gets to SIT in the SHADE during the meet)

**SCRATCH:** To withdraw or be taken out of an event in a competition, due to illness, for being late to check in or not showing up for event.

**SEED TIME:** The time used to enter a swimmer into a meet; usually the swimmer's personal best.

**SPLIT:** A swimmer's intermediate (or half way) time in a race.

**STARTER:** The Deck Official who starts swimmers in each race, usually using a starter gun or beeper.

**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 tight as it can be with arms stretched over their heads and a dolphin kick used prior to the swimmer breaking the water. No arm pull is allowed during a streamline.

**STROKE & TURN JUDGE:** Deck official who observes swimmers to ensure that rules relating to stroke techniques are followed. They signal violations to referee and also talk with the swimmer about the infraction.

**TIMER:** Deck volunteer who operates a stopwatch and records the time for the swimmer in their lane.

**WAIVER:** League insurance waiver form, which must be turned in before a swimmer can participate in a meet or a practice.