BALDWIN WHITEHALL AQUATICS
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Glossary of Terms

Sub-Divisions of USA Swimming

Zone - USA Swimming is divided into 4 Zones: the Western, Central, Eastern and Southern Zones.

Region - A Zone is subdivided into sections or Regions. The Eastern Zone has two regions, Region 1 (northern) and Region 2 (southern).

LSC - Zones/Regions are divided into Local Swimming Chapters.

AMS - Allegheny Mountain Swimming is an LSC of the Eastern Zone, Region 2. Moon Aqua Club and the Airport Area AquaJets are member organizations/Clubs of AMS.

Swim Meets & Age Groups

Meet Invitation - a meet announcement that includes events and qualifying time information.

Zones Meet - A meet for an entire Zone.

Sectional Meet - A meet for a Region or multiple LSCs within a Zone.

Super-Sectional Meet - A meet for several Regions or LSCs of several Regions within a Zone.

National Meet - A meet for all four Zones.

Sectional meets include the **Speedo Championship Series**

Toyota also sponsors a **Toyota Grand Prix** meet series

* the above meets are sanctioned by USA Swimming

LCM - long course meters. Meets conducted in a 50 meter length pool.

SCM - short course meters. Meets conducted in a 25 meter length pool.

SCY - short course yards. Meets conducted in a 25 yard length pool.

Event - A specific distance, stroke (or combination of strokes as in the case of the Individual Medley event), and age group. For example, 50 meter Freestyle for boys ages 13-14.

Heat - events are divided and swum in heats. Swimmers are "seeded" into heats by their best previous time and "seeding" is usually slowest to fastest. Distance events, usually defined as 400 yards or meters and longer, however are often "seeded" and swum fastest to slowest.

Lanes - number of swim lanes per heat varies by pool, but usually 6 or 8 are used.

Heat Sheet - a listing of seeded swimmers for the meet by event, heat, lane, and qualifying time.

Age Groups - boys and girls compete separately in meet events by age group. Typical age grouping for events include 8 & under or 10 & under, 11-12, 13-14, 15-16, or 13 & over.

QT - qualifying times. Qualifying times for each event are specified by age-group and sex.

DQ - disqualification due to improper technique or technical infraction while swimming.

NT – no time. Swimmers without any previous meet time for an event may be entered in an open meet with an NT listed.

Age Group Motivational Time Standards - national time standards by age group and event published by USA Swimming under which many meets are held to limit swimmers to within certain qualifying times. These time standards from slowest to fastest are: B, BB, A, AA, AAA, & AAAA.

LSC Meet - a meet sanctioned by a specific LSC like Allegheny Mountain Swimming. The following are some examples.

* The Allegheny Mountain Swimming LSC determines and publishes a meet schedule for each of two seasons. The long-course (LCM) meet season runs from early May through early August. The short-course (SCY or SCM) runs from early October through early April.

Age Group Open Meet - A meet not requiring any qualifying time standards

B Championship – generally has qualification times of slower than "BB" time standards for each event and age group.

Junior Olympics Meet - generally has an "A" or faster time standard.

Pre-Seeded Events - events and heats are "seeded" in advance of the meet. There is usually no penalty for failure to swim a particular event in a pre-seeded event.

Deck-Seeded Events – events and heats are "seeded" at the meet and require positive check-in for each event, often termed "circling in". Failure to check-in for an event will result in a swimmer being "scratched" or not seeded in an event. Positive check-in procedures and cutoff times can very by meet. See the meet invitation for details. Once "seeded", failure to swim the event will result in the swimmer being barred from their next individual event.

Check-In Seeded Events - Positive check-in is required. If a swimmer decides not to swim after checking in, they must report back to the Clerk of Course and "scratch" the event by the "last call". Once "seeded", failure to swim the event will result in the swimmer being barred from their next individual event.