



## Rockingham Area Youth Swim Team-RAYS

### GLOSSARY OF SWIM TERMS

|               |                                                                                                                                                                                                                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Age Group     | Division of swimmers according to age. National Age Group divisions are: 10-Under, 11-12, 13-14, 15-16, 17-18.                                                                                                                                                                                                |
| Alternates    | In a Prelims/Finals meet, after the finalists are decided, the next Two fastest swimmers are designated as alternates. If a finalist Cannot participate, the alternates are called to take their place.                                                                                                       |
| Anchor        | The final swimmer in a relay.                                                                                                                                                                                                                                                                                 |
| Approved Meet | Swim meets conducted by organizations other than USS or LSC member clubs, that have applied for approval. If approval is granted, swimmers may use times achieved as USS qualifying times.                                                                                                                    |
| Backstroke    | One of the four competitive racing strokes. Backstroke is swum as the first stroke in the Medley Relay and second stroke in the IM.                                                                                                                                                                           |
| Beep          | Starting sound from an electronic, computerized timing system.                                                                                                                                                                                                                                                |
| Blocks        | The starting platforms located behind each lane which swimmers stand to start their race.                                                                                                                                                                                                                     |
| Breaststroke  | One of the four competitive racing strokes. Breaststroke is swum as the second stroke in the Medley Relay and third stroke in the IM.                                                                                                                                                                         |
| Bull Pen      | Staging area where swimmers wait for their event. Heat and lane assignments are confirmed here.                                                                                                                                                                                                               |
| Butterfly     | One of the four competitive racing strokes. Butterfly (nicknamed FLY) is swum as the third stroke in the Medley Relay and first stroke in the IM.                                                                                                                                                             |
| Cap           | The latex or silicone covering worn on the head of swimmers. The team's colors and logo adorn the caps.                                                                                                                                                                                                       |
| Check-In      | Procedure required before a swimmer can compete at a meet or event. Upon arrival at meet, swimmers check in at table before finding their coach/warm-ups. Sometimes called "Positive Check in" at USS meets, swimmers must physically be at meet location prior to warm-ups to be able to swim certain meets. |



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| Circle Seeding | A method of seeding swimmers when they are participating in prelims/finals event. The fastest 18 – 24 swimmers are seeding in the last three heats, with the fastest swimmers being in the inside lanes. |
| Colorado       | Brand of automatic timing system                                                                                                                                                                         |
| Course         | Designated distance or length of pool for swimming competition. I.E. Long Course = 50 or 25 meters, Short Course = 25 yards.                                                                             |
| Deck           | The area around the swimming pool, reserved for swimmers, officials, timers and coaches. No one but authorized persons may be on deck during a swim competition.                                         |
| Deck Entries   | Accepting entries into swimming events on the first day or later day of a meet.                                                                                                                          |
| Dehydration    | The abnormal depletion of body fluids (water). The most common cause of swimmers cramps and sick feelings.                                                                                               |
| Distance       | How far a swimmer swims. Short course = 25, 50, 100, 200, 500, 1,000 and 1,650 yards. Long course = 50, 100, 200, 400, 800, 1500 meters.                                                                 |
| Disqualified   | A swimmers performance is not counted because of rules infraction. A disqualification is shown by an official raising one arm with open hand above their head.                                           |
| 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 swimmers coach.                                          |
| Double-Dual    | Type of swim meet where three teams compete in dual meets against each other at the same time. Separate meet scores would be kept for Team A vs. Team B, Team A vs. Team C, and Team B vs. Team C.       |
| Dual meet      | Type of swim meet where two teams compete against each other.                                                                                                                                            |



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| Dryland     | The exercises and various strength programs swimmers do out of the water.                                                                                                                                              |
| Entry       | An individual, Relay or team roster's event list into a swim competition.                                                                                                                                              |
| Entry Fees  | The dollar amount per event a swimmer or relay is charged.                                                                                                                                                             |
| Event       | A race or stroke over a given distance in a meet                                                                                                                                                                       |
| 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. |
| Fees        | Money paid by swimmers for services: i.e. registration fees, membership fees, entry fees.                                                                                                                              |
| FINA        | The international rules making organization for the sport of swimming.                                                                                                                                                 |
| Fins        | Large rubber fin type equipment for a swimmers' feet, used in swim practice, not competition.                                                                                                                          |
| Flags       | Pennants that are suspended over the width of each end of the pool approx. 15 feet from the wall.                                                                                                                      |
| Fund Raiser | A money making endeavor by a swim team often involving both parents and swimmers.                                                                                                                                      |
| Free Relay  | Four members of a team each swim a leg of freestyle                                                                                                                                                                    |
| Freestyle   | One of the four competitive racing strokes. Freestyle is swum as the fourth stroke in the Medley Relay and the fourth stroke in the IM.                                                                                |
| Gallery     | Viewing area for spectators during swim competition.                                                                                                                                                                   |
| Goggles     | Glasses-type equipment worn by swimmers to keep their eyes from being irritated by the chlorine in the water.                                                                                                          |



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| Gun/Bell Lap      | Part of a distance freestyle event (400 meters or longer) where the lead swimmer has 2 lengths remaining in the race. Official sounds the bell to alert the timers and other swimmers.                                                                                                              |
| Heat              | A division of an event when there are too many swimmers to compete at the same time. The results are compiled by the swimmers' times, after all heats of the event are competed.                                                                                                                    |
| Heat Winner       | Swimmer who wins their heat within an event. Doesn't mean they won the race, only their heat. Will often receive "duck" or Heat winner ribbon.                                                                                                                                                      |
| Heat Sheet        | PreMeet printed listings of swimmers seed times in the events at a swim meet. Indicates which heat the swimmer has been placed.                                                                                                                                                                     |
| Individual Medley | Refers to either an individual event where swimmer swims all four racing strokes or a relay where four swimmers compete, each taking a different stroke. Individual event order: Butterfly, backstroke, breaststroke, freestyle. Relay event order: Backstroke, breaststroke, butterfly, freestyle. |
| Lane              | Specific area in which a swimmer is assigned to swim. Pools can be six, eight and sometimes ten lanes. Starting blocks are at the end of each lane.                                                                                                                                                 |
| Lap               | Usually means two lengths of the pool, up and back = one lap.                                                                                                                                                                                                                                       |
| Lap Counter       | The large numbered cards used during the freestyle distance events.                                                                                                                                                                                                                                 |
| Leg               | The part of a relay event swum by a single team member.                                                                                                                                                                                                                                             |
| LSC               | Local Swim Committee                                                                                                                                                                                                                                                                                |
| Meet Director     | The official in charge of the administration of the meet.                                                                                                                                                                                                                                           |
| NT                | No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.                                                                                                                                                                                        |



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| Officials        | The certified, adult volunteers, who operate the many facets of a swim competition. They insure the swimmers are using legal strokes.                                                               |
| OT               | Official time.                                                                                                                                                                                      |
| PAB              | Parent Advisory Board for the RAYS swim team                                                                                                                                                        |
| Pace Clock       | The large clocks with highly visible numbers and second hands so that swimmers can read their times during warm-ups or practices.                                                                   |
| Pre-Seeded       | A meet conducted without a bullpen in which a swimmer knows what lane and heat they are in by looking at the meet Heat Sheet or posted meet program.                                                |
| Psyche Sheet     | Another name for a Heat Sheet or program.                                                                                                                                                           |
| Personal Best    | A swimmers best time in an individual event.                                                                                                                                                        |
| Qualifying Times | Published times necessary to enter certain meets or the times necessary to achieve a specific category of swimmer ("A", "AA", etc)                                                                  |
| Referee          | The Head Official at a swim meet in charge of all the "wet side" administration and decisions. On the pool deck.                                                                                    |
| Registered       | Enrolled and paid as a member of USA Swim or the LSC                                                                                                                                                |
| Relays           | A swimming event in which four swimmers participate as a relay team.                                                                                                                                |
| Sanction         | A permit issued by an LSC to a USA Swim group member to conduct an event or meet                                                                                                                    |
| Scratch          | To withdraw from an event after having declared an intention to participate in a race. Some meets have scratch deadlines, and if not followed, a swimmer can be disqualified from remaining events. |



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| Seed            | Assign the swimmers heats and lanes according to their submitted or preliminary times.                                                                                                       |
| Split           | A portion of an event, shorter than the total distance, which is timed. I.E. A swimmers' first 50 time is taken as the swimmer swims the 100 race.                                           |
| Start           | The beginning of the race.                                                                                                                                                                   |
| Starter         | The official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff.                                                                              |
| Stroke          | There are four racing strokes: Butterfly, Backstroke, Breaststroke, Freestyle                                                                                                                |
| Stroke and Turn | The official positioned at the side of the pool, walking the length of the course as swimmers race. They monitor swimmer compliance for USA regulation conformance.                          |
| Taper           | The resting phase of a swimmer at the end of the season before a championship meet.                                                                                                          |
| Team Records    | The statistics a team keeps, listing the fastest swimmer in the team/club history for each event in each age group, male and female.                                                         |
| Timer           | The volunteers sitting behind the starting blocks/finish end of the pool, who are responsible for getting stopwatch 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 to qualify for certain meets.                                                                    |
| Touch Pad       | The removable plate at the end of the pool, under the starting block, that is connected to an automatic timing system.                                                                       |
| Turns           | The action a swimmer takes at one end of the pool to change direction at the end of a lane.                                                                                                  |



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| Unattached | An athlete member who competes, but does not represent a club or team (Abbreviation UNA)                                                                                                               |
| USA        | Governing body of swimming.                                                                                                                                                                            |
| USS Meet   | USA monitored meet where official times are recorded and can be used as qualifiers for championship time cuts.                                                                                         |
| Warm up    | The practice and loosing session a swimmer does before the meet or their event is swum.                                                                                                                |
| Warm Down  | The loosing (swimming) a swimmer does after a race when pool space is available.                                                                                                                       |
| Zones      | The country is divided up into 4 major zones: Eastern, Southern, Central and Western. At the end of the long course season, in August, the Zone Administration sponsors a championship age group meet. |

### Resources:

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|--------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Swim suits and equipment | <a href="http://www.swimoutlet.com/raysnh">http://www.swimoutlet.com/raysnh</a><br>K&B Swim<br><a href="http://thefinals.com">thefinals.com</a><br><br>Speedo.com<br>Metroswim.com |
| USA swim<br>NE Swim      | <a href="http://usaswimming.org">usaswimming.org</a><br><a href="http://neswim.com">neswim.com</a>                                                                                 |
| RAYS swim team           | <a href="http://www.teamunify.com/raysne">www.teamunify.com/raysne</a>                                                                                                             |