

Block - the starting platform located behind each lane. Some pools have blocks at the deeper end of the pool and some pools have blocks at both ends of the pool.

Bulkhead - a movable wall constructed to divide a pool into different courses such as a 50 meter long course pool and two 25 yard short course pools.

Circle Swimming - Performed by staying to the right of the black line when swimming in a lane, to enable more swimmers in each lane.

Course - the designated distance over which the competition is conducted

Long Course- 50 meters

Short Course - 25 yards or 25 meters

Cut - slang for qualifying time. A time standard necessary to attend a particular meet or event.

Distance - term used to refer to events over 400 meters/500 yards.

DQ:Disqualified - this occurs when a swimmer has committed an infraction of some kind. A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

Drag suit - a second loose fitting swim suit worn by swimmers in workout and warm-up to add a certain amount of weight and resistance to the flow of the water around the swimmer.

Dryland - a out-of-the-water training program that supplements swimming training that creates strength.

Dual Meet- competition between two clubs.

Event - any race or series of races in a given stroke and distance

Exhibition Swim - a swim for time that is performed by a competitor who has been designated to be non-scoring contestant

False start - occurs when a swimmer leaves the starting block, or is moving on the block, before the starter officially starts the race.

Final - the championship final of an event in which the fastest eight swimmers from the morning preliminaries compete.

Flags - Backstroke flags placed 5 yards (short course) or 5 meters (long course) from the end of the pool. They enable backstrokers to execute a backstroke turn more efficiently by counting their strokes.

Foul - interference with another swimmer during a race

Heat - a division of an event in which there are too many swimmers to compete at one time

Heat Sheet - the printed listing of swimmers, seed times, and their heat and lane assignment in various events at a swim meet. Heat sheets may be sold at the admission table.

IM - slang for individual medley, an event in which the swimmer uses all four competitive strokes in the following order: butterfly, backstroke, breaststroke and freestyle.

Lane - the specific area in which the swimmer is assigned to swim. Pools can have any number of lanes, but typically there are 6 or 8 lanes

Lanelines - the dividers used to delineate the individual lanes. These are made of individual finned disks strung on a cable which rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.

Lap Counter - a set of plastic display numbers used to keep track of laps during a distance race. Also, the person who counts for the swimmer stationed at the opposite end from the start.

Leg - the part of the relay event that is swum by a single team member

Long Course - a pool configured for swimming with a 50 meter long racing course.

Medley Relay- a relay team consisting of four swimmers, with each to swim one-fourth of the prescribed distance in the following order: back, breast, butterfly, freestyle

Meet Director - the official in charge of the administration of the meet. The person directing the "dry side" of the meet

Negative split - a race strategy in the distance freestyle events in which a swimmer covers the second half of the race faster than the first half.

Official - an judge on the deck of the pool. Various judges watch the swimmer's strokes, turns and finishes or are timers.

Prelim - short for preliminary, also called heats. Those races in which swimmers qualify for the championship and consolation finals in the events.

Psych Sheet - a printed listing, in order of submitted entry time, of all swimmers entered in an event

(QT's) Qualifying Times - published times necessary to enter certain meets or events in a meet.

Recall Rope- A rope located 60 feet or 20 meters from the starting blocks that can be dropped across the lanes when a false start occurs

Relay exchange - the exchange between the swimmer in the water and the next swimmer on the relay team. A perfect exchange will simultaneously have the finishing swimmer's hand on the touch pad and the starting swimmer's feet just touching the starting block with the rest of the starting swimmer's body extended over the water.

Roll - to move on the starting blocks prior to the starting signal. A roll is usually caught by the starter and called a false start, but swimmers will often try to guess the starter's cadence and get a good start. Similar to illegal procedure in football.

Scratch - withdraw an entry from an event or failure to report to the assigned lane in the assigned heat

Seed - distribute swimmers among the required number of heats and/or lanes, based on submitted times. Seeding can be "deck-seeded" (seeded at the meet) or "pre-seeded" Seeded prior to the meet

Shave - prior to a major competition a swimmer will shave his or her entire body. The removal of the hair provides less resistance between skin and water and heightens a swimmer's sensations in the water.

Short Course - a pool configured in 25-yard or 25-meter lengths.

Split - a swimmer's intermediate time in a race. Splits are registered every 50 meters (or 25 yards depending on the pool and the equipment on hand) and are used to determine if a swimmer is on record pace.

Taper - the resting process in training for swimming competition. As major competition draws near, the swimmer will "taper" off the distances swum each day. A perfectly designed taper will enable the swimmer to compete at their peak capability and is one of the most difficult aspects of swim coaching.

Time Trials - an event or series of events where swimmers meet for the specific purpose to achieve a time or to better a required time standard or meet qualifying time

Timed Finals- competition in which only heats are swum and final placing are determined by the times performed in the heats

Touch - the finish of the race.

Touchpad - the area at the end of each lane in the pool where a swimmer's time is registered and sent electronically to the timing system then the scoreboard.

Turnover - the number of times a swimmer's arms turn over (cycle) in a given distance or time during a race.

Unattached - an individual swimmer who does not represent a club or swim team

USA - United States Swimming, Inc., the national governing body for amateur competitive swimming in America.

Warm down - used by the swimmer to rid the body of excess lactic acid generated during a race.

Warm-up - used by the swimmer before the race to get their muscles loose and ready to race.