

# SWIMMING JARGON

## BLOCKS



Where a race is started

## STREAMLINE



A tight, straight body position  
Key at the start of a race & out of a turn

## FLIP TURN



A way of turn on the wall in a race

## FINISHES



Breast & Fly, 2 handed touch

Front & Back, 1 hand touch

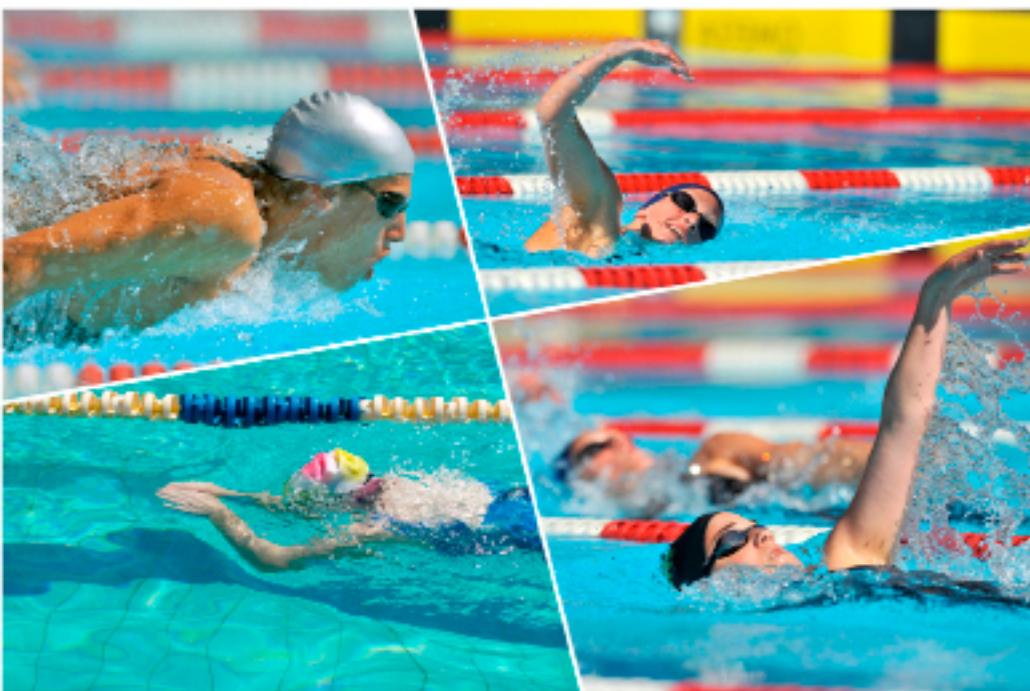
How a race finishes

## MEDLEY RELAY - MR



A relay, 4 swimmers each swim 1 of the 4 strokes  
100 MR =  
Swimmer 1 - 25 Back, swimmer 2 - 25 Breast,  
Swimmer 3 - 25 Fly, Swimmer 4 - 25 Free  
No stopping!!

## INDIVIDUAL MEDLEY - IM



An individual event, 1 swimmer swims all 4 strokes  
100 IM =  
25 Fly, 25 Back, 25 Breast, 25 Free  
No stopping!!