

GLOSSARY OF SWIMMING TERMS

“AAAA”, “AAA”, “AA”, “A”, “B”, “C” – time classifications for age group swimmers. “AAAA” times are the fastest time standards listed for age group swimmers. Times faster than this are approaching national cuts or Top Times consideration.

A-MEET – a swim meet that requires swimmers to have previously achieved an "A" time standard in the events they wish to enter.

A-B MEET – a swim meet that offers separate competition for both "A" swimmers and "B" swimmers, usually with medals for the "A" swimmers and ribbons for the "B" swimmers. Swimmers compete in separate brackets against other swimmers of their own ability. Usually only "A" swimmers can score individual event team points.

A-B-C MEET – a swim meet similar to the A-B meet except that there are three divisions. This type of meet includes every ability level of swimmer from novice to very experienced.

ADAPTED SWIMMING – swimming for persons with a disability

ADJACENT EVENTS – the next shorter and next longer distances of that stroke.

ADMISSION – a fee for spectators to view the meet. These are usually the larger, more prestigious meets. Sometimes the meet program (heat sheet) is included in the price of admission.

AGE GROUP SWIMMING – Swimmers competing against swimmers in their own age groups constitutes age group swimming. Age groups are 6 & under, 8 & under, 10 & under, 12 & under, 14 & under, and 18 & under.

AGGRAGATE TIME – times achieved by four individuals in separate starts which are added together to arrive at a relay time for entry purposes.

ALTERNATE – in a prelims/finals meet, the next fastest one or two swimmers after the finalists are decided. The fastest of the two is the first alternate and the next fastest is the second alternate. If a finalist cannot participate, the alternates are called to take their place, often on a moment's notice. Alternate can also mean a fifth person eligible to swim in a relay, if needed.

AMATEUR SPORTS ORGANIZATION – a not-for-profit corporation, club, federation, union, association, or other group organized in the United States which sponsors or arranges any amateur athletic competition.

ANCHOR – the fourth or final swimmer on a relay.

ANCHORED – Referring to the starting platform, it means stable at all times without human aid.

APPRECIABLE – sufficient in extent to be recognized.

APPROVAL – a permit issued by an LSC (Local Swimming Committee) for meets conducted in conformance with USA Swimming technical rules in which both members and non-members may compete.

ASCA – the American Swim Coaches Association and the professional organization for swim coaches throughout the nation. The organization certifies coaches and offers many services for coaches' education and career advancement.

ATTACHED – a USA Swimming athlete member who represents a member club in competition after having met the requirements in Article 203, USA Rules and Regulations.

AWARDS – medals, ribbons, or other items given to the top finishers in a swim meet. See also: HEAT AWARD/HEAT WINNER RIBBON.

BACK – short for backstroke. The swimmer must push off on his/her back and continue swimming on the back throughout the race. (EXCEPTION: the turn). In the backstroke any style of swimming is permissible as long as it is on the back.

BANNER – a team sign that is displayed at swim meets. Banners are usually made from nylon material and carry the team logo and possibly the name of a sponsor. Some size restrictions are enforced at certain meets.

BEST TIME/LIFETIME BEST TIME (LBT) – a swimmer's fastest time ever during the course of his/her whole swimming career.

BEEP – the starting sound from an electronic, computerized time system.

BLOCKS/BLOCK – the starting platform(s) located behind each lane on which a swimmer stands and pushes off or dives to start each race. Some pools have blocks at each end. Blocks are can be permanent or removable.

BOD – board of directors of an individual team, a Local Swim Committee, or USA Swimming.

BODY – the torso, including shoulders and hips.

BOTTOM – the floor of the pool. Bottom depths are usually marked on the walls or sides of the pool.

BREAK – occurs during a relay when one swimmer leaves the wall or block before the other swimmer in the water touches the wall. Also called JUMP.

BREAST/BREASTSTROKE – a stroke where both arms and both legs must move together simultaneously, and the body is kept on the breast. The body is not permitted to roll onto the back at any time. After the start and each turn the arms are permitted past the hipline in an underwater pull, and a single downward butterfly kick followed by a breaststroke kick is permitted while wholly submerged. At all other times the arms are not permitted past the

hipline, and part of the swimmer's head must break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick. Throughout the race the cycle must be one arm stroke and one leg kick in that order. For the complete technical rules see page 16 in USA Swimming Mini Rulebook.

BULKHEAD – a wall constructed to divide a pool into different courses, such as a 50 meter pool divided into two 25 yard courses.

BULLETIN BOARD – an important communication device for a swim club. Usually located at the entry way of a pool, the board contains and displays timely information posted for parents and swimmers to read.

BULL PEN – the staging area where swimmers wait to receive their lane and heat assignments for a swimming event. The area is usually away from the pool and has rows of chairs for the swimmers to sit. The Clerk of Course is in charge of the Bull Pen.

BUOY – see PULL BUOY.

BUTTERFLY – see FLY

BUTTON – the manual timing system stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. There are usually 3 buttons per lane. It is the timer's responsibility to push the button as the swimmer finishes the race.

CALM STATE OR SURFACE – normal level surface without turbulence.

CAMP – a swimming function offered by USA Swimming, the Local Swimming Committee, or a USA coach. When selecting a camp, ask for your coach's advice as to what will be best for the swimmer, and/or call USA Swimming for details on the many camps they offer.

CAP – a latex or lycra covering worn on the head of a swimmer. It is used during a race or workout to protect a swimmer's hair from the effects of chlorine in the water as well as to help cut down water resistance from the swimmer's hair. Frequently the cap bears the colors and logos of teams such as club teams, state teams or national teams.

CAR POOL – the major transportation service provided by parents of a swim club to shuttle swimmers to and from practice.

CARBOHYDRATES – the main source of food energy used by athletes.

CHAMPIONSHIP MEET – the meet held at the end of a season. Some of these meets may require qualification times.

CHECK-IN – the procedure required before a swimmer swims an event in a deck seeded meet. Sometimes referred to as a positive check-in, the swimmer must mark their name on a list posted by the meet host.

CHIEF TIMER – an official at a dual or invitational meet. He/she assigns lane timers to lanes and designates a timer on each lane to be the Head Lane Timer. He/she starts a watch(es) on every race , and the time of this watch shall be used if a Lane Timer’s watch fails. (see page 32 USA Mini Rule Book.

CHLORINE – the chemical used by most pools to kill the bacteria in the water and keep it clear and safe for swimmers.

CIRCLE SEEDING – a method of seeding swimmers when they are participating in a prelim/finals event. The top 18 (6 lane pool) or 24 (8 lane pool) swimmers are placed in the final three heats with the fastest in the inside lanes. Complete details are in the USA Rule Book.

CIRCLE SWIMMING – performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane.

CLERK OF COURSE – is both an individual and/or an area (also Bull Pen) where swimmers report to be arranged on benches in the order they will swim. Invitationals sometimes have a Clerk of Course setup; however, at dual meets the Clerk of /Course is the person who writes and passes out lane slips prior to the swimmer’s race.

CLINIC – a scheduled meeting for the purpose of instruction, i.e., Officials Clinic, Coaches’ Clinic.

CLOSED COMPETITION – competition open only to the members of one organization or group. Summer club swim meets are considered to be “Closed Competition.”⁰

CLUB – an organization or registered swim team which as been accepted for membership in the Corporation (USA SWIMMING) and operates on a year round basis.

COACH – a person who trains and teaches athletes in the sport of swimming.

CODE – a set of rules that have been officially published.

CODE OF CONDUCT/ETHICS – an agreement signed by a swimmer prior to travel stating that the swimmer or coach will abide by certain behavioral guidelines.

COLORADO – a brand of automatic timing system.

COMPETION – an athletic performance by an athlete, either individually or as part of a team or club.

COMPOSITE TIME – a time achieved in a relay event by four members of an organization.

CONSOLATION FINALS/BONUS HEAT/LITTLE FINALS – finals competition for the 6 or 8 fastest who failed to qualify for the championship finals. Consolations or consolation finals are the second fastest heat of finals.

CONVENTION – an annual, week long meeting held by United States Aquatic Sports (USAS). All rule changes are decided at this meeting, and all working committees are established. Representatives are sent by each Local Swimming Committee to make up the voting body.

COURSE – designated distance over which the competition is conducted.

LONG COURSE – 50 meters

SHORT COURSE – 25 yards or 25 meters

CUT – slang for qualifying time. It is a time standard necessary to attend a particular meet or event.

DEADLINE – the date meet entries are due. Making the meet deadline does not guarantee acceptance into a meet since many meets are “full” weeks before the entry deadline.

DECK – the area around the swimming pool reserved for swimmers, officials, and coaches. In a USA Swimming meet no one but an “authorized” USA Swimming member may be on deck during a swimming competition.

DECK ENTERED MEET/DECK ENTRIES – a meet where entries are accepted on the first or later day of that meet and subsequently seeded or placed into events.

DECK SEEDED MEET/DECK SEEDING – a meet where all entries are due prior to first day of meet and swimmers must declare availability (check-in) to swim prior to the scratch deadlines.

DEHYDRATION – the abnormal depletion of body fluids (water). It is the most common cause of swimmers’ cramps and sick feelings.

DEVELOPMENTAL – a classification of meet or competition that is usually held early in the season. The purpose of a developmental meet is to allow all levels of swimmers to compete in a low pressure environment. An intrasquad meet held at the beginning of a season could be considered a developmental meet.

DOMESTIC COMPETITION – any amateur athletic competition within the jurisdiction of USA Swimming which does not meet the definition on international competition.

D.Q./DISQUALIFICATION – occurs when the swimmer commits some infraction of the rules during the start, turn, or stroke of the event being swum. No points are scored; no time is recorded; and no medals or ribbons are awarded. A disqualification is shown by an official raising one arm with open hand above their head.

DISTANCE – how far a swimmer swims. In short course the distances are: 25 yards (1 length), 50 yards (2 lengths), 100 yards (4 lengths), 200 yards (8 lengths), 400 yards (16 lengths), 500 yards (20 lengths), 1000 yards (40 lengths), or 1650 yards (66 lengths). In long course the distances are: 50 meters (1 length), 100 meters (2 lengths), 200 meters (4 lengths), 400 meters (8 lengths), 800 meters (16 lengths), and 1500 meters (30 lengths)

DISTANCE EVENTS – term used to refer to events over 400 meters/yards

DIVE – entering the water head first. Diving is not allowed during warm-ups at practice except at a time designated by the coach. At meets diving is allowed only at a designated time and/or in specific lanes monitored by the swimmers' coach.

DIVING WELL – a separate pool or a pool set off to the side of the competition pool. This pool has deeper water and diving boards/platforms. During a meet this area may be designated as a warm-down pool (with supervision) or may be off limits.

DIVISION I – II – III – divisions of NCAA (National Collegiate Athletic Association) member colleges. The divisions are based on the school's total enrollment – Division I being the larger universities and Division III being the smaller colleges.

DOUBLE DUAL – type of meet where three teams compete in dual meets against each other. Separate meet scores would be kept for Team A vs. Team B, Team A vs. Team C, and Team B vs. Team C.

DRAG SUIT – a second loose fitting suit worn by swimmers in a workout and warm-up to add a certain amount of weight and resistance to the flow of the water around the swimmer. The concept is similar to a batter swinging two or three bats while on deck in a baseball game.

DRAW – random selection by chance.

DRILL – an exercise involving a portion or part of a stroke, used to improve technique.

DROPPED TIME – occurs when a swimmer goes faster than their previous performance.

DRYLAND/DRYLAND TRAINING – training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics and/or weight or strength training.

DRY SIDE – that part of the USA Swimming rule book that deals with the administrative regulations of competition.

DUAL MEET – competition between two clubs/teams. In a 6 lane pool each team gets three lanes, and in an 8 lanes pool each team gets four lanes.

ELECTRONIC TIMING – timing system operated on DC current (battery). The timing system usually has touch pads in the water, junction boxes on the deck with hook up cables, buttons for back-up timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers' times.

ELIGIBLE TO COMPETE – the status of a USA Swimming member swimmer that means they are registered and have met all the requirements.

END OF COURSE – designated wall for racing turns and finishes.

ENTRY – an individual, relay team, or club roster's event list into a swim competition.

ENTRY CHAIRPERSON – the host club's designated person who is responsible for receiving entries, making sure the entries have met the deadline, or returning the entries if the meet is full. This person usually will find discrepancies in the meet entries and notify the entering club to correct any errors.

ENTRY FEES – the amount per event a swimmer or relay is charged. This amount varies depending upon the Local Swimming Committee or the type of the meet.

ENTRY FORM – form on which a swimmer enters a competition. Usually includes USS number, age sex, event number and time - mostly obsolete now that entries are made electronically.

ENTRY LIMIT – the limit of total swimmers who can enter a meet. Once the entry limit is reached, a meet will be closed and all other entries returned. The term also refers to the number of events a particular swimmer can enter in a meet.

EQUIPMENT – the items necessary to operate a swim practice or conduct a meet.

EVENT – any race or series of races in a given stroke and/or distance. For competitive limits, one event equals one preliminary, or one preliminary and its related final, or one timed final, or one time trial.

FALSE START – occurs when a swimmer is moving at the start or leaves the starting block before the gun, beeper, or horn. In USA Swimming, one false start will result in disqualification of the swimmer or relay team, although the starter or referee may disallow the false start due to unusual circumstances.

FALSE START ROPE – see RECALL DEVICE OR ROPE.

FASTEST TO SLOWEST – a seeding method used on the longer events held at the end of a session. The fastest seeded swimmers participate in the first heat followed by the next fastest and so on. Many times these events will alternate one girl's heat and one boy's heat until all swimmers have competed.

FEES – money paid by swimmers for services. There are practice fees, registration fees, entry fees, USA Swimming membership fees.

FINA – *Federation Internationale de Natation de Amateur*, the international governing body of swimming, and the rules making organization for the sport.

FINAL RESULTS – the printed copy of the results of each race of a swim meet.

FINALS – the concluding session of each day of the meet in which the final race of each event is swum.

FINAL/BIG FINALS/CHAMPIONSHIP FINALS – any single race which determines final places and times in an event or in other words, the championship heat of an event in which the top six or eight swimmers from the preliminaries compete, depending on the number of lanes in the pool.

FINALIST – one who swims in a final race.

FINE – the monetary penalty assessed a swimmer, parent, or club/coach when there has been an infraction of the rules, such as, failing to prove a required time standard (swimmers), failing to meet volunteer requirements (parents), or failing to make entry deadlines (club/coach).

FINISH – the final phase of the race, i.e., the touch at the end of the race.

FINS – large, rubber devices that fit on a swimmer's feet. They are used in swim practice to increase ankle flexibility and strength. Fins or swim fins are not used in competition.

FIRST DAY OF MEET – day on which first competitive swimming event is conducted.

FLAGS/BACKSTROKE FLAGS – plastic or nylon triangular fabric strung on a cable and stretched across the ends of the course. Flags are placed 5 yards (short course yards) or 5 meters (long course 50 meters and short course 25 meters) from the end of the pool. They enable backstrokers to count their strokes in order to execute a backstroke turn and finish more efficiently.

FLY – short for the butterfly stroke. Both arms and both legs move together in synchronization. All up and down movements of the legs must be simultaneous, and the hand touch at both the turn and finish must be simultaneous. See page 17 USA Swimming Mini Rule Book.

FOREIGN SWIMMERS – an athlete member of a FINA (international governing body) member-country federation, other than USA Swimming, or an athlete member of USA Swimming who is not eligible to represent the United States in international competition due to FINA sports citizenship requirements.

FORMAT – the order of events and type of swim meet being conducted.

FORWARD START – a forward entry facing the course.

FOUL – an instance of obstruction, interference, collision, or equipment malfunction which prevents the successful completion of a race.

FREE/FREESTYLE – means that in an event so designated the swimmer may swim any style; except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke.

FUND RAISER – a money making endeavor by a swim team/club usually involving both parents and swimmers.

GALLERY – the viewing area for spectators during the swimming competition.

GOAL(S) – a specific time achievements a swimmer sets and strives for; can be short term or long term.

GOGGLES – eyewear worn by swimmers in the pool to protect their eyes from the effects of chlorine in the water.

GRAVITY WAVE – wave action caused by the swimmers' bodies moving through the water. Gravity waves move down and forward from the swimmer, bounce off the bottom of the pool and return to the surface in the form of turbulence.

GUN – the blank firing pistol that may be used by the starter to start the races.

GUN LAP – the part of a freestyle distance race when the swimmer has two lengths plus 5 yards to go. The starter fires a gun shot over the lane of the lead swimmer when the swimmer is at the backstroke flags. Also called bell lap.

GUTTER – the area along the edge of the pool in which water overflows during a race and is recirculated through the filtration system. Deep gutters catch surface waves and don't allow them to wash back into the pool and affect the race.

HANDBOOK – a reference manual published by teams/clubs, Local Swimming Committees, or other swimming organizations.

HATS – see CAPS

HEAD LANE TIMER – timing personnel who determine whether the swimmer or relay is present and in the correct lane, heat and event, and that relay swimmers are swimming in the order listed. They also determine and record manual watch times or the absence of a swimmer or the relay team seeded in that lane.

HEADQUARTERS – USA Swimming's office in Colorado Springs, Colorado or any such place designated by the host of a swimming meet.

HEAT AWARD/HEAT WINNER RIBBON – a ribbon or coupon given to the winner of a single heat at an age group swim meet.

HEAT(S) – a division of an event into groups when there are too many swimmers to compete at the same or one time. Results are compiled after all the heats of the event are completed.

PRELIMINARY HEATS – competition in which a number of heats are swum to qualify the fastest swimmers for the finals where final placing for the event will be determined.

TIMED FINAL HEATS – competition in which only heats are swim and final placings are determined by the time performed in the heats.

HEAT SHEET – the pre-meet printed listings or program available to all spectators at invitationals. It tells what event, heat, and lane in which each swimmer will compete. Heat sheets are sold at the admission's table and indicate whether a swimmer has been entered in all selected events. Parents enjoy looking at the seedings prior to the race plus the swimmers can tell the order in which the events will be conducted and get a rough idea how long the session(s) will last.

HIGH POINT – an award given to the swimmer scoring the most points in a given age group at a swim meet. All meets do not offer high point awards; check the pre-meet information.

HOD – is the House of Delegates. It is the ruling body of a Local Swimming Committee composed of a designated representative from each club plus the board of directors of the LSC. Only one vote per club/team is permitted.

HORN – a sounding device used in place of a blank pistol or gun. It is used mainly with a fully automatic timing system.

HORIZONTAL – parallel to the surface level of the water.

ILLEGAL – doing something against the rules that is cause for disqualification.

INITIAL DISTANCE – that first portion of a race for which an official time may be recorded but which is not in itself a completed event.

INTERNATIONAL COMPETITION - any amateur athletic competition between any athlete(s) or member organization(s) of USA Swimming, either individually or as part of a team, and any athlete(s) or member organizations (e.g., clubs) representing any foreign country.

IM/INDIVIDUAL MEDLEY – an event in which the swimmer uses all four competitive strokes. The swimmer swims the prescribed distance in the following order: the first one-fourth, butterfly; the second one-fourth, backstroke; the third one-fourth, breaststroke, and the last one-fourth, freestyle. Distance offered are 100 yards/short course meters, 200 yards/meters, and 400 yards/meters.

INSURANCE – offered automatically when a swimmer, coach, or official purchases a membership in USA Swimming.

INTERVAL – a specified elapsed time for swimming or rest used during swim practice.

INTRASQUAD – (summer league) a developmental or practice meet held at the beginning of the season for the purpose training new swimmers and parent volunteers regarding the conduct of a dual meet in a low pressure environment. “Intra” means “within” or “inside”, and the meet opponents are members of the same team.

INVITATIONAL/INVITATIONAL COMPETITION – for those swimmers, organizations, and clubs invited by the host. A club or team may request an invitation.

J.O./JUNIOR OLYMPICS – a type of Age Group competition conducted by Zones and Local Swimming Committees in USA Swimming.

JUMP – an illegal start done by the 2nd, 3rd, or 4th member of a relay team. The swimmer on the block breaks contact with the block before the swimmer in the water touches the wall. Also called BREAK.

JUNIORS – a USA Swimming Championship meet for swimmers 18 years old or less. Qualification times are necessary.

KICK – the leg movements of a swimmer. It is a popular word to yell to encourage swimmers during a race.

KICK BOARD – a flotation device used by swimmers during practice. A lightweight object used with great accuracy by coaches.

LANE – the specific area in which the swimmer is assigned to swim, i.e., lane one, two, etc. As the swimmer faces the race course, the lanes are numbered starting from the right (lane 1) to the left (lane 6/8).

LANE LINE(S) – a line stretched from the starting end to the turning end used to delineate the individual lanes and to separate swimmers in each lane. The lines are strung with individual finned disks which rotate on the cable when hit by a wave. The rotating disks dissipate turbulence in a competitive pool.

LANE MARKINGS – the guide lines on the bottom of the pool and in the center of the lanes running from the starting end to the turning point.

LANE SLIP – a piece of paper which names the swimmer, his/her event, heat, lane number, and time.

LAP – one length of the pool or course.

LAP COUNTER – a set of large plastic display numbers used to keep track of laps during a distance race. Also, it refers to the person who counts for the swimmer, stationed at the opposite end from the start. The numbers on the cards are “odd numbers” only with the final lap being designated by a bright orange display.

LATE ENTRIES – meet entries from a club or individual that are received by the meet host after the entry deadline. These entries are usually not accepted and are returned to sender.

LEG – (relay) the part of the relay event that is swim by a single team member. It is also a single stroke in the individual medley.

LENGTH – extent of the competitive course from end to end. See LAP.

LINE-UP SHEETS – a sheet of paper which tells the coach and the swimmer the order of events and the events, heats, and lanes in which each swimmer is competing.

LONG COURSE – 50 meters in length. World records may be set in a long course pool as well as a 25 meter short course pool. The Olympics as well as all major international competitions are conducted in a long course pool. The main USA Swimming long course season is during the summer months.

LONG DISTANCE – any freestyle event over 1500 meters, normally conducted in a natural body of water, such as a lake, river, or ocean. Also known as OPEN WATER Swimming.

LSC – Local Swimming Committee. It is the governing body for swimming on a local level within certain geographical boundaries designated by the Corporation.

LYCRA – a stretch material used to make competitive swim suits and swim caps.

MALFUNCTION – a mechanical or electronic failure, not a human failure by the swimmer.

MANUAL START – the start of any timing device by an individual in response to the same starting signal given to the swimmer(s).

MAY – permissive, not mandatory.

MARK – (take your) starting position.

MARSHALL – adult(s) or official(s) who control the crowd and swimmer flow at a swim meet.

MEDALS – awards given to the swimmers at a meet. They vary in size and design and method of presentation.

MEET – a series of events held in one program. It is competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself against the clock to see how he is improving.

MEET DIRECTOR – a meet official responsible for the procuring of awards, preparing the facility; arranging for personnel, equipment, and supplies necessary for meet operation. He/she has the final responsibility for processing entries; printing of programs; arranging for publicity and media coverage, preparing and distributing meet results. It is considered the “dry side” of the meet.

MEET REFEREE – a meet official who has full authority over all deck officials and enforces all applicable swimming rules. The meet referee decides all questions relating to the actual conduct of the meet. See also REFEREE.

METERS – the measurement of the length of a swimming pool that was built per specs using the metric system.

MIDDLE DISTANCE – term used to refer to events of 200 yard/meters to 500 yards/400 meters in length.

MILE – slang referring to the 1500 meter or the 1650 yard freestyle, both of which are slightly short of a mile.

MIXED CLASSIFICATION – meet in which events of Age Group and Junior, Senior, or any other classification are offered.

NAIA – National Association of Intercollegiate Athletics.

NAGTS – National Age Group Time Standards – the list of “C” through “AAAA” times published each year.

NATATORIUM – a building constructed for the purpose of housing a swimming pool and related equipment.

NATIONALS – USA Swimming National Championship meet conducted in March/April and August each year.

NATIONAL TIME VERIFICATION – certification of a national qualifying time made by a swimmer and issued by a verification official of the area in which the meet was held

NCAA – National Collegiate Athletic Association.

NCSA – National Club Swimming Association, Inc., is a private non-profit organization for professionally coached swimming clubs and their coaches. The clubs are independently owned and operated and not under the direct control of any other institution.

NEGATIVE SPLITS – a race strategy in the distance freestyle events in which a swimmer covers the second half of the race faster than the first half.

NEWSLETTER – a written communication published by a club or association.

NGB – National Governing Body.

NON-CONFORMING TIME – qualifying time standard that does not correspond to the course that will be completed in a meet. i.e., a short course time submitted to qualify for a long course meet, or vice versa.

NOVELTY MEET – a meet that does not fall into a specific category because of limited events, sessions, and age brackets.

NOVICE – a beginner or someone who does not have experience.

NRT – National Reportable Time. It is a time list published once a year. If a swimmer equals or betters the time on the list, they may submit their time in that event for consideration for national recognition.

NSSA – National Swim School Association.

N.T./NT – means no time. When entering a swimmer on the official entry form of an invitational meet, N.T. means the swimmer has not achieved a legal time in the particular event.

NTV – National Times Verification. It is a certificate verifying a national qualifying time was achieved by a swimmer and was issued only by a verification official from the location where the meet was held.

NUTRITION – the sum of the processes by which a swimmer takes in and utilizes food substances.

NYLON – a type of material used to make swim suits.

OBSERVED MEET – a meet that is not conducted according to USA Swimming rules (such as high school) and that a request for observation had been processed and approved in advance. Sufficient USA Swimming officials are present to certify that the athletes' swims are in compliance with USA technical rules.

OBSERVED SWIM – a swim observed by assigned USA Swimming officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules.

OFFICIAL(S) – judge(s) on the deck of the pool at a competition who enforces either NCAA, High School, or USA Swimming rules. There are stroke and turn judges, administrative officials, starters, and referees. These certified, adult volunteers operate many facets of a swim competition.

OLYMPIC TRIALS – the USA Swimming sanctioned long course swim meet held the year of the Olympic Games to decide what swimmers will represent the USA on our Olympic Team. Qualification times are faster than Senior Nationals.

OMEGA – a brand of automatic timing system.

OPEN COMPETITION – competition which any qualified club, organization or individual may enter.

OPEN WATER SWIMMING – any competition that takes place in a river, lake, bay or ocean as opposed to a swimming pool. .

OT – official time. It is the swimmer's event time recorded to one hundredth of a second (.01)

OTC – Olympic Training Center. It is located in Colorado Springs, Colorado. See also: USOTC.

OVC – Official Verification Card. It is a card/form issued by meet officials to swimmers achieving a Junior National or Senior National time.

PACE CLOCK – a large, electronic clock with a highly visible second hand, numbers and a smaller minute hand. It is used to check pace or maintain intervals in practice; it may also be digital. In some pools pace clocks are positioned at both ends of the pool.

PACING - a technique employed by swimmers to regulate the rate of speed at the beginning of the race in order to have enough stamina to finish the last half of the race fast. It is not used in sprint races except by beginners.

PADDLE – colored, plastic training devices worn on the swimmers' hands during swim practice. The paddles help build more efficient stroke technique and strength.

PARKA – large, ¾ length, fur lined coats worn by swimmers. Usually the parkas are in team colors with logo and/or team name.

PLACE JUDGES – meet personnel, one on each side of the finish line, who record the order of finish of all swimmers by lane. They are used at the discretion of the Referee.

POOL – The physical facility in which swimming competition is conducted.

POSTAL/INTERNET MEET – a swimming competition conducted in multiple locations with results compiled in a central location.

POSITIVE CHECK-IN – the procedure required before a swimmer swims an event in a deck seeded or pre-seeded meet. The swimmer must mark their name on the list posted by the meet host.

PRACTICE/SWIM PRACTICE – the scheduled workouts a swimmer attends with their team/club.

PRELIMS-FINALS – a type of meet with two sessions. The preliminary heats are usually held in the morning session. The fastest 6 or 8 are the Championship Heat swimmers. The next fastest 6 or 8 are the Consolation Heat swimmers. Both sets of swimmers return in the evening to compete in the Finals. A swimmer who has qualified in the Consolation Finals may not place in the Championship Finals even if his/her time is faster than any of the Championship Final times. The converse also applies.

PRELIMS/PRELIMINARIES – also called heats. It is the session of the meet in which the qualification heats or trials are held. The fastest swimmers qualify for the finals where the final placing for the event will be determined.

PRE-SEEDED/PRE-SEEDED HEATS – a meet with heats in which swimmers are arranged in groups according to the submitted times and heat sheets are prepared prior to the day of competition. The swimmers know what lane and heat they are in by looking at the heat sheet. The meet is conducted without a BULL PEN.

PROOF OF TIME – an official meet result. OVC (Official Verification Card), or other accepted form. Swimmers/coaches must supply proof of time with some meet entries. At other meets proof of time is not required unless a swimmer misses a cut time required at the meet.

PROPULSIVE – having power to propel.

PROTECTED COMPETITION – any amateur athletic competition between any athlete or athletes officially designated by USA Swimming as representing the United States , either individually or part of a team. See page 11 USA Swimming Mini Rule Book.

PSYCHE SHEET – an entry sheet showing all swimmers entered into each individual event, including their times, fastest to slowest. It is sometimes referred to as a “Heat Sheet” or meet program; however, a “heat sheet” would show not only every swimmer in an event, but also the heat and lane for each swimmer.

PULL BUOY – a flotation device used by swimmers for pulling (arms only) during practice. It is used to develop upper body and arm strength by immobilizing the legs and at the same time providing flotation.

PYRAMID SEEDING – see CIRCLE SEEDING

Q-TIME/QUALIFYING TIMES – a published time necessary to compete in a particular event and/or competition. They are also the times necessary to achieve a specific category of swimmer, i.e., “A”, “AA”, “AAA”, etc.

RACE – any single swimming competition; i.e. preliminary, final, or timed final.

READY ROOM – a room located near the pool for swimmers to relax before they compete in finals.

RECALL DEVICE (ROPE) – a device (rope) stretched across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start. The rope is located at approximately the half way mark on yard pools and about 50 feet from the starting end on meter pools.

RECORD ATTEMPT – swimming against time to break a record, unpaced by other swimmers.

REFEREE – is the head meet official who has full authority over all officials and shall assign and instruct them; shall enforce all applicable rules and shall decide all questions relating to the actual conduct of the meet. He/she can overrule any meet official on a point of rule interpretation, or on a judgment decision pertaining to an action which the Referee has personally observed. A referee’s authority is considered the “wet side” of the administration of the meet as opposed to the MEET DIRECTOR who is in charge of the “dry side”.

REGISTERED – enrolled and paid as a member of USA Swimming and the Local Swimming Committee (LSC).

REINSTATEMENT – the return of all or limited rights of membership in USA Swimming.

RELAY(S) – an event in which 4 swimmers compete together as a team to achieve one time. Each swimmer swims an equal distance. There are two types of relays: medley relay and

freestyle relay. In the medley relay the first swimmer swims backstroke, the second swimmer swims breaststroke, the third swimmer swims butterfly, and the fourth swimmer swims freestyle. Medley relay distances may be 100 yards/meters (summer league), 200 yards/meters or 400 yards/meters.

In the freestyle relay each swimmer swims freestyle. Freestyle relay distances may be 100 yards/meters (summer league), 200 yards/meters, 400 yards/meters or 800 yards/meters.

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.

REPORTABLE TIMES – times achieved in conformance with applicable USA Swimming rules which may be submitted to USA Swimming for recognition.

REST AREA – a designated area (such a gymnasium) that is set aside for swimmers to rest during a meet.

RIBBONS – awards in a variety of sizes, styles, and colors given at swim meets.

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 to get a good start. This "technique" is called illegal procedure in football.

RUNNERS – meet personnel who collect lane slips from each head lane timer at the end of each race and deliver them to the scorer's table. It is an obsolete job when electronic timing is used; however, runners also post printed final results at invitationals and championships.

SAFETY – the condition of being safe; the responsible and careful actions of those participating in a swim meet. Safety procedures are designed to prevent accidents. USA Swimming and each Local Swimming Committee have a "Safety Coordinator" and each meet must have "marshalls" in charge of safety. An example of safety procedure is: no diving is allowed off the blocks, off the end, or off side of the pool when swimmers begin warming up for practice and competitions.

SANCTION – a permit issued by a Local Swimming Committee (LSC) to a USA Swimming group member to conduct a meet in conformance with all USA Swimming rules.

SANCTION FEE – the amount paid by a USA Swimming group member to an LSC for issuing a sanction.

SANCTIONED MEET – a meet that is approved by the Local Swimming Committee in which it is held. The meet must be conducted according to USA Swimming rules. All participants, including coaches, athletes and officials, must be USA Swimming members.

SCHEDULE – (summer league): lists of meets with dates, meet host, meet location, type of meet. (USA Swimming) includes contact's address and phone.

SCISSOR – use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick. This kick is illegal in breaststroke and butterfly.

SCORERS – meet personnel who score the meet, write out ribbons or medals for the place finished, and post the scores/results periodically. With electronic timing systems the score is computed automatically and labels are printed out to be affixed to the awards.

SCRATCH – (from an event) – to withdraw from an event in a competition after having declared an intention to participate. Some meets have scratch deadlines and specific scratch rules, and if not followed, the swimmer can be disqualified from remaining events.

SEASONAL CLUB – an organization which has been accepted for membership in USA Swimming and which operates on the basis of a period of time specified by the LSC.

SECTIONALS – nickname for Speedo Championship Series (see below).

SEED – to assign the swimmers heats and lanes, according to their submitted or preliminary times.

SEEDING – see DECK SEEDED MEET/DECK SEEDING OR PRE-SEEDED/PRE-SEEDED HEATS

SEEDING/PRE-SEEDED HEATS – swimmers are arranged in heats in events according to submitted times and heat sheets are prepared prior to the day of the meet.

SENIOR – a USA Swimming National Championship meet for swimmers of any age as long as the qualification times are met.

SENIOR MEET – a meet that is for senior level swimmers and is not divided into age groups. Qualification times are usually necessary and will vary depending on the level of the meet.

SESSION – any portion of a meet distinctly separated from other portions by locale, time, or type of competition; i.e., preliminaries and finals; morning and afternoon; older and younger age groups.

SHALL – mandatory.

SHAVE – the process of removing all arm, leg, and exposed torso hair to decrease the “drag” or resistance of the body moving through the water. The removal of the hair heightens a swimmer’s sensations in the water. Shaving is utilized only by Seniors at very important championship meets.

SHORT COURSE – is a 25 yards/meters pool. A short course pool can NEVER be referred to as “OLYMPIC SIZED.” USA Swimming conducts most of its winter competition in 25 yard lengths, including the Junior National Competition in March. NCAA swimming competition uses the 25 yard format. Most of the world swims short course meters (25 meter pool) in the winter. The fastest times swum in a 25 yard pool may only gain U.S. Open or American record status.

SHOULD – recommended but not mandatory.

SIMULTANEOUSLY – occurring at the same time; pertains to the hand touch for turns and finishes in breaststroke and butterfly events.

SKIN SUIT – a slang term for a swim suit designed to have minimum drag in the water. While many swimmers use the traditional knitted lycra, the newest suit is woven lycra, called a “paper” suit because of its texture. There are continually new styles and fabrics put out on the market.

SPEEDO CHAMIONSHIP SERIES – are the open “senior level” meets held in the spring and summer. Each Zone may hold up to four meets. These meets are commonly called “Sectionals”. Qualifying times, sites, dates and meet rules are determined locally.

SPLASH – the USA Swimming magazine that is mailed by monthly. It is a benefit of being a member of USA Swimming.

SPLIT/SPLIT TIME – a swimmers’s time during a portion of an event, shorter than the total distance. Most common on relays where there are four individual times whose sum equals the final time for that event. In a 100 yard/meter individual race a swimmer’s first 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.

SPORT CITIZEN – an athlete who has represented a nation other than the United States in international competition is a sports citizen of that nation and is considered ineligible to represent the United States until FINA requirements for changing sports citizenship (sport nationality) have been met.

SPORTS MEDICINE AND SCIENCE – a comprehensive use of science and technology to develop better training methods for athletes. In USA Swimming the sports medicine and science program deals with everything from blood and respiratory condition to the biomechanics of the swimmer to proper nutrition.

SPRINT – a high energy burst of speed for a short distance event (50 or 100). In training, it means to swim as fast as possible for a short distance.

STAND UP – the command given by the Starter or Referee to release the swimmers from their starting position.

START – the beginning of a race or the dive used to begin a race.

STARTER – the official in charge of signaling the beginning of a race and insuring that all swimmers have a fair takeoff. Procedure: after the signal (outstretched hand) from the referee the starter announces the event and directs the swimmers to “take your mark”. When one or both feet are at the front of the block and all swimmers are motionless, the starter presses the

electronic starting device or fires the gun. For backstroke starts he/she will give the command “place your feet.”

START (FALSE) – occurs when a swimmer leaves his/her mark before the starting signal is given. If the referee independently observes and confirms the starter’s observation that a violation had occurred, the swimmer will be disqualified and will not be permitted to swim the event. If the starting signal has been given before the disqualification is declared, the race shall continue with recall. If the Referee independently observes and confirms the Starter’s observation that a violation has occurred, the swimmer or swimmers who have false started shall be disqualified upon completion of the race. If the recall signal is activated inadvertently, no swimmer shall be charged with a false start and the Starter shall restart the race upon signal by the Referee.

STATE – a meet held twice a year (short course and long course) sponsored by a Local Swimming Committee. In larger LSCs it is common to hold a Championship Senior Meet and Age Group meet separately. Qualification times are usually necessary. The term also applies to an annual season ending meet sponsored by state high school athletic associations.

STATE QUALIFIER – a swimmer who has made the necessary cut off times to enter the State meet.

STEP DOWN – the command given by the Starter or Referee to have the swimmers move off the blocks. Usually this command is a good indication that everything is not right for the race to start.

STILL WATER – water is contained within four walls or landlocked and has no perceptible current or movement from the filtration system other than that caused by wind.

STRAIGHT SEEDING – Swimmers are assigned to lanes in heats from slowest to fastest. In a given heat, the fastest swimmers swim in the middle lanes and the slower ones on the outer lanes.

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.

STROKE AND TURN JUDGES – meet personnel who watch to see that all swimmers do each stroke and turn properly as described in the rule book. If an infraction of the rules occur, these judges use headsets to radio the disqualification to the referee and scorer’s table. The stroke judge walks the length of the pool as the swimmers race. The turn judge is stationary. These judges have taken a class to become certified.

STROKE – refers to the four competitive styles of swimming which are butterfly, backstroke, breaststroke, and freestyle. Each stroke has specific rules, and failure to execute the stroke according to the rules results in disqualification.

SUBMITTED TIMES – swimmers’ times filed with an entry, having been previously achieved.

SUIT/SWIM SUIT – the racing uniform worn in the water by swimmers during competition. The four most popular styles/types of suits worn are: nylon, lycra, paper, and fastskin.

SUSPENSION – deprivation of all rights of membership in USA Swimming.

SWIM AMERICA – the professional swim lesson program administrated by the American Swim Coaches Association (ASCA) licensed to coaches.

SWIM-A-THON® – the fund raiser trademarked by USA Swimming. In a Swim-a-Thon® participants earn money for their team by swimming lengths of the pool. Swimmers have a two-hour period to swim a maximum of 200 lengths. Participants get pledges from businesses, family, neighbors, etc. prior to swimming.



Swim-a-Thon® is a registered trademark owned by USA Swimming. Holding a Swim-a-Thon® without a contract would be a violation of this trademark. Any other type of swim for laps, lap-a-thon, etc. is also considered by the courts to be a violation of the registered Swim-a-Thon® trademark. See website: <http://www.usaswimming.org> search: swim-a-thon

SWIMMING VENUE – the area located on the sides and ends of the pool, spectator area, team areas within the pool facility (e.g., portion of the building designated for teams and swimmers, or fenced area around outdoor pool), locker rooms, and such other areas as may be specifically designated by the host club or organization, meet director, or referee.

SWIM-OFF – a race after the scheduled event to break a tie. It occurs during a prelims/finals type competition to determine which swimmer makes the finals or serves as an alternate.

SWIMMING WORLD – a paid subscription magazine, published monthly, about swimming. It is published for all those individuals who participate, are involved, or have an interest in swimming.

SWIMS - (Swimming Web-based Interactive Membership System) is a comprehensive and inclusive database. SWIMS is a composite of membership data/history and a databank of times swum for nearly every athlete member since June 2003.

TAPER – the final preparation phase and resting process in training for swimming competition. In practice yardage is reduced so swimmers are more rested. Prior to major competition, 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.

“TAKE YOUR MARK” – is the command that the starter gives to the swimmers prior to the start of each race. At the command the swimmers must place one or both feet at the front of the block and assume his/her starting position.

TEAM – USA Swimming registered club or other club (YMCA/Summer) that has the right to compete for points.

TEAM RECORDS – the statistics a team keeps, listing the fastest swimmer in the club's history for each age group and each event.

TIME OF RECORD – the official time achieved in an event.

TIME STANDARD – the time a swimmer must have achieved for qualification in that event at any designated competition.

TIME TRIAL – an event or series of events, not part of a regular meet, where swimmers may achieve or better a required time standard.

TIME/TIMES – the final result of a swimmer's effort in the water, BEST TIMES occur when a swimmer swims the same event more than once and swims faster than previously.

TIMED FINALS – competition in which only heats are swum and final placings are determined by the times performed in the heats.

TIMERS/LANE TIMERS – meet personnel (volunteers) who are responsible for getting times of each swimmer with stopwatches and/or buttons/plungers. They sit or stand behind the starting blocks/finish end of the pool. If electronic timing devices are available, one or two timers per lane will push buttons. One timer per lane, the Head Lane Timer, also acts as a recorder and writes down the watch time(s) taken from the swimmer in his/her lane.

TIMING SYSTEMS – Every race in swimming competition shall be timed with one or more of the following systems, listed in their preferred order of use.

AUTOMATIC – A timing system that is started by an electric impulse generated by a starting device and stopped at the finish by the swimmer touching the touchpad.

SEMI-AUTOMATIC – A timing system that is started by an electric impulse generated by a starting device and stopped by buttons pushed by timers at the finish touch of the swimmer.

MANUAL – A timing system consisting of individual lane timers, each operating a manual watch that is both started and stopped by the timer. Only hand-held, battery powered, digital read-out type watches designed for timing purposes shall be used.

TOP 16 – a list of times compiled by the Local Swimming Committee, USA Swimming, or summer league that recognizes the top 16 swimmers in each age group (boys and girls) by each event and distance. The number 16 was arbitrarily chosen because it would normally fill the finals and consolation finals at a swim meet. .

TOUCH – contact with the end of the course or the finish of the race.

TOUCH AND FINISH – refers to the specific rules governing the touch for a finish or a turn. Each competitive stroke has specific rules.

TOUCH OUT OR TOUCHED OUT – to reach the touchpad and finish first in a close race or the reverse (touched out).

TOUCH PAD – The electronic, removable pad or plate located at the end of the pool that a swimmer touches at the conclusion of a race. It registers his/her time and sends the time electronically to the timing system and the scoreboard. A swimmer must properly touch the touchpad to register an official time in a race.

TRAINER – in the U.S. an athletic trainer; in Europe the term trainer if used for a coach.

TRANSFER – the act of leaving one club or Local Swimming Committee and going to another. Usually 120 days of unattached competition must elapse before the swimmer can represent another USA Swimming club.

TRAVEL FUND – a sum of money set aside for a swimmer to use for travel expenses and entry fees to specified meets.

TRI-MEET – a meet involving three teams competing for points to see who places first, second, or third. In a 6 or 8 lane pool each team gets two lanes only for the purpose of scoring. The extra lanes in an 8 lane pool can be used for exhibition swimmers.

TROPHY – type of award given to teams and swimmers at meets.

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

UNIFORM – the various parts of clothing a swimmer wears at a meet. It may include: parka, warm-up jacket, team duffel bag, sweat pants, suits, caps, goggles, T-shirt, etc.

UNITED STATES SWIM SCHOOL ASSOCIATION – formerly NSSA (National Swim School Association). U.S. Swim School Association is an association of quality schools devoted to aquatic education for life long safety, fun and health. See their website:
<http://www.usswimschools.org>

UNNATTACHED - a USA Swimming member who competes but does not represent a USA Swimming member club or another FINA member Federation. (abbreviation: UN)

UNOFFICIAL TIME – the time displayed on a read out board/score board or read out over the loud speaker system by the announcer immediately after the race. After the time has been checked, it will become the official time.

USA SWIMMING/USA-S – is United States Swimming, Inc., a Colorado corporation located in Colorado Springs. It is the national governing body of amateur swimming. To compete in USA Swimming meets, a swimmer must join the organization and obtain a U.S.A. Swimming card. Since the Tri-County Swim League is not a member of USA, league swimmers are not required to join the organization.

USA-S ID NUMBER – a 16 part number assigned to a swimmer after they have filled out the proper forms and paid their annual dues. The first 6 numbers are the swimmer's birthdate, using zeros as place holders. The next three places are the first three letters of the athlete's legal first name. The next letter is the middle initial, followed by the first four letters of the swimmer's last name.

USOTC – United States Olympic Training Center located in Colorado Springs, Colorado.

VERTICAL – at a right angle to the normal water level.

VITAMINS – the building blocks of the body. Vitamins do not supply energy, but are necessary for proper health.

WALL – is defined as the vertical portion of the pool, contiguous surfaces of the deck and overflow gutter, the front portion of the starting block or platform, or the touchpad at the end of the course.

WARM DOWN – low intensity swimming or recovery swimming used by a swimmer after a race or main practice set to rid the body of excess lactic acid, and to gradually reduce heart rate the respiration.

WARM-UP(S) – swimming prior to competition in order to loosen up shoulders, arms, neck, waist, and legs. It is also a good time to practice the events being swum at that meet, look over turns, and practice starts. Before a daily practice this low intensity swimming is used by a swimmer prior to a main practice set to get muscles loose and warm and gradually increase heart rate and respiration.

WARNING SIGNAL – a starting pistol, bell, whistle, air horn, or other appropriate device. Used in events 500 yards or longer, the Starter or a designee shall sound a warning signal over the water at the finish end of the lane of the leading swimmer when that swimmer has two lengths plus five yards or five meters to swim.

WATCH(ES) – the hand held device (stopwatch) used to time swimmers during a competition or practice. When totally automatic timing equipment is used at a swim meet, watches serve as a back-up method.

WATER – a liquid used for the purpose of filling swimming pools and/or properly hydrating swimmers.

WEBSITE – the official site maintained by USA Swimming on the internet:
www.usaswimming.org . Tri-County Swim League: www.tricountyswim.org

WEIGHTS – various barbells, benches, and machines used by swimmers during their dryland program to enhance strength.

WHISTLE – the sound the referee makes to signal to the swimmers and starter prior to the start of a race.

WHISTLE STARTS/BACKSTROKE STARTS –

1. The Referee will signal to the swimmers with a short series of whistles (4 or more) to remove clothing except swimwear and approach the side of the blocks followed by the announcer or starter announcing the event or heat.
2. When all swimmers have approached the side of the blocks, a long whistle is blown for the heat to immediately step into the water. Once all swimmers have surfaced, a second long whistle is blown to have the swimmers return to the wall and immediately assume their starting position.
3. The procedure is then the same as in steps 3, 4, and 5 in the FORWARD START section.

WHISTLE START/FORWARD STARTS –

1. The Referee will signal to the swimmers with a short series of whistles (4 or more) to remove all clothing except swimwear and approach the blocks followed by the announcer or starter announcing the event or heat.
2. When all swimmers have approached the blocks, a long whistle is blown for the heat to step onto the block and take their preparatory positions.
3. Once certain all swimmers are present, the Referee shall immediately turn the heat over with an outstretched arm to the starter.
4. The Starter, when certain the swimmers are prepared to swim, will say “Take Your Mark”.
5. When the swimmers are stationary, the Starter will activate the starting signal.

See www.tri-countyswim.org “Documents” then “Whistle Command Procedure for more details.

WORK OUT – the practice sessions a swimmer attends, including in the water and dryland.

YARDS – the measurement of the length of a swimming pool that was built per specs using the American system. A short course yard pool is 25 yards (75 feet) in length.

YARDAGE – the distance a swimmer races or swims in practice. Total yardage can be calculated for each swim practice.

ZONE(S) – a division of the United States. The country is divided 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.

9/4/07 Compiled by Chris McCullough, President, Tri-County Swim League

Sources:

USA Swimming 2007 Mini Rule Book

USA Swimming website: <http://www.usaswimming.org>

Tri-County Swim League Website: <http://www.tricountyswim.org>