

DICTONARY OF SWIMMING TERMS

*** Terms in bold apply to the Woodside Swim Team**

AGST: The Age Group State Championship

Age Group Swimmer: A swimmer who is 14 years old or younger

Aggregate Time: The process of adding up individual swimmer's times to achieve a relay qualifying time

Back-up Timer: Timer who starts 2 stopwatches at the start of each race during a swim meet and when needed (signaled by a lane timer raising his/her hand) exchanges a watch with a timer (if the timer's watch did not start on time)

Clerk of Course: A location at a meet where younger swimmers go to be lined up for an event

Circle Seed: The final three heats are pyramided in order to give the fastest 24 swimmers a chance to compete against the fastest competition

Computer Workers: 2 (or more) people knowledgeable in the Hy Tek Meet Manager software who import times from each event, essentially running the meet

Division Meet: The end of the year qualifying meet for swimmers who have achieved "Division" times. This meet is many times used as a last qualifier for the state meets.

DQ (Disqualification): A swimmer is disqualified due to a rules infraction. The most common infractions include 1 hand touch for fly and breast turns and finishes, and non-continuous movement on backstroke turn. A DQ means that the time does not count for that race because it was not performed legally

Dry Land: Exercises done out of the pool to increase strength, endurance, and flexibility

Early Takeoff (a DQ): When swimming a relay, a swimmer leaves the block before the previous swimmer finishes

False Start (a DQ): When in the starting position, the swimmer moves before the starting signal (usually a beep) is given

Finals: The championship heats of a prelim/final meet

Flyover Starts: A swimmer stays in the water after they finish the race until the next race is started

Heats: An event is divided into several races based on slow to fast times

Heat Sheet: A program, which shows specific names, heats and lanes for all events at a meet (more specific than a psych sheet)

IE: Individual event

Interval: During practice, it is a given amount of time to complete the swim as well as rest

ISI: Indiana Swimming, Inc.

Long Course: Competing and practicing in a 50 meter pool

LSC: Local swim committee (Indiana)

Meet Entry Fees: Individual event and relay fees charged to individual swimmers by the host clubs

NHMLC: WMS's conference- Northeast Hoosier Middle Level Conference

Official: A person who works on the deck during a meet to be sure the rules are followed

Pace Clock: Clock with a second hand used during practices to keep track of time for intervals during sets

Preliminaries: Heats swum to determine who swims in the finals

Psych Sheet: A list of all swimmers in each event listed from fastest to slowest for a swim meet (less specific than a heat sheet)

Qualifying times: Times needed to qualify for championship meets

Relay: 4 swimmers in the same age group and gender who make up a relay team. There are 2 types of relays-Medley (backstroke, breaststroke, butterfly & freestyle) and Freestyle, and each can have various distances (most commonly 200 & 400 yards/meters)

Ribbon Worker: Puts result labels on ribbons during meets

Runner: Person who takes lane timer sheets and DQ slips from timers & officials to the computer table

Seed: The process of dividing an event into heats based on time. Usually from slow to fast

Senior Swimmer: A swimmer who is a minimum of 13 years old

Sets: The name given to the type of training done in practice

Short Course: Competing and practicing in a 25 yard or meter pool

SRST: The senior state championship meet

State Meet: The meet where all qualifying swimmers compete for the state championship

T16: National reportable top 16 time

Taper: At the end of the season, the taper is when workouts are designed to decrease yardage and intensity to give the swimmers more rest so that they may be able to achieve their best times at the last meet(s) of the season (unique to swimming and running)

Time Standards: Qualifying times. Times needed to be achieved in order to compete at different levels of meet

Timer: Person who starts and stops a stopwatch and/or touch pad at a swim meet

Timed Finals: Placing in an event is determined by the order of finish following each race without swimming finals

USA Swimming (United States Swimming): The governing body of swimming in the United States.