

A BEGINNERS GUIDE TO SWIMMING TERMS

Down Year – A swimmer in the lower age of their age group, for example a 9 year old in the 10 and under age group.

DQ – Disqualification. (Your time or place of finish does not count)

Event – A portion of a meet competition broken down by stroke, age, gender and relay type.

Exhibition Heat – Any heat in an event after the official heat. (also called an unofficial heat)

False Start – When a swimmer inadvertently leaves the blocks before a heat is started by an official. (1 per event a 2nd results in a DQ)

Heat – A portion of an event.

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.

Lanelines – The dividers used to designate 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 – The point from one side of the pool to the other. (25 yards or meters)

Leg – A portion, normally one-quarter, of an individual event or relay event, of the event.

Medley relay - An event in which the swimmers uses all four competitive strokes in the following order: backstroke, breaststroke, butterfly, and freestyle.

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

Official Time – The time established by an official, which is entered into the meet final records.

Official Heat – The first heat in an event.

Relay – An event in which 4 children swim individual legs.

Seeding – The method of placing swimmers in lanes in order of their entry times. (Invitational meets only)

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

Time Trials – A "swim meet" before the season starts allowing the coach to get times for the swimmers.

Up Year – A swimmer in the upper age of their age group, for example a 10 year old in the 10 and under age group.

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

Watch Time - The recorded time from a watch started and stopped manually by a lane timer.