

GENERAL SWIM TERMINOLOGY

Anchor: The competitor who swims the last leg of a relay.

AA: The intermediate Provincial qualifying time in Nova Scotia. Swimmers that graduate from Nova Tech will compete at AA meets until they achieve AAA qualifying standards.

AAA: The highest age group Provincial qualifying time in Nova Scotia. Swimmers must achieve AAA times to enter AAA meets.

Backstroke Flags: A set of flags placed 15 ft. from the end of the pool. They are used to warn the swimmer of the turn and finish coming up.

Bi-lateral Breathing: A breathing pattern, turning the head to both sides every three strokes.

Dolphin Kick: The kick used in the butterfly stroke. The feet move up and down together.

D.Q. (Disqualified): The swimmer's time is not considered in the competition due to improper stroke technique, false start, etc. This is determined by the start, stroke and turn judge or referee.

False Start: An error in which the swimmer leaves the starting block before the starting signal. If this is done in an individual event the swimmer is D.Q.'d. If done in a relay (the swimmer on the block diving in before his teammate has touched the wall) the relay team will be D.Q.'d.

Flutter kick: The kick used in the freestyle or front crawl stroke.

Goggles: They are made of different colored plastics and are worn to protect the eyes from the effects of chlorine and pH. A necessity for comfortable workouts.

Heat: A division of an event in which there are too many swimmers to compete at one time.

Heat Sheet: A printed order of swimming events and competitors.

I.M.: Individual medley. An event where one swimmer swims all four competitive strokes in order. (Butterfly, backstroke, breaststroke, and freestyle)

Lane Lines: Specially designed flotation devices used to separate lanes of competition in a meet.

Lap: One length of the pool.

Lap Counters: A set of plastic numbers used to let distance swimmers know how far they have swum.

Leg: One of four equal parts of a relay race each swam by a different person.

Long Course Season: The long course season begins in January and ends in August for AAA swimmers. The meets are held at 50m pools.

Medley: A race in which all four competitive strokes are used, each for one fourth of the total distance.

Meet: Swim Meet or competition

NT: No time. An event that a swimmer has never swam before in competition.

Nova Tech: The grassroots competition stream in Nova Scotia. Swimmers up to age 12 will swim in Nova Tech meets in their own region of the Province; meets are shorter in duration, and swimmers must achieve graduation standards to move into the AA level.

Prelim and Finals: Meets that run preliminary heats with the fastest overall swimmers advancing into the finals.

Scratch: To withdraw an entry from a race.

Seeding: Pre-seeded heats - swimmers are arranged in heats according to submitted times and heat sheets are prepared prior to the day of competition.

Short Course Season: The short course season begins in October and runs through January for AAA Level Swimmers. The meets are held at 25m pools.

Split: A section of a race, e.g., a 200m race can be divided into four sections (4x50). The split times for each section can be used to help in properly pacing.

Swimming Canada ID Number: Number issued by Swimming Canada to each individual swimmer. It is unique for everyone.

Each swimmer must have an SNC # to be eligible to swim with the team and enter meets.

Taper: A carefully planned program that involves getting a swimmer's body and mind into top (peak) performance levels before a major competition.

Timed Finals: A meet in which all heats are run one after the other with the fastest times from those swims determining the final places. Races are swum only once.

Warm Down: A period after a race/practice for the swimmer to loosen up the muscles to prevent stiffness or soreness.

Warm Up: A planned session prior to a race/practice for the swimmer to ready the muscles for a swim. Also used to become familiar with the pool's physical features such as starting blocks, turning walls, lighting of pools, etc.