

SWIM TERMINOLOGY:

- **Event:** a portion of a meet competition broken down by distance, stroke, gender and relay type.
- **Heat:** a portion of an event. An event may require multiple heats to allow all swimmers entered to swim the event.
- **Scored Heat:** The first heat of the event. The finish time of the swimmer(s) will determine the points and ribbon place awarded to the swimmer.
- **Exhibition Heat(s):** All heats after the first heat (if applicable). This allows for more than three swimmers to participate in an event and does not allow large teams score additional points.
- **Heat sheet:** A list of the day's events, (electronically and/or paper), that lists the participants in each lane, their entry time, lane, and the heat they are in. Races are arranged by event number.
- **Age groups:** Swimmers are organized by age in competition. 8 and under swimmers compete against each other. Same goes for 9-10 year olds, 11-12 years olds, 13-14 year olds, and 15-18 year olds.
- **False start:** When a swimmer leaves the blocks early. A false start can include a swimmer trying to jump the start or rolling forward before the starter's beep has sounded.
- **Lane Lines:** the dividers used to delineate 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 the competition pool.
- **Starting Blocks:** Or Blocks. Swimmers use these at the end of the pool to enter the water.
- **Backstroke Flags:** Flags hung in the air over the width of the pool five meters (yards) away from the end of the pool. The flags are used for swimmers to count strokes to the end of the pool.
- **Seed time (or entry time):** The time that a swimmer is entered into an event with. This time, usually the swimmer's personal best time in the event, is used to seed the swimmers into heats. NT is for No Time (the swimmer does not have a record of the stroke/distance – times do not transfer from winter swim)
- **Disqualification (DQ):** Stroke & Turn officials will DQ a swimmer if the stroke is being swam incorrectly or use methods to gain an advantage (leaving block early, walking on pool bottom, etc).
- **Length vs Lap:** One length is swimming from one side of the pool to the opposite end. One lap is down the pool and back (starting and stopping at the same end).
- **Clerk of Course:** Swimmers sit (or stand) in their respective heats and lanes before waiting behind the blocks. Volunteers will verify that all swimmers are accounted for.
- **Bullpen:** A designated area in the pool area that teams will sit and volunteers will gather the swimmers for their respective event and walk (or send) them to the clerk of course area.
- **Official:** a stroke judge on the deck of the pool. Various judges watch the swimmers' strokes, turns and finishes.
- **Short Course Yards (SCY):** One length is 25 yards of the pool. Yards is shorter than meters. Times are automatically converted for meets. Troy & Bellefontaine's pools are 25 yards.
- **Short Course Meters (SCM):** One length is 25 meters of the pool. Meters is longer than yards. Times are automatically converted for meets. Tipp, Minster, Versailles, & Botkins's pools are 25 meters.
- **Long Course Meters (LCM):** One length is 50 meters of the pool. The Olympics use this type of pool. TMST will not participate in this type of pool.
- **Competitive Strokes:** freestyle, breaststroke, backstroke and butterfly.
 - **Medley Relay:** an event in which four swimmers compete, with each swimming one of the four competitive strokes in the following order: backstroke, breaststroke, butterfly and freestyle.
 - **Freestyle Relay:** an event in which four swimmers compete with each swimming the freestyle stroke.
 - **IM:** abbreviation for Individual Medley, and event in which the swimmer swims all four competitive strokes in the following order: butterfly, backstroke, breaststroke and freestyle.