

SWIMMING TERMS GLOSSARY AND ABBREVIATIONS

ASADA - Australian Sports Anti-Doping Authority protects Australia's sporting integrity through the elimination of doping. ASADA officials perform drug tests at swim meets.

Bunbury SC or BSC - Bunbury Swimming Club

Bilateral Breathing - Most common in freestyle. Breathing to the left side then swimming three strokes and breathing to the right side, then swimming three strokes and breathing to the left side, and so on.

Blocks - The starting platforms located behind each lane. Blocks have a variety of designs and should only be fitted where there is a safe diving depth. Blocks may be permanent or removable and can incorporate a bar to allow swimmers to perform backstroke starts.

Breaststroke - Arms are moving simultaneously under the water horizontally, with legs doing a frog kick.

Butterfly - Legs move up and down together, and arms move together in an 'up and over' motion.

Championship Meet - Provides athletes with an opportunity to achieve qualifying times for Swimming WA Metropolitan, Country, or State Championships, or Swimming Australia National Championships. Swimmers are always required to demonstrate they can swim equal to or faster than the meet's qualifying times before entering championship meets.

Circle Swimming - A way of avoiding collisions when there is more than one swimmer in a lane. Swimmers stay to one side of the lane, for example always staying on the left side of the lane, similar to driving.

Clearance - Written permission gained from Swimming WA and/or Swimming Australia to swim interstate or overseas.

Development Meet - Many development meet organisers may accept entries from competitors who do not yet have a qualifying time for their event(s).

Dryland - Exercises or stretches that are conducted out of the pool in order to warm up, build strength and increase flexibility.

Disqualification or DQ - Term used that describe whether a stroke is being performed correctly (legally) as defined by FINA rules. If a swimmer is judged by a Stroke and Turn judge to be swimming incorrectly, that swimmer is disqualified (DQ) for that event in the meet. The swimmer should ask their coach for instructions to correct the problem before swimming the same event in another meet. DQ does not mean that a swimmer cannot swim in further events or meets.

Entry Time - This is the time the swimmer has swam during a swim meet it is usually the swimmer's P.B. time.

Event - This is defined by the age group, gender and swimming stroke, such as Boys' 9-10 Backstroke. The number of events at each meet varies.

Finals - The last event for a specific stroke and distance which will decide the winner of the event overall in the competition.



Flags - These are suspended over the width of each end of the pool approximately five metres from the wall. They allow backstroke swimmers to determine where the end of the pool is.

Four Beat Kick - Four leg movements per arm stroke in freestyle. Similarly, two and six beat kicks may be used.

Freestyle - Another name for the 'front crawl'. It is called freestyle, as there is no set technique.

Heats - When an event has more swimmers entered than available lanes there are multiple heats of the event. The winners go on to compete against each other in the final.

I.M. Individual Medley - The sequence for an I.M. is: Butterfly, Backstroke, Breaststroke, Freestyle. The sequence for a Medley Relay is: Backstroke, Breaststroke, Butterfly, Freestyle

JX (Junior Excellence) Program - This Swimming Australia program recognizes, rewards and encourages swimmers, aged from 9-16 years, who achieve a high standard of swimming excellence.

Judge of Stroke - A trained volunteer who determines if swimmers are swimming each stroke legally within the guidelines set by Swimming Australia, a stroke judge determines if a swimmer will be disqualified.

Lane Ropes - The dividers used to set out the lanes in a pool. These are made of individual finned disks strung on a cable, that turn on the cable when hit by a wave, dissipating the wave.

Lap Counter - The large numbered cards (or the person turning the cards) used during freestyle events 800 metres or longer. Counting is done from the non-starting end.

Lead Off - Usually used when referring to relay swimmers. The lead off is the swimmer who enters the water first.

Long Course or LC - Summer season with events swum in a 50-metre pool.

Medley - All strokes are used. This can be an individual event, with one person swimming all strokes, or it can be a relay event with four people, each swimming a different stroke.

Meet - A competition between two or more teams with individual swimmers, relays, place ribbons and/or team scores.

Online Entries - All entries for Swimming WA meets are submitted online via the MySwimResults website. Swimmer's times will automatically be picked up. The online entry system will present you with a list of events your swimmer qualifies for.

Open Event - An open event means a swimmer of any age may enter.

Open Water Swimming - Swimming in water other than a pool, for example the ocean or a lake.

PB (Personal Best) - The best time a swimmer has done so far in a particular stroke or event.

Pace Clock - The big clock on the wall or deck is used for interval training. The red hand goes around every 60 seconds. Swimmers who can read the clock and know their times find it easy to monitor their own progress.



Pool Deck - The area around the swimming pool. During a meet, only authorised people may be on deck. This includes swimmers, coaches and officials.

Program - A schedule of meet events, procedures and instructions to be followed by those entering and running the meet.

Pull - A drill in where you swim using your arms only. A pull buoy is often used to keep a swimmer's legs together while they pull.

Qualifying Meet - Provides athletes with an opportunity to achieve or improve on qualifying times. Generally, athletes attend these meets with the aim of achieving a qualifying time that will allow them to compete at another meet. Qualifying meet organisers may accept entries from competitors who do not yet have a qualifying time for their event(s).

Qualifying Time - A time listed for a specific stroke and distance in a meet's program, which swimmers must prove they can swim equal to or faster than in order to be eligible to compete.

Record - The fastest swimming time that has been recorded to date for a distance, stroke and age category.

Referee - The head official at a swim meet.

Region - WA swimming is broken into four Regions: Eastern, Western, Central, Southern.

Relay - A race between two or more teams, in which each team member participates in only a set part of the race and is then relieved by another member of the team.

Runner - A volunteer who picks up time slips, DQ slips, and other meet documentation and brings them to the computer table where the meet information is being compiled.

Seeding - This refers to the heat and lane assignment of the swimmer. Swimmers are arranged (seeded) by the best times, with the slowest swimmers in heat 1 and so forth. Further, the fastest swimmers are seeded in the middle of the pool outward.

Starts - This is the entry into the water (generally a dive) or the beginning of the backstroke (push off back dive) at the sound of the starting buzzer.

Streamline - Position a swimmer assumes at the start of a lap in which their body and arms are straight with the elbows behind the ears arms squeezing the back of the head.

Swimming Australia Limited or SAL - The national sporting organisation responsible for the promotion and development of swimming in Australia at all levels

Short Course or SC - Winter season with events swum in a 25-metre pool

Split Time - A race's total time, split into smaller parts.

Swimming WA or SWA - The peak body for the administration of Swimming in Western Australia

Swim Down - Used by the swimmer to rid the body of excess lactic acid generated during a race.



Timed Finals - An event swum in which 1st, 2nd and 3rd placing's are awarded to the three fastest recorded times from all the heats held.

Timekeeper - A volunteer who uses a stopwatch or electronic timing button to record a swimmer's time during a swim meet.

Timeline - A schedule or timetable of events that will take place during a meet.

Time Trial - Provides swimmers with an opportunity to experience competition and allows coaches to evaluate potential areas of improvement for their swimmers. Time trials are a fantastic opportunity for new swimmers to improve their times and to try new events.

Touch Pad - The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touch pad to register an official time in a race.

Transfer - The process of changing club membership from one club to another.

Transfer Window - If a club transfer occurs during a specific period of time before a meet, the swimmer will not earn points for their old or new club while swimming at the meet in question; the swimmer will swim as "unattached".

Tumble Turn - Used in freestyle swimming, similar to a somersault under the water upon reaching the pool wall. Is faster than a 'touch and go' once technique is mastered.

Turns - A swimmer who is swimming more than one length of the pool in an event must perform a legal turn at each wall to continue the race. Each stroke has its own turn requirements, which are taught in practice.

Warm Up - The practice and loosening session a swimmer does before the meet or their event. The blood flow to the muscles warm up creates is essential to avoid injury. and also allows swimmers to get familiar with the pool.