

***Glossary of Swim Meet Terms***

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**Course** – designated distance over which the competition is conducted.

Long Course – 50 meters

The season lasts from April through August.

Short Course – 25 yards

Short Course is from Sept-March

**Deck Entry** – Entries which are accepted on the day of the meet. This is permitted during a set time prior to the start of most non-championship meets. <http://www.fgcswim.org/meetresources/deckseed.pdf>

**Disqualification** – “**DQ**”- an infraction of the USA Swimming Rules & Regulations

Common infractions include: false start, one hand touch at the turn or finish of a stroke which must have a two hand touch (breaststroke, butterfly), finishing on the breast in a backstroke event. Any questions about a disqualification must be directed to the swimmer’s coach. The coach will, 99% of the time, have already seen the infraction and will explain to the swimmer how to correct it.

**Florida Gold Coast** – The Local Swim Committee for the 5 county area in Southeast Florida which sanctions all meets held within its boundaries. Each county holds monthly meets and at the end of each swim season, long course or short course, there is a Championship meet known as Junior Olympics.

The County meets include:

“**A**” **Invitational Meet** – This is a fast meet with “A” swimmers who are often trying to achieve times for entry into Sectional, Zone, Senior National or US Open meets.

**A-B-C Meet** – This is a meet where swimmers of all ability levels are permitted entry. ABC refers to Time Standards.

**BC Meet** – This is a meet for beginning swimmers who have not yet swum an A time in competition. Once a swimmer achieves an A time, he/she is not permitted to swim that event at a BC meet. The swimmer may swim any other event in which he/she does not have an A time. (Similar to Novice events in other sports.)

**Championship Meet** – competition with preliminary and finals sessions. In the Finals, the swimmers with the top 8 (or 10) fastest times swim again to determine final placing in the event.

**Junior Olympics** – This is a meet with its own set of time standards: FGJO. These standards are often “A” times but often are faster or slower in any given age group to even the playing field and even out the numbers of swimmers in the meet.

**Division II Championships** – This is a championship meet for swimmers who have not achieved FGJO times in the events they swim at this meet.

**Heat Sheet** – Purchased at the gate, this is the swim meet program. It contains every event, in order, and shows where each swimmer will swim. A swimmer looks at the Event he entered to see which heat and lane to report to.

**Meet** – a series of events held in one program.

**Meet Information** – information pertaining to an upcoming meet. This includes date, time and location as well as time standards necessary for entry into the meet, a list of events from which to choose, directions to the facility hosting the meet and the cost of entry. <http://www.esscswim.com> Go to Meet Info & Results page for the current home meet information

**Meet Entry form** – This is a form to be filled out by the swimmer (unless the coach enters the swimmer based on a training plan,) which contains the swimmer's USS number, age, phone contact, date of birth and a list of events the swimmer wishes to swim. This entry form is put (for our team) in a box located next to the concession stand at the Aquatic Complex and near the front entrance at Mullins Park. The coaches compile the entries and they are sent to the host team along with a check for the entry fees. There is always a DEADLINE for entries and it is up to the swimmer to be sure to get his entry form in on time.

**Official** – USA Swimming Officials are volunteers. At every meet you will see a Referee and a Starter under the tent at the start end of the pool. The Referee is in charge of the meet and the Starter is in charge of the start of every heat. Stroke and Turn officials are positioned at the start and turn ends of the pool and watch for any stroke or turn or finish infractions based on the rules and regulations of USA Swimming. These people are trained, tested and re-certified every two years to stay current with the sport. They are from teams throughout the LSC and while each team should have enough officials to run a meet, officials are not “from any team.”

**Seed** – to distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

**Session** – any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., morning session for 12 & under swimmers, afternoon session for 13 & over swimmers. Both sessions timed finals.

**Split time** – time recorded from official start to completion of an initial distance within a longer event.

**Submitted time** – those filed with an entry, as having been previously achieved.

**Time Standard** – the time a swimmer must have previously achieved in order to compete in that event at any designated competition. USA Swimming determines the time standards for each age group. An LSC may set its own standards for local meets. [http://www.usa-swimming.org/Top\\_16/top16bas.pdf](http://www.usa-swimming.org/Top_16/top16bas.pdf) This is the page on the USA Swimming web site where you can find the B-AAAA time standards.

**Timed Finals** – competition in which only heats are swum, and the final placings are determined by the times performed in the heats.

**Unattached** – a member who competes but does not represent a USA Swimming member club or another FINA member Federation. (A swimmer who moves from one club to another must swim Unattached for a period of time before becoming a permanent member of the new club.)

**Warm-up** - One and one half hour before the start of the first event the host designates a pool or an area in a pool which is open for swimmers to warm up for the meet.

**Watch time** – The time registered by the human timer at the end of the heat. This time is recorded as a backup in case of a malfunction of the electronic timing system. (Clock time.)

**VOLUNTEER** – The life's blood of a swim team. Each parent is an integral part of the success of a swim team. Except for coaches, every person you see on deck and in the concession stand, and under the tent, and in the hospitality room is a volunteer. The joy of helping your child and his/her teammates is priceless. There is room for every parent of every swimmer to contribute to the success of this team. Please follow this link to see the list of positions where you can find a happy and helpful place to be a part of the team. <http://www.csscswim.com> Click the "Volunteer Sign up" on the bottom of the left menu to sign up for the next meet. To see a description of each position follow this link: