

"A" Time Standard

National Age Group Time Standard "A". Time classification for a swimmer

Age Group Swimming

The program through which USA Swimming provides fair and open competition for its younger members. The National Age Group divisions are: 10-under, 11-12, 13-14, 15-16, 17-18, 15-18. Local meets may also include events for 8 and under and single age categories.

Bulkhead

A wall constructed to divide a pool into two courses, such as a 50-meter pool into two 25-meter courses.

CRAW

The official abbreviation for Crawfish Aquatics in swim meets.

Cut

Slang for qualifying time. A time standard necessary to attend a particular meet or event.

Disqualification (DQ)

A swimmer's performance is not counted (for awards or as an official time) because of a rules infraction. A disqualification is shown by an official raising one arm with open hand above their head and will be indicated on results printouts as "DQ".

Dryland Training

Training done out of the water that aids and enhances swimming performance; usually includes flexibility and abdominal exercises, plyometrics, and/or weight training.

False Start

Occurs when a swimmer is moving before the start signal is sounded. One false start can disqualify a swimmer or a relay team, although the starter or referee may recall the false start.

Heat Sheet

Meet program sold at the meet listing swimmers' heats and lanes for each event along with other important meet information.

Illegal

Doing something against the rules that is cause for disqualification.

Long Course

A pool 50 meters in length. Typically, events held spring through summer are in long course pools, and events in the fall and winter are in short course pools.

LSC

Local Swimming Committee, the governing body for USA Swimming at the local level. There are 59 LSCs in the country; LSI (Louisiana Swimming, Inc.) is the governing body for Louisiana.

NT

No Time. The abbreviation used on a heat sheet to designate that the swimmer has not swam that event before.

National Age Group Time Standards

"Top 16 Time Standards"- Time standards derived from the 16th fastest time in each event plus 5% increments at each level. Standards are broken down by age and sex with B, BB, A, AA, AAA and AAAA divisions.

The "A" time standard is typically the designated time standard for qualifying for state competition in Louisiana although some age groups are adjusted base on the "A" standard.

Official

A judge on the deck of the pool at a sanctioned competition who enforces the USA Swimming rules. There are stroke and turn judges, administrative officials, starters and referees.

Prelims

Slang for preliminaries at championship meets; these races are those in which swimmers compete to qualify to swim in the final scoring competition for those events.

Qualifying Times

Published times necessary to enter certain meets, typically championship meets.

Referee

The head official at a swim meet who has the final authority on swimming decisions.

Scratch

To withdraw from an event in a competition or the entire competition.

Scratch Deadline

The final day or date for scratching from a specific competition without incurring meet fees.

Seed Time

The time a swimmer uses to enter the meet; usually a personal best time.

Short Course

A pool 25 yards or 25 meters in length.

Starter

The meet official who gives the starting signal for each race.

Timed Finals

Competition in which all heats are swum and final placing are determined by those times (no preliminary heats). This is standard format for most age group/non-championship meets.

Touch Pad

A large sensitive board at the end of each lane where a swimmer's finish is registered and sent electronically to the timing system.

Unattached

A swimmer who does not have an affiliation with a USA Swimming club. If a swimmer transfers from one USA Swimming Club to another they must be unattached status for 120 days from the date of their last competition.

USA Swimming

The national governing body for competitive swimming in the United States. Extensive resources for swimmers and parents on the organization website: www.usaswimming.org.