

**What does that mean?**  
**A Parent Swimming Dictionary**

- Swim Meet:** a swimming competition between two or more teams
- Event:** A swim meet is made up of "events" which are the specific age groups, boys or girls, swimming specific strokes.
- Heat:** An event has one or more heats. The fastest group of swimmers, based on previous best times, are always in the last heat. The next-to-last heat has the next-to-fastest swimmers, etc.
- Short Course:** 25 meters for one lap
- Long Course:** 50 meters for one lap
- Strokes:** There are four strokes: Butterfly (Fly), Backstroke, Breaststroke, Freestyle (Free)
- IM:** An Individual Medley of strokes where an individual swimmer will swim one or more laps each of Butterfly, Backstroke, Breaststroke and, Freestyle, in that order
- Free Relay:** Four different swimmers, each swimming one or laps of Freestyle according to age group, (ie. 100 Free Relay-1 lap each, 200 Free Relay-2 laps each, 400 Free Relay-4 laps each)
- SEED time:** Swimmers best swim time for that event
- DQ:** The disqualification of a swimmer as determined by the meet referee. DQ's may occur because of illegal starts, strokes, turns or finishes.
- Invitational Meet:** A meet where anywhere from three to ten or more teams participate. *Registration deadlines are generally well-in-advance and strictly enforced.*
- Time Standards:** Offer swimmers a general idea how they match up with other swimmers in their age group and between age groups. Time standards are great for goal setting (ie. "A" time, "AA" time)

*Time Standards are set up each year by Swimming Natation Canada*