



Shark Terminology



- 25** One length of the pool. Also, a term referring to the length of an event, as in *25 back*.
- 50** Two lengths of the pool. Also, a term referring to the length of an event, as in *50 breast*.
- A Champs** See League Championships.
- A Meet** A dual meet in which the generally more experienced swimmers participate. There is no time a swimmer must attain before competing in an A meet.
- A Prelims** See League Prelims.
- A Time** See the Shark Standards Page for Midlakes B Disqualification Times.
- Age Groups** A method of defining swimming events by age. A child's age on June 15th determines which Age Group they will compete in that season. Each swimmer remains in the same Age Group for the entire season. The five age groups are: 8 and Under, 9-10, 11-12, 13-14 and 15 and Over.
- B Champs** See Division Championships.
- B Disqualification Times** A defined time for every stroke within each age group. Once a swimmer has achieved this time, s/he cannot swim in that stroke in a B meet or in Division Championships. Sharks that have achieved a time faster than this are referred to as having an "A Time" in the event. Defined time is different for boys and girls, and for yard pools vs. meter pools.
- B Meet** A dual meet in which the generally less experienced swimmers participate. A swimmer who has attained a B Disqualification time in an event may **not** swim in that particular event (individually or as part of a relay) in any B meet.
- Division Championships** Each Midlakes division holds a Division Championship meet at the end of the season, with all teams within its division. Any swimmer who has not achieved a B Disqualification time in a particular event may compete. Commonly referred to as B Champs.



Shark Terminology



- DQ** Disqualification: It is a term indicating a swimmer or relay team has been disqualified in a particular event because of an error. The DQ call is made by the stroke-and–turn judge. Typical reasons for a DQ include incorrect turns (particularly on back stroke), more than one underwater pull and/or incorrect kick on the breast stroke, and relay team members starting before the swimmer has touched the end of the pool.
- Dual Meet** Each week the Sharks will compete in two dual meets. A dual meet is a swim meet against one other team. One meet each week will be at Klahanie and the other at the opponent’s pool.
- Exhibitions
(*exhibition heat*)** The coach of either team can add a certain number of additional races to any of the events, which allows more swimmers to participate in the meet. Exhibition heats have swimmers from just one club and allow the newer swimmers to try a new stroke, be timed in competition and to participate in the meet. Exhibition heats do not count in the total point score for either club, but usually the swimmers are provided with a participation ribbon. Exhibition heats swim just prior to regular heat.
- False Start** A swimmer moves in his position once the starter has called *Take your mark*. A false start results in a DQ for the swimmer who moved. Sometimes, one swimmer moves and causes a chain reaction of swimmers who dive prematurely. The swimmer who actually moves is the one who should be DQ’d, not the swimmer who was caused to dive. Under Midlakes rules, all 8 and under events are allowed one false start without penalty to a swimmer.
- File Folder** Every Shark has a file folder kept in the Mountainview Pool lobby. Check it regularly for ribbons, announcements and information.
- Heat** Many events have more swimmers entered than can swim at one time. In that case, there are several *heats* of swimmers competing in the same event. At dual meets, only the last *final* heat in an event counts for points. Additional heats prior to the final heat are called “Exhibition Heats” and do not qualify for place ribbons or team points.
- IM** The common term for the Individual Medley, an event in which a single swimmer swims all four strokes (Fly, Back, Breast and Free).
- Individual Event** A swimming event in which just one swimmer participates from beginning to end.
- League
Championships** A meet commonly referred to as “A Champs” at the end of the season between swimmers from all teams in the Midlakes League. Features the fastest qualifiers in each event.



Shark Terminology



- League Prelims** Meets held during the beginning of the week prior to “A Champs” to determine the finalists in each age group event.
- Lineup** Each week a “lineup” will be posted at the Mountainview Pool that will indicate which Sharks will be swimming in which meet and what events.
- Midlakes** A summer swim league composed of Eastside Seattle teams. There are 5 divisions totaling 26 teams and Klahanie is in Division II. Philosophy of fun and good sportsmanship, rather than *win at all cost*.
- Order of Events** See the bottom of this document.
- Relay Event** Swimming events in which four team members each swim a portion of the event.
- In the Medley Relay, each swimmer swims a different stroke.
- In the Free Relay, each swimmer generally swims the crawl stroke (freestyle). For 8 & Unders, all relays are 25 yards/meters per swimmer. For 9-10 swimmers, the medley relay is a 25 yards/meters per swimmer, but the free relay is 50 yards/meters per swimmer.
- Ribbons** Awarded for places 1 through 6 in each scoring event. Swimmers in exhibition heats receive participation ribbons. Swimmers that are DQ'd in their event usually get an “Oops” ribbon.
- Scoring** Scoring is done through a point system:

Dual Meets			
	Points awarded for		
Place	1st	2nd	3rd
Individual Event	5	3	1
Relay Event	8	4	2

One team cannot receive points for all three places. If one team places 1st, 2nd & 3rd, the other team is awarded the points for 3rd place.

Shark A member of the Klahanie Swim Team that attends practice regularly, participates in all assigned meets and events (even butterfly) and always displays great sportsmanship when cheering on team mates.



Shark Terminology



Shark Cafe	The famous concession stand at all Shark swim meets at Klahanie. Klahanie is known throughout Midlakes as having the premier concession stand. It offers a variety of grilled items, salads, soup, bagels, baked potatoes and other refreshments.
Starter	The Starter is the person who starts the swimmers for each race, usually with the aide of a mechanical horn or beep.
Stroke & Turn	Common reference to a person, who judges the correctness of swimming strokes, turns and touches during meets. Training sessions are required to be a Stroke and Turn Judge . One judge per team is required at each meet, and the judges are positioned on the opposite sides of the pool.
Strokes	The four swimming strokes used in competition: crawl stroke (freestyle), backstroke, breaststroke, and butterfly.
Timers	The volunteer parents who use stop watches to record event times at swim meets. At home meets, Klahanie Swim Team needs two timers per lane. At an away meet, 1 timer per lane.
Yard pools vs. Meter pools	Yard pools are 25 yards long; meter pools in our league are 25 meters long, i.e. longer than yard pools. <i>B</i> disqualification times are longer for the meter pools. Klahanie has a meter pool.



Shark Terminology



Order of Events

Dual Meets & Div. Champs		League Champs		Event	
Girls	Boys	Girls	Boys		
		1	2	12 & under 200 Freestyle	
		3	4	14 & under 200 Freestyle	
		5	6	15 & over 200 Freestyle	
1	2	7	8	8 & under 100 Medley Relay	
3	4	9	10	10 & under 100 Medley Relay	
5	6	11	12	12 & under 200 Medley Relay	
7	8	13	14	14 & under 200 Medley Relay	
9	10	15	16	15 & over 200 Medley Relay	
11	12	17	18	10 & under 100 Individual Medley	
13	14	19	20	12 & under 100 Individual Medley	
15	16	21	22	14 & under 100 Individual Medley	
17	18	23	24	15 & over 100 Individual Medley	
19	20	25	26	8 & under 25 Freestyle	
21	22	27	28	10 & under 50 Freestyle	
23	24	29	30	12 & under 50 Freestyle	
25	26	31	32	14 & under 50 Freestyle	
		33	34	15 & over 50 Freestyle	
		35	36	12 & under 500 Freestyle	<i>timed finals swum at prelims</i>
		37	38	14 & under 500 Freestyle	<i>timed finals swum at prelims</i>
		39	40	15 & over 500 Freestyle	<i>timed finals swum at prelims</i>
29	30	41	42	8 & under 25 Backstroke	
31	32	43	44	10 & under 50 Backstroke	
33	34	45	46	12 & under 50 Backstroke	
35	36	47	48	14 & under 50 Backstroke	
37	38	49	50	15 & over 50 Backstroke	
39	40	51	52	8 & under 25 Breaststroke	
41	42	53	54	10 & under 50 Breaststroke	
43	44	55	56	12 & under 50 Breaststroke	
45	46	57	58	14 & under 50 Breaststroke	
47	48	59	60	15 & over 50 Breaststroke	
		61	62	8 & under 50 Freestyle	
		63	64	10 & under 100 Freestyle	
		65	66	12 & under 100 Freestyle	
		67	68	14 & under 100 Freestyle	
27	28	69	70	15 & over 100 Freestyle	
49	50	71	72	8 & under 25 Butterfly	
51	52	73	74	10 & under 25 Butterfly	
53	54	75	76	12 & under 50 Butterfly	
55	56	77	78	14 & under 50 Butterfly	
57	58	79	80	15 & over 50 Butterfly	
59	60	81	82	8 & under 100 Freestyle Relay	
61	62	83	84	10 & under 200 Freestyle Relay	
63	64	85	86	12 & under 200 Freestyle Relay	
65	66	87	88	14 & under 200 Freestyle Relay	
67	68	89	90	15 & over 200 Freestyle Relay	



Shark Terminology

