

Herndon Swim League – Definitions and Terms to Use

25's	One length of the pool – 25 meters (or yards).
50's	Two lengths of the pool – 50 meters (or yards).
100's	Four lengths of the pool – 100 meters (or yards).
Caravan	Reflection swimmers and parents meet in the pool parking lot to travel together to the opponents' pool.
Dual Meet	A swim meet between two teams. One team is designated the home or host team.
Event	Stroke, Distance and Age Group of swimmers (i.e., Event 28, 9-10 Girls, 50m Free)
Free Relay	A relay event where the 4 swimmers each swim the specified distance of any desired stroke (generally freestyle). In a 100 meter relay, each swimmer will swim 25 meters; in a 200 meter relay, each swimmer will swim 50 meters.
Heat	In most pools, only 6 swimmers may swim at a time. If more than 6 swimmers qualify to swim for an event, they will be placed in separate heats according to times.
Home Meet	A meet swum at the home pool.
IM	Individual Medley or IM is an event where one swimmer swims the specified distance in all four strokes, in order: Fly, Back, Breast and Free.
Invitational Meet	A league meet where certain swimmers are invited to participate, usually based on qualifying times in an event.
Medley Relay	A relay event where the 4 swimmers take turns swimming the specified distance in each of the four strokes, in order: Back, Breast, Fly, Free.
Mixed-Age Relay	A relay event where 4 swimmers representing different age groups, swim the specified distance, in order.
Officials	Trained parent volunteers who ensure that swim meets are operated according to the League rules in a safe and fun manner. Officials in the Herndon Swim League include: Referee, Starter/Announcer, Head Timer, Stroke and Turn Judge, Relay Judge, Clerk of Course, Timer, Runner and Scorer. Other jobs include Concessions, Team Area Manager, Set-up and Clean-up.
Relay	A relay is a team event involving 4 swimmers that must swim the specified stroke and distance, one at a time until all 4 swimmers have finished. The time is based on when the 4 th swimmer reaches the finish line.
Relay Carnival	A swim meet where Relays are only events.
Tri-Meet	A swim meet with three teams participating. One team is host team.