

### False Start

When a swimmer leaves the block before the official signal, which can lead to disqualification.

### Flip Turn

A quick somersault-like turn used in freestyle and backstroke races.

### Heat

A preliminary race where swimmers compete to qualify for the next round, such as semifinals or finals.

### Lap

A single length of the pool in a 50m race or a full round-trip in a 25m pool.

### Medley

A race that combines all four strokes in a set order: butterfly, backstroke, breaststroke, and freestyle.

### Personal Best (PB)

A swimmer's fastest time in their career.

### Photo Finish

A situation where swimmers finish so closely that a review is needed to determine the winner.

### Reaction Time

The time between the starting signal and when the swimmer leaves the block.

### Relay

A team race where four swimmers each swim a section of the race before tagging the next teammate.

### Split Time

The recorded time for a swimmer at a certain point in a race, often used to measure pacing.

### Stroke

One of the four competitive swimming styles: freestyle, backstroke, breaststroke, and butterfly.

### Stroke Rate

The number of strokes a swimmer takes per minute, used to analyze efficiency and speed.

### Touch Turn

A two-handed touch required in breaststroke and butterfly before changing direction.

### Tumble Turn

Another term for a flip turn.

### Turn

The action of changing direction at the pool wall, performed differently for each stroke.

