**PRESIDENT/CEO** — unless otherwise noted, the President and Chief Executive Officer of USA Swimming.

**PROGRAM** — the order of events, including starting times and intermissions in a meet or portion thereof (See Session), sequentially listed by class of competition, sex, age group, distance, and stroke as set forth in the meet announcement.

**PROPULSIVE** — having power to propel.

**REINSTATEMENT** — return of all or limited rights of membership in USA Swimming.

**RELAY** — a race in which four eligible team members each swim a specified portion of the course.

**RELAY LEG** — the part of a relay event that is swum by a single team member.

**SANCTION** — a permit issued by an LSC to a USA Swimming group member to conduct a meet in conformance with all USA Swimming rules in which all participating swimmers are athlete members of USA Swimming, except as provided in Article 202.5.1.

**SCISSOR KICK** — use of the top of the instep of one foot and the bottom of the other foot in the propulsive part of the kick.

**SCRATCH** (from an event) — withdraw an entry from competition.

**SEASONAL ATHLETE MEMBERSHIP** — an individual athlete membership in USA Swimming which may be offered at the option of the LSC for one or two periods of not more than 150 days in a registration year pursuant to the Corporate Bylaws Article 2.4.

**SEASONAL CLUB** — an organization which has been accepted for membership in USA Swimming and which operates within a period of time specified by the LSC.

**SEED** — to distribute the swimmers among the required number of heats and/or lanes, according to their submitted or preliminary times.

**DECK-SEED** — swimmers are required to check in for their events on the day of the meet. After scratches are determined, events are seeded.

**PRE-SEED** — all entrants are seeded prior to the day of competition.

**SEMI-INDEPENDENT** — an individual who (prior to the election to the Board of Directors) has not been a member of a House of Delegates at the national level, but who at present or in the past, has/had an obvious connection to swimming as a swimmer, parent of a swimmer, coach, official, etc.

**SESSION** — any portion of a meet distinctly separated from other portions by locale, time, or type of competition, i.e., preliminaries and finals; morning and evening; Senior and Age Group, etc.

**SHALL** — mandatory.

**SHOULD** — recommended but not mandatory.

**SIMULTANEOUSLY** — occurring at the same time.

**SLIPSTREAMING** — swimming behind or next to another open water swimmer or support craft for the purpose of taking advantage of the reduced water resistance created by the former's wake.

**SPORTS CITIZEN** — an athlete who has represented a nation other than the United States in international competition is a sports citizen of that nation and is considered ineligible to represent the United States until World Aquatics requirements for changing sports citizenship (sport nationality) have been met. (See Foreign Swimmer)

**SPORTS ORGANIZATION** — a corporation, club, federation, union, association, or other group organized in the United States which sponsors or conducts any athletic competition.