

### **Central Zone Multi-Cultural Meet Packet info:**

The **Central Zone** recognizes the value of the inclusion of swimmers with a disability into both regular season and championship level meets. Providing greater opportunities and recognition to such athletes is of the highest priority and the policy set forth encourages all member LSCs to recruit, train and include swimmers with a disability as part of their Age-group and Senior programs.

**USA Swimming Article 105.1.1** defines a “disability” as a permanent physical or cognitive disability that substantially limits one or more major life activities.

### **Entry Procedure for swimmers with a disability**

Coaches/club entry contact should:

- A. Enter the swimmer electronically, or, on the paper entry form.
- B. Provide advance notice of any “necessary accommodations.”
- C. List in the email with the electronic entry (or, on paper) the swimmer’s name, entry times, strokes/distances and days/sessions.

### **Eligibility for swimmers with a disability**

- A. Swimmers with a disability are eligible for this meet provided they have an official time in the event(s) they are entered.
- B. Official sport class recognition of a swimmer with a disability is NOT required; however, they MUST be identified as such on the team’s meet entry form.
- C. It is the responsibility of the coach and/or swimmer to communicate with the meet referee, prior to the meet, any necessary accommodations the swimmer(s) may need to compete in this meet.
- D. Swimmers with a disability will be given the designation of D-2.

### **Conduct of the meet for swimmers with a disability (D-2)**

- 1) D-2 Swimmers will swim timed final events during their respective event, or paired event and seeded by time. Preferred seeding is with the swimmer’s same age group in either the same distance race or a longer distance race (i.e., 50 free during the 100 free). Exceptions to this should be listed in “necessary accommodations.”
- 2) D-2 Swimmers will score points and be awarded and recognized in the same fashion as the D-1 swimmers in each of their respective events.
- 3) D-2 Swimmer events may be combined if the total number of swimmers does not exceed one full heat of competitors.
- 4) Participation in relays by D-2 swimmers is encouraged and is at the discretion of the swimmer’s coach and will compete in the traditional relay events.
- 5) For the safety of all athletes it is suggested that a separate warm-up lane be designated for D-2 swimmers.

Note: This format may be modified by the **Central Zone Multi-Cultural Meet** committee to best accommodate swimmers with a disability and allow for a more efficient timeline.

**Central Zone Multi-Cultural Meet Format with inclusion of swimmers with a disability division 2 (D-2)**

Saturday Morning Session 1: 12 & Under

Women	Event	Men
101	11-12 50 Fly	102
103	10 & Under 50 Fly	104
105	11-12 100 Free	106
107	10 & Under 100 Free	108
109	11-12 50 Back	110
111	10 & Under 50 Back	112
113	11-12 100 Breast	114
115	10 & Under 100 Br	116
117	12 & U 200 Free Rel	118
119	10 & U 200 Free Rel	120

Sunday Morning Session 3: 12 & Under

Women	Event	Men
201	11-12 100 Fly	202
203	10 & Under 100 Fly	204
205	11-12 50 Free	206
207	10 & Under 50 Free	208
209	11-12 100 Back	210
211	10 & under 100 Back	212
213	11-12 50 Breast	214
215	10 & Under 50 Br	216
217	12 & U 200 Med Rel	218
219	10 & U 200 Med Rel	220

**D-2 Disability events (12 & Under mix gender)**

<b>101A</b>	<b>50 Fly</b>	<b>201A</b>	<b>100 Fly</b>
<b>105A</b>	<b>100 Free</b>	<b>205A</b>	<b>50 Free</b>
<b>109A</b>	<b>50 Back</b>	<b>209A</b>	<b>100 Back</b>
<b>113A</b>	<b>100 Breast</b>	<b>213A</b>	<b>50 Breast</b>

Saturday Afternoon Session 2: 13 & Over

121	15-18 100 Breast	122
123	13-14 100 Breast	124
125	15-18 200 Free	126
127	13-14 200 Free	128
129	15-18 100 Fly	130
131	13-14 100 Fly	132
133	15-18 200 Back	134
135	13-14 200 Back	136
137	15-18 50 Free	138
139	13-14 50 Free	140
141	15-18 200 Free Rel	142
143	14 & U 200 Fr Rel	144

Sunday Afternoon Session 4: 13 & Over

221	15-18 200 Fly	222
223	13-14 200 Fly	224
225	15-18 100 Free	226
227	13-14 100 Free	228
229	15-18 200 Breast	230
231	13-14 200 Breast	232
233	15-18 100 Back	234
235	13-14 100 Back	236
237	15-18 200 IM	238
239	13-14 200 IM	240
241	15-18 200 Med Rel	242
243	14 & U 200 Med Rel	244

**D-2 Disability events (13 & Older mix gender)**

<b>121A</b>	<b>100 Breast</b>	<b>221A</b>	<b>200 Fly</b>
<b>125A</b>	<b>200 Free</b>	<b>225A</b>	<b>100 Free</b>
<b>129A</b>	<b>100 Fly</b>	<b>229A</b>	<b>200 Breast</b>
<b>133A</b>	<b>200 Back</b>	<b>233A</b>	<b>100 Back</b>
<b>137A</b>	<b>50 Free</b>	<b>237A</b>	<b>200 IM</b>

**USA Swimming Para Swim APPROVED Motivational Time Standards**

**If prequalification time standards are required insert the approved para swim time standards here.**