

### **Central Zone 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.

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

Coaches/club entry contact should:

- A. Enter the swimmers with a disability 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. For entry into the **Central Zone Age Group Championship** swimmers with a disability approved times must meet or exceed the Nationally Approved ‘**LSC Motivational Time Standards for Para-Swimmers**’ in their respective age group and self-reported Para-Grouping (P1, P2, and P3).  
Note: Meet entry standards may be waived by the Zone Championship Meet committee to increase participation of swimmers with a disability up to 6 swimmers per LSC.
- B. Official sport class recognition of a swimmers with a disability is NOT required; however, they MUST be identified as such on the team’s meet entry form.
- C. Swimmers with a disability will be given the designation of D-2. The Grouping (P1, P2, and P3) standards are provided as a means to group swimmers with similar (dis)abilities into general classes and provide the appropriate nationally recognized time-standards as qualification for entry. Inclusion in any one of these groupings will be athlete/coach-reported and any questions should be referred to the Disability Chair for clarification.

#### **Grouping Descriptions:**

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance

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

- 1) D-2 Swimmers will swim preliminaries 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 swim a separate final for each of the championship events to include up a combination of male and female athletes not to exceed one full heat finalists per event.
- 3) D-2 Swimmers will score points and be awarded and recognized in the same fashion as the D-1 swimmers.
- 4) D-2 Swimmer final events may be combined if the total number of finalists do not exceed one full heat of competitors.

5) The D-2 finals heat will precede the respective D-1 heat.

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

**USA Swimming APPROVED Para Swim Motivational Time Standards listed below.**