

*These motivational times will supplement existing initiatives for inclusion within USA Swimming. The primary focus and intended use for the motivational times are:*

- 1. Provide a simple and easy to implement grouping of athletes with a disability for competition that complies with the USA Swimming rules and regulations.*
- 2. Provide a consistent national level benchmark for athletes with a disability to work towards. These motivational times are similar in their purpose to the existing C, B, A, time standards issued by USA Swimming today.*
- 3. Provide fair and consistent qualifying times at a national level for championship meets ranging from LSC Championships through Zones and up to Sectional Level meets. Prior to these motivational times, there was inconsistency between LSC's within USA Swimming for qualifying times at championship meets for athletes with a disability.*
- 4. Foster and promote a fair and equitable framework for the inclusion of athletes with a disability within USA Swimming.*

The standards are divided up into three "P" groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows:

- 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 impairment, intellectual impairment, ambulatory without significant assistance

Niagara Swimming is following USA Paralympics guideline on intellectual impairments

USA Para Swimming criteria is a athlete must fulfill three criteria:

- Intellectual functioning(IQ) at or below 75;
- Significant limitations in adaptive behavior; and
- Disability onset before age 18.

A swimmer must be classified in order to participate with the "P" qualifying time for the NI Championship meets. To be classified please email Courtney Christ, NI Disability Chair, ([disability@niagaraswim.org](mailto:disability@niagaraswim.org)) with a description of the impairment. Once the swimmer is classified they will receive a letter for their keeping and to show the meet referee and meet director, if needed.

Once the swimmer has gone through the classification process and achieves a qualifying time please submit all disability qualifications and any accommodations needed to Niagara's Disability Chair for Proof of Time. After they are approved, the entry and accommodations will be submitted to the host via the Disability Chair for entry into the meet.