



2026 YMCA STATE CHAMPIONSHIP SWIM MEET

Saturday, March 7th & Sunday, March 8th, 2026

APPENDIX 3: ATHLETES WITH DISABILITIES

CLASSIFICATION: To ensure competition is fair and equal, all Paralympic sports have a system in place which ensures that winning is determined by skill, fitness, power, endurance, tactical ability and mental focus, the same factors that account for success in sport for able bodied athletes. For detailed sports classification information please see the Iowa YMCA Swimming Website.

ATHLETE ELIGIBILITY: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1 of the current season.

ENTRY PROCEDURES: Please submit your entries using Hy-Tek electronic entry files along with regular entries. DO NOT MODIFY THE EVENTS IN ANY WAY!

Please also submit a [Athletes with Disability Championship Meet Entry and Communication Form](#) for each athlete with electronic entry files (Appendix 4).

If this form is not submitted, your entries may be rejected.



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EVENTS:

EVENTS OFFERED AT IOWA YMCA STATE CHAMPIONSHIP SWIM MEET for ATHLETES WITH DISABILITIES						
Classification	Age Group	Freestyle	Butterfly	Backstroke	Breaststroke	IM
S1-S9 SB1-SB9 SM1-SM9 S11-S14 SB11-SB14 SM11-SM14	8 & Under	25/50	25	25	25	100
S10/SM10	8 & Under	25/50	25	25		100
SB1-SB9 SM1-SM9 S11-S14 SB11-SB14 SM11-SM14	9-10	50/100	50	50	50	100
S10/SM10	9-10	50/100	50	50		100
S1-S9 SB1-SB9 SM1-SM9 S11-S14 SB11-SB14 SM11-SM14	11-12	50/100/200	50/100	50/100	50/100	100/200
S10/SM10	11-12	50/100/200	50/100	50/100		100/200
S1-S9 SB1-SB9 SM1-SM9 S11-S14 SB11-SB14 SM11-SM14	13-14	50/100/200/500	50/100/200	50/100/200	50/100/200	200
S10/SM10	13-14	50/100/200/500	50/100/200	50/100/200		200
S1-S9 SB1-SB9 SM1-SM9 S11-S14 SB11-SB14 SM11-SM14	15-21	50/100/200/500	50/100/200	50/100/200	50/100/200	200/400
S10/SM10	15-21	50/100/200/500	50/100/200	50/100/200		200/400



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APPENDIX 4: ATHLETES WITH DISABILITY CHAMPIONSHIP MEET ENTRY AND COMMUNICATION FORM

Team: _____

Coach Name: _____

Athlete Last Name	Athlete First Name	Age Group	Para Classification	Event (Number & Description)	Accommodation Code

Codes for Accommodations

Code	Classification/Exception	Reasoning
H	Hearing Impaired-Light or Signal Required	Swimmer with hearing impairment and requires a light, signal or touch start. A strobe light may be placed by the starter or beside the relevant swimmers' blocks. Other signals can be used such as an arm gesture. Support Staff may be used to perform a touch start.
Y	Starting Device	Swimmer uses a device when starting. A starting device is any assistive device that enables the swimmer to perform an effective start. Typical devices include straps, cords, or towels which enable swimmers to grip effectively for backstroke or forward starts.
E	Unable to Grip for Backstroke Start	Swimmers are unable to hold the backstroke grips due to missing or weak hands and/or wrists. This code means a swimmer is permitted to start in backstroke without using the backstroke grips, holding the top of the starting/timing pad instead.
A	Assistance Required	Swimmer requires assistance at the start or finish. Swimmers are entitled to a Support Staff who provides assistance at the start, to enter the pool or access the starting blocks prior to commencing the race and/or to assist in exiting the pool at the end of the race.
T	Tappers	Swimmer with visual impairment who requires a tapper. A tapper will use a tapping device to notify the swimmer when they are approaching the turn, by a single or double tap onto the swimmer. A tapping device is typically homemade consisting of a rod or pole long enough to reach out into the lane with a soft end piece. Tappers are compulsory for S/SB/SM11 swimmers. If a tapper is required at both ends, a separate tapper must be used.
B	Blackened Goggles	For S/SB/SM11 swimmers it is compulsory to wear blackened goggles unless they have two (2) prosthetic eyes. The goggles should be checked at the end of the race by a technical official. If the swimmer has no eyes, they are not required to wear blackened goggles.
O	Other Accommodation Request	Examples would be: extra time for exiting the pool after a race, request to swim in an outside lane, wheelchair access/use, etc.