USA Swimming Progression Outline: Swimmers with Disabilities

Intro to USA Swimming Club Enviroment

- Club Practices
- Team Activities

Intro to USA Swimming Competition

- Intra Squad
- Dual Meets

Intro to Invitational Competiton Format

- Local Invites
- LSC Championships and Camps

Regional Developmental Level

- Zone and Sectional Championships
- Developmental Camps
- US Paralympic/IPC Sanctioned Events (GTAC Open /Santa Clara and Fred Lamback Invites) *Classification required

National Level

- Can Am Open Championships/Paralympic Trials
- USA Swimming Grand Prix/Fran Crippen Meet of Champ.
- USA Swimming/US Paralympic Camps

International Level

- Paralympic Team Qualification
- World Championships/Paralympic Games