

USA-Swimming Giving Parallel Competition To ALL Swimmers



USA-S Para Swimming



- **Any swimmer who has a permanent physical or cognitive impairment that substantially limits one or more major life activities**
- **Includes persons with:**
 - Physical
 - Visual
 - Hearing
 - Cognitive disabilities



All **ATHLETES** want an even playing field by competing in an equitable, unbiased pool against other athletes who will push them to their top levels of performance.

Para Swimming in USA-S is about creating parallel competition for USA-S swimmers with a disability*



USAS Para Swim

APPROVED

Motivational Time Standards

History and Rational

- ❑ Para swimmers have had no standards in which to attach personal goals until they've been classified and reached the Can-Am standard. From there it's quite a leap to Emerging Team status with US Paralympics.
- ❑ Para swimmers have been graciously accepted in many meets, but with little consistency.
- ❑ Unfortunately, they have also been denied access to several meets due to no available standards.
- ❑ More recently, standards for para-swimmers have been despairingly applied across meets of similar ability in comparison to those for traditional swimmers.
- ❑ These standards represent 3 years of research and development by several members of the disability committee in collaboration with other professionals and volunteers with vested interest in the sport of para-swimming.
- ❑ Today marks a historical date in the advancement of para-swimming nationwide!

Educate



Empower



Engage

Para-groupings

- ❑ 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, and intellectual impairments, ambulatory without significant assistance.



USAS National Disability Committee

Approved

Motivational Para Time Standards

LSC Championships

Zone Championships

Sectional Championships



Para 1 LSC Motivational Time Standards

Para 1 LSC Motivational Time Standards																	
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:37.89	1:44.49	1:29.39	1:29.39	1:26.19	1:26.19	1:24.89	1:24.89	50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:25.49	3:45.49	3:07.69	3:07.69	3:00.79	3:00.79	2:58.09	2:58.09	100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:12.09	8:12.09	7:29.39	7:29.39	7:12.99	7:12.99	7:06.49	7:06.49	200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
	1:55.89	1:55.89	1:45.79	1:45.79	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39
	3:33.99	3:32.99	3:14.59	3:14.59	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69
	1:47.29	1:47.29	1:30.99	1:37.99	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59
	5:05.89	5:05.89	4:39.39	4:39.39	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89
	2:52.49	2:52.49	2:37.49	2:37.49	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39
	7:07.49	7:07.49	6:30.39	6:30.39	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59

Para 2 LSC Motivational Time Standards

Para 2 LSC Motivational Time Standards																		
	Girls									P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2		10 & U P2		11-12 P2		13-14 P2		15 & O P2			
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	SCY		LCM	SCY	LCM	SCY	LCM	SCY	LCM	
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59	50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79	
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19	100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79	
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79	200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89	
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09	50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69	
	1:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69	100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79	
	1:12.09	1:15.89	1:00.79	1:03.99	55.29	58.29	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39	
	2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19	
			5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59	
	1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39	
	2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39	
	5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:43.69	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09	

Para 3 LSC Motivational Time Standards

Para 3 LSC Motivational Time Standards																	
	Girls								P3	Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	7:01.59	7:43.19	6:22.09	6:59.79	5:47.79	6:22.19	5:42.59	6:16.39	500/ 400 FR	7:45.09	7:30.09	7:00.09	6:49.19	6:15.09	6:08.29	6:00.09	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	1000/ 800 FR			16:02.39	15:37.49	14:19.29	14:03.69	13:44.99	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1650/ 1500 FR			29:30.19	31:55.79	26:20.49	28:44.19	25:17.29	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.59	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:26.29	3:29.19	2:47.39	3:21.39
	3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59
		8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39	

Para 1 ZONE Motivational Time Standards

Para 1 ZONE Motivational Time Standards																	
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys							
	10 & U P1		11-12 P1		13-14 P1		15 & O P1			10 & U P1		11-12 P1		13-14 P1		15 & O P1	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	1:37.89	1:37.89	1:29.39	1:29.39	1:22.89	1:22.89	1:21.59	1:21.59	50 FR	1:33.29	1:33.29	1:24.29	1:24.29	1:18.29	1:18.29	1:15.29	1:15.29
	3:25.49	3:25.49	3:07.69	3:07.69	2:53.99	2:53.99	1:51.19	1:51.19	100 FR	3:30.59	3:30.59	3:10.29	3:10.29	2:56.69	2:56.69	2:49.89	2:49.89
	8:12.49	8:12.49	7:29.39	7:49.39	6:56.59	6:56.59	6:50.09	6:50.09	200 FR	5:46.79	5:46.79	5:13.19	5:13.19	4:50.89	4:50.89	4:39.69	4:39.69
	1:55.89	1:55.89	1:45.79	1:45.79	1:38.09	1:38.09	1:36.59	1:36.59	50 BK	1:17.89	1:17.89	1:10.39	1:10.39	1:05.39	1:05.39	1:02.79	1:02.79
	3:32.99	3:32.99	3:14.59	3:14.59	3:00.39	3:00.39	2:57.49	2:57.49	100 BK	2:50.19	2:50.19	2:33.69	2:33.69	2:22.69	2:22.69	2:17.29	2:17.29
	1:47.29	1:47.29	1:30.99	1:37.99	1:30.79	1:30.79	1:29.39	1:29.39	50 BR	1:24.19	1:24.19	1:16.09	1:16.09	1:10.59	1:10.59	1:07.89	1:07.89
	5:05.89	5:05.89	4:39.39	4:39.39	4:18.99	4:18.99	4:14.99	4:14.99	100 BR	4:04.19	4:04.19	3:40.59	3:40.59	3:24.89	3:24.89	3:14.99	3:16.99
	2:52.49	2:52.49	2:37.49	2:37.49	2:25.99	2:25.99	2:23.69	2:23.69	50 FL	2:37.89	2:37.89	2:22.59	2:22.59	2:12.39	2:12.39	2:07.29	2:07.29
	7:07.49	7:07.49	6:30.39	6:30.39	6:01.89	6:01.89	5:56.19	5:56.19	150 IM	7:02.79	7:02.79	6:21.89	6:21.89	5:54.59	5:54.59	5:40.99	5:40.99

Para 2 ZONE Motivational Time Standards

Para 2 ZONE Motivational Time Standards																	
	Girls								P2	Boys							
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	53.29	56.09	48.79	51.29	45.19	47.49	44.49	46.79	50 FR	50.69	53.39	45.79	48.19	42.59	44.75	40.89	43.09
	1:58.69	2:04.89	1:48.39	1:54.09	1:40.49	1:45.69	1:38.89	1:44.09	100 FR	1:51.89	1:57.69	1:40.99	1:46.39	01:33.9	1:38.79	1:30.19	1:34.99
	4:04.29	4:17.09	3:43.09	3:54.79	3:26.59	3:37.69	2:23.59	3:34.29	200 FR	3:56.59	4:09.09	3:33.69	3:44.99	03:18.5	3:28.89	3:10.79	3:20.89
	1:04.79	1:08.19	59.19	1:02.29	54.89	57.69	53.99	56.79	50 BK	57.39	1:00.39	51.79	54.49	48.19	50.69	46.29	48.69
	2:29.89	2:37.69	2:16.89	2:24.09	2:06.89	2:13.49	2:04.89	2:11.39	100 BK	2:23.59	2:40.89	2:09.69	2:16.49	02:00.5	2:06.79	1:55.79	2:01.89
	1:07.69	1:11.19	1:01.79	1:04.99	57.29	1:00.29	56.39	59.29	50 BR	1:04.99	1:08.39	59.19	1:01.79	54.59	57.39	52.39	55.19
	2:29.99	2:37.89	2:16.99	2:24.19	2:05.19	2:13.69	2:05.09	2:11.59	100 BR	2:24.09	2:31.69	2:10.19	2:16.99	02:00.9	2:07.19	1:56.19	2:02.39
	5:28.59	5:45.79	5:00.09	5:15.79	4:38.19	4:52.79	4:33.79	4:48.19	200 BR			4:40.89	4:55.69	04:20.9	4:34.59	4:10.79	4:23.99
	1:05.29	1:08.69	59.59	1:02.69	55.19	58.09	54.39	57.19	50 FL	52.49	55.29	47.39	49.89	44.09	46.39	42.39	44.59
	2:47.69	2:56.49	2:33.19	2:41.19	2:22.09	2:29.49	2:19.79	2:27.09	100 FL	2:44.69	2:53.29	2:28.69	2:36.59	2:18.29	2:25.39	2:12.79	2:19.79
	5:11.09	5:27.39	4:44.09	4:58.99	4:23.39	4:37.19	4:19.19	4:32.79	200 IM	4:53.49	5:09.89	4:26.09	4:38.99	4:06.29	4:19.09	3:56.69	4:09.19

Para 3 ZONE Motivational Time Standards

Para 3 ZONE Motivational Time Standards																	
	Girls									Boys							
	10 U P3		11-12 P3		13-14 P3		15 & O P3		P3	10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	41.39	45.89	37.79	41.89	34.99	38.79	34.39	38.19	50 FR	37.39	41.49	33.79	37.49	31.39	34.79	30.09	33.49
	1:28.09	1:37.79	1:20.39	1:29.29	1:14.59	1:22.79	1:13.39	1:21.49	100 FR	1:21.19	1:30.19	1:13.39	1:21.49	1:08.29	1:15.79	1:05.49	1:12.79
	3:37.09	4:01.19	3:18.29	3:40.29	3:03.79	3:24.19	3:00.89	3:20.99	200 FR	3:05.69	3:26.29	2:47.69	3:06.39	2:41.79	2:53.09	2:29.79	2:46.39
	8:14.09	7:14.29	7:31.29	6:36.69	6:58.29	6:07.69	6:51.69	6:01.89	500/ 400 FR	8:01.09	7:02.89	7:14.39	6:21.89	6:43.49	5:54.69	6:27.89	5:40.99
			17:06.19	14:33.39	15:58.09	13:35.39	15:44.49	13:23.79	1000/ 800 FR			17:08.19	14:34.99	15:54.69	13:32.49	15:17.89	13:01.19
			30:59.39	29:02.59	29:03.69	27:13.89	28:40.09	26:52.09	1650/ 1500 FR			27:23.69	29:48.09	29:31.59	27:40.29	24:15:09	26:36.49
	52.19	57.89	46.89	52.09	42.99	47.69	42.19	46.79	50 BK	42.79	47.59	38.69	42.99	35.99	39.89	34.59	38.39
	1:45.49	1:57.19	1:36.38	1:47.09	1:29.39	1:39.29	1:27.99	1:37.69	100 BK	1:30.29	1:40.29	1:21.59	1:30.59	1:15.69	1:24.09	1:12.79	1:20.89
			3:57.09	4:23.39	3:36.89	4:00.89	3:32.79	3:56.39	200 BK			3:15.59	3:37.29	3:01.69	3:21.79	2:54.59	3:13.99
	52.69	58.49	47.49	52.69	43.39	48.19	42.59	47.29	50 BR	46.79	51.99	42.29	46.99	39.29	43.59	37.79	41.89
	1:52.29	2:04.69	1:42.59	1:53.89	1:35.09	1:45.59	1:33.49	1:43.89	100 BR	1:43.89	1:55.39	1:33.79	1:44.29	1:27.19	1:36.79	1:23.79	1:33.09
			3:49.99	4:15.49	3:30.39	3:53.69	3:26.39	3:49.29	200 BR			3:25.39	3:48.19	3:10.79	3:31.89	3:03.39	3:23.79
	47.39	52.59	42.59	47.29	38.99	43.29	38.29	42.49	50 FL	40.59	45.09	36.69	40.79	34.19	37.89	32.79	36.39
	1:35.39	1:45.89	1:27.09	1:36.69	1:20.69	1:29.59	1:19.39	1:28.19	100 FL	1:25.39	1:34.89	1:25.09	1:25.69	1:11.69	1:19.59	1:08.89	1:16.49
			3:45.69	4:10.69	3:26.39	3:49.29	3:22.49	3:44.99	200 FL			3:15.19	3:36.89	3:01.29	3:21.39	2:44.29	3:13.69
	3:43.19	4:07.89	3:23.79	3:46.39	3:08.99	3:29.89	3:05.99	3:26.59	200 IM	3:16.99	3:38.89	2:57.99	3:17.69	2:45.29	3:03.59	2:38.89	2:56.49
			8:12.89	9:07.59	7:30.79	8:20.79	7:22.29	8:11.39	400 IM			7:13.39	7:46.79	6:30.49	7:13.79	6:56.79	6:56.79

Para 1 Sectional Motivational Time Standards

Para 1 Sectional Motivational Time Standards									
	Girls				P1	Boys			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	1:18.39	1:18.39	121.59	121.59	50 FR	1:12.29	1:12.29	1:15.29	1:15.29
	2:44.39	2:44.39	1:51.19	1:51.19	100 FR	2:43.09	2:43.09	2:49.89	2:49.89
	6:33.69	6:33.69	6:50.09	6:50.09	200 FR	4:28.49	4:28.49	4:39.69	4:39.69
	1:32.69	1:32.69	1:36.59	1:36.59	50 BK	1:00.29	1:00.29	1:02.79	1:02.79
	2:50.39	2:50.39	2:57.49	2:57.49	100 BK	2:11.79	2:11.79	2:17.29	2:17.29
	1:25.79	1:25.79	1:29.39	1:29.39	50 BR	1:06.19	1:05.19	1:07.89	1:07.89
	4:04.79	4:04.79	4:14.99	4:14.99	100 BR	3:09.09	3:09.09	3:14.99	3:16.99
	2:17.99	2:17.99	2:23.69	2:23.69	50 FL	2:02.29	2:02.29	2:07.29	2:07.29
	5:41.99	5:41.99	5:56.19	5:56.19	150 IM	5:27.29	5:27.29	5:40.99	5:40.99

Para 2 Sectional Motivational Time Standards

Para 2 Sectional Motivational Time Standards									
P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls				P2	Boys			
	Sectional		Bonus			Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
	42.69	44.89	44.49	46.79	50 FR	39.29	41.39	40.89	43.09
	1:34.89	1:39.89	1:38.89	1:44.09	100 FR	1:26.59	1:31.19	1:30.19	1:34.99
	3:15.39	3:25.69	3:23.59	3:34.29	200 FR	3:03.19	3:12.79	3:10.79	3:20.89
	51.79	54.49	53.99	56.79	50 BK	44.39	46.79	46.29	48.69
	1:59.89	2:06.19	2:04.89	2:11.39	100 BK	1:51.19	1:56.99	1:55.79	2:01.89
	54.09	56.89	56.39	59.29	50 BR	50.29	52.99	52.39	55.19
	1:59.99	2:06.29	2:05.09	2:11.59	100 BR	1:51.59	1:57.49	1:56.19	2:02.39
	4:22.79	4:36.59	4:33.79	4:48.19	200 BR	4:00.79	4:13.49	4:10.79	4:23.99
	52.19	54.89	54.33	57.19	50 FL	40.69	42.79	42.39	44.59
	2:14.19	2:21.19	2:19.79	2:27.09	100 FL	2:07.49	2:14.19	2:12.79	2:19.79
	4:08.79	4:21.89	4:19.19	4:32.79	200 IM	3:49.19	3:59.19	3:56.69	4:09.19

Para 3 Sectional Motivational Time Standards

Para 3 Sectional Motivational Time Standards									
	Girls					Boys			
	Sectional		Bonus		P3	Sectional		Bonus	
	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM
P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	33.09	36.69	34.39	38.19	50 FR	28.89	32.19	30.09	33.49
	1:10.39	1:18.19	1:13.39	1:21.49	100 FR	1:02.89	1:09.89	1:05.49	1:12.79
	2:53.69	3:12.89	3:00.89	3:20.99	200 FR	2:23.79	2:39.79	2:29.79	2:46.39
	6:35.19	5:47.39	6:51.69	6:01.89	500/ 400 FR	6:12.49	5:27.39	6:27.89	5:40.99
	15:10.39	12:54.79	15:44.49	13:23.79	1000/ 800 FR	14:41.29	12:29.99	15:17.89	13:01.19
	27:41.99	25:57.69	28:40.09	26:52.09	1650/ 1500 FR	23:10.89	25:32.59	24:15.09	26:36.49
	40.09	44.49	42.19	46.79	50 BK	33.19	36.89	34.59	38.39
	1:24.49	1:33.79	1:27.99	1:37.69	100 BK	1:09.89	1:17.69	1:12.79	1:20.89
	3:22.59	3:45.09	3:32.79	3:56.39	200 BK	2:47.59	3:06.19	2:54.59	3:13.99
	40.49	44.99	42.59	47.29	50 BR	36.19	40.29	37.79	41.89
	1:29.79	1:39.69	1:33.49	1:43.89	100 BR	1:20.49	1:29.39	1:23.79	1:33.09
	3:16.29	3:38.39	3:26.39	3:49.29	200 BR	2:56.09	3:15.59	3:03.39	3:23.79
	36.39	40.39	38.29	42.49	50 FL	31.49	34.99	32.79	36.39
	1:16.29	1:24.69	1:19.39	1:28.19	100 FL	1:06.09	1:13.49	1:08.89	1:16.49
	3:12.89	3:34.29	3:22.49	3:44.99	200 FL	2:47.39	3:05.89	2:44.29	3:13.69
	2:58.49	3:18.29	3:05.99	3:26.59	200 IM	2:32.49	2:49.49	2:38.89	2:56.49
	7:01.19	7:47.99	7:22.29	8:11.39	400 IM	6:06.79	6:40.09	6:56.79	6:56.79

Protocol for officiating a swimmer with a disability

- The coach notifies the Meet Committee/ Meet Referee when a swimmer with a disability is entered into a meet and requests necessary accommodations.

Responsibilities - Swimmer: 105.1.2A

*The swimmer (or the swimmer's coach) is responsible for notifying the Referee, **prior to the competition**, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required*

Examples of Necessary Accommodations

Goes beyond, “They need to swim in this lane”

- Take longer to get to blocks
- Have an assistant at the blocks
- In the water start
- Longer to get out of the pool.
- Any stroke movement(s) that are different from technical rules & regulations of USA-S swimming
- ask to see if a mat can be placed at lane getting in and out of
- Hand signals

Protocol for officiating a swimmer with a disability

- The Meet Referee communicates back with the coach and makes any reasonable accommodation(s) for swimmer.
- The Meet Referee is responsible for communicating any swimmer and accommodation(s) to assigned officials before the meet begins.

CJ may notify officials during officials briefing that disability swimmers will be swimming in the meet and any accommodations needed.

The Officials' Job

- know the rules
- observe swims
- when observe something in violation with the rules, raise your hand



ALL swimmers competing in a USA-S sectioned meets are observed by the rules and regulations of USA-S

Protocol for officiating a swimmer with a disability

Officials

- observe swims per the meet protocol
- If observe something in violation with the rules, raise your hand

ALL swimmers competing in a USA-S sectioned meets are observed by the rules and regulations of USA-S

Protocol for officiating a swimmer with a disability

- It is the responsibility of the CJ and/or the Deck Referee to vet any call from an official for a swimmer with a disability.

ALL swimmers competing in a USA-S sectioned meets are observed by the rules and regulations of USA-S

REMINDER

Same rules apply in USA Swimming for both able-bodied and para-swimmers:

- Observe swims per the meet protocol
- If something is observed in violation of the rules, raise your hand and make the call

It is the responsibility of the Deck Referee to vet any call from an official for a swimmer with a disability.

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