



# U.S. Paralympics Swimming 2019 Athlete and Sport Program Plan

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## REFERENCES & TERMINOLOGY

1. Throughout this document “2019” shall refer to the following dates/seasons:
  - a. Summer Sports – 2019 season / January 1, 2019 through December 31, 2019
  - b. Winter Sports – 2019-2020 season / July 1, 2019 through June 30, 2020
2. Throughout this document “2020” shall refer to the following dates/seasons:
  - a. Summer Sports – 2020 season / January 1, 2020 through December 31, 2020
  - b. Winter Sports – 2020-2021 season / July 1, 2020 through June 30, 2021
3. “DAS” – Direct Athlete Support
4. “EAHI” – Elite Athlete Health Insurance
5. “IF” – International Federation
  - a. ATH – World Para Athletics
  - b. CYC – Union Cycliste Internationale
  - c. SKA – World Para Alpine Skiing
  - d. SBD – World Para Snowboard
  - e. SKN – World Para Nordic Skiing
  - f. SWI – World Para Swimming
6. “NGB” – National Governing Body (for Para ATH, CYC, SKA, SBD, SKN, SWI = U.S. Paralympics)
7. “USADA” – U.S. Anti-Doping Agency

## PROGRAM GOALS

The primary focus in 2019 is to be the best swimming nation in the world both in gold medal and overall medal count at the 2019 World Para Swimming Championships. This focus will help with continued planning for the 2020 Tokyo Paralympic Games. The U.S. Paralympics Swimming program will focus on three areas of achievement:

- Recruit and support elite swimmers
- Develop and maintain a strong athlete and coach base
- Increase public awareness through communication and education

Specific activities in pursuit of these program goals will include:

- Provide opportunities for National and Emerging athletes to race internationally by attending the World Para Swimming World Series events.

- Provide opportunities for athletes with a National A, B, or C standard to undergo international classification evaluation and race internationally by hosting one of the World Para Swimming World Series events.
- Identify new athletes who are already involved in a competitive swimming program and connect them to U.S. Paralympics Swimming opportunities.
- Consult with key partner organizations to encourage institutions to recruit and support para swimmers.

## **2019 NATIONAL TEAM**

### ***January 1, 2019 – June 30, 2019 – TERM #1***

U.S. Paralympics Swimming will nominate National Team(s) for 2019, for the first half of 2019 (Term #1), based on athlete performances at 2018 World Para Swimming recognized events.

U.S. Paralympics 2019 National Team Term 1 status applies from January 1, 2019 until June 30, 2019. National Team status and benefits are only conferred upon athletes who accept, sign and remain current with the U.S. Paralympics National Team Athlete Agreement and Personal Performance Plan.

Athletes who meet a National Team standard between January 1, 2019 and June 30, 2019, at a World Para Swimming recognized event, become eligible for National Team Benefits and will be nominated to the team on the first day of the month following achievement of the National Team standard. Athletes will retain their National Team status for Term #2 from July 1, 2019 – December 31, 2019.

### ***2019 Term #1 National Team Qualifying during 2018***

- Athletes who meet a National A Standard(s) (using the 2018 National Standards) from July 1 – December 31, 2018 at a World Para Swimming recognized event and have a first-place ranking for their sport class, will be nominated to National Elite A Team for Term #1. Standards must be met in 2020 Tokyo Paralympic Games events. First place rankings will be used from January 1, 2018 through December 31, 2018. (This could be subject to the uploading of the results and world rankings by World Para Swimming).
  - Athletes who do not have an event in their sport class at the 2020 Tokyo Paralympic Games, but who meet the standard in a sport class above their own and have a first-place ranking (using the above criteria) will be nominated to the National Elite A Team for Term #1.
- Athletes who met a National A Standard(s) (using the 2018 National Standards) from July 1 – December 31, 2018 at a World Para Swimming recognized event will be nominated to the 2019 National A Team for Term #1.
- Athletes who met a National B Standard(s) (using the 2018 National Standards) from July 1 – December 31, 2018 at a World Para Swimming recognized event will be nominated to the 2019 National B Team for Term #1.
- Athletes who met a National C Standard(s) (using the 2019 National Standards) from January 1 - December 31, 2018 at a World Para Swimming recognized event will be nominated to the 2019 National C Team for Term #1.

### ***2019 Term #1 National Team Qualifying between January 1, 2019 and June 30, 2019.***

Athletes who meet a National A Standard(s) at a World Para Swimming recognized event and have a first-place ranking for their sport class, will be nominated to the National Elite A Team for Term #1. Standards must be met in 2020 Tokyo Paralympic Games events. First place

rankings will be used from January 1, 2018 through the 1<sup>st</sup> day of the month following the date the athlete obtains the National A Standard. (This could be subject to the uploading of the results and world rankings by World Para Swimming).

- Athletes who do not have an event in their sport class at the 2020 Tokyo Paralympic Games, but who meet the standard in a sport class above their own and have a first-place ranking will be nominated to the National Elite A Team for Term #1.
- Athletes who meet a National A Standard(s) (using the 2019 National Standards) at a World Para Swimming recognized event will be nominated to the 2019 National A Team for Term #1.
- Athletes who meet a National B standard(s) (using the 2019 National Standards) at a World Para Swimming recognized event will be nominated to the 2019 National B Team for Term #1.
- Athletes who meet a National C standard(s) (using the 2019 National Standards) at a World Para Swimming recognized event will be nominated to the 2019 National C Team for Term #1.

### ***July 1, 2019 – December 31, 2019 – Term #2***

U.S. Paralympics Swimming will nominate National Team(s) for the second half of 2019 (Term #2) based on athlete performances at 2019 World Para Swimming recognized events.

U.S. Paralympics 2019 National Team Term #2 status applies from July 1, 2019 until December 31, 2019. National team status and benefits are only conferred upon athletes who accept, sign and remain current with the U.S. Paralympic Swimming National Team Athlete Agreement and Personal Performance Plan.

Athletes who meet National Team Standard(s) (using the 2019 National Standards) between July 1, 2019 and December 31, 2019, at a World Para Swimming recognized event, become eligible for National Team benefits and will be nominated to the team on the first day of the month following achievement of the National Team Standard(s).

### ***2019 Term #2 National Team Qualifying between January 1 – June 30, 2019***

- Athletes who meet a National A Standard(s) at a World Para Swimming recognized event and have a first-place ranking for their sport class, will be nominated to the National Elite A Team for Term #2. Standards must be met in 2020 Tokyo Paralympic Games events. First place rankings will be used from January 1, 2018 through June 17, 2019. (This could be subject to the uploading of the World Rankings by World Para Swimming)
  - Athletes who do not have an event in their sport class at the 2020 Tokyo Paralympic Games, but who meet the standard in a sport class above their own and have a first-place ranking will be nominated to the National Elite A Team for Term #1.
- Athletes who meet a National A Standard(s) at a 2019 World Para Swimming recognized event will be nominated to the 2019 National A Team for Term #2.
- Athletes who meet a National B standard(s) at a 2019 World Para Swimming recognized event will be nominated to the 2019 National B Team for Term #2.
- Athletes who meet a National C standard(s) at a 2019 World Para Swimming recognized event will be nominated to the 2019 National C Team for Term #2.

### ***2019 Term #2 National Team Qualifying between July 1, 2019 and December 31, 2019***

- Athletes who meet a National A Standard(s) at a World Para Swimming recognized event and have a first-place ranking for their sport class, will be nominated to the National Elite A Team for Term #2. Standards must be met in 2020 Tokyo Paralympic Games events. First place rankings will be used from January 1, 2018 through the 1<sup>st</sup> day of the month following the date the athlete obtains the National A Standard. (This could be subject the uploading of the World Rankings by World Para Swimming)
  - Athletes who do not have an event in their sport class at the 2020 Tokyo Paralympic Games, but who meet the standard in a sport class above their own and have a first-place ranking will be nominated to the National Elite A Team for Term #2.
- Athletes who meet a National A Standard(s) at a World Para Swimming recognized event will be nominated to the 2019 National A Team for Term #2.
- Athletes who meet a National B standard(s) at a World Para Swimming recognized event will be nominated to the 2019 National B Team for Term #2.
- Athletes who meet a National C standard(s) at a World Para Swimming recognized event will be nominated to the 2019 National C Team for Term #2.

Athletes nominated to the 2019 National Elite A and A Team will be submitted to USADA and may be entered into the Registered Testing Pool or Clean Athlete Program. Athletes will be responsible for remaining compliant with all forms, updates and tutorials as required by USADA. More information regarding USADA can be found in Attachment E.

Athletes nominated to the National Elite A, A, or B Team(s) ***must have undergone international classification evaluation and hold an international Paralympic-eligible sport class*** as per the World Para Swimming master list and hold a current (2019) season license from World Para Swimming.

- All athletes with a physical impairment (S1-10), who do not have an international Confirmed (C) sport class status MUST complete a Medical Diagnostic Form (MDF) and include supporting medical documents and submit to Bryce Boarman ([Bryce.Boarman@usoc.org](mailto:Bryce.Boarman@usoc.org)) to be eligible for licensing.
- All athletes with an intellectual impairment, who do not have an international Confirmed (C) sport class status MUST complete a Training History and Sport Activity Limitation Questionnaire (TSAL-Q) and submit to Bryce Boarman ([Bryce.Boarman@usoc.org](mailto:Bryce.Boarman@usoc.org)) to be eligible for licensing.

2019 National Team standards (Attachment A) are based on the third-place ranking in the World Para Swimming World Rankings from November 15, 2017 through November 15, 2018 in events that are on the program of the 2020 Tokyo Paralympic Games.

***\*\* National Team status may not be earned based on performances in relays or team events.\*\****

## **2020 NATIONAL TEAM**

U.S. Paralympics will nominate a Swimming National Team(s) for January 1, 2020 – June 30, 2020, based on athlete performances from July 1, 2019 – December 31, 2019 at World Para Swimming recognized events.

## **NATIONAL TEAM BENEFITS**

*National Team athletes **MAY** be eligible for the following benefits:*

1. USOC Direct Athlete Support (Attachment B).
2. Swimming Additional Athlete Support Programs (Attachment C).
3. USOC Elite Athlete Health Insurance program (Attachment D).
4. Air transportation (or ground equivalent), lodging, ground transportation, meal per diem, and coaching support at designated U.S. Paralympics Swimming training and competition activities.
5. USOC Athlete Career & Education Program (<https://www.teamusa.org/athlete-resources/athlete-career-and-education-program>).
6. U.S. Paralympics National Team uniform.

## **EMERGING ATHLETES**

Athletes who meet the Emerging Standard during 2019, at a World Para Swimming recognized event, **may** be invited to participate in selected U.S. Paralympics Swimming Program activities as outlined below. Invitation is at the discretion of the Director, U.S. Paralympics Swimming. The Emerging level is based on a time that is 11% - 20% of the 2019 National A Standard.

Athletes considered at the Emerging level must be internationally classified by World Para Swimming OR nationally classified by U.S. Paralympics Swimming and **hold a Paralympic-eligible sport class** as per World Para Swimming and/or U.S. Paralympics master list and hold a current season license for World Para Swimming if they are internationally classified.

## **2019 PROGRAM ACTIVITIES**

The 2019 National Team(s) activities are outlined below. Athletes will be required to attend all 2019 activities included in their personal performance plan which will be developed in conjunction with the Director, U.S. Paralympics Swimming.

Each athlete is responsible for individual arrangements (including expenses) to attend these activities (i.e. travel, lodging, accommodation, entries) **unless otherwise indicated** in the activity listing or the athlete's personal performance plan (as applicable).

- National Team athletes are required to obtain a 2019 World Para Swimming License.
- National Team athletes are required to be registered members of USA Swimming.
- All athletes with a physical impairment (S1-10), who do not have an international Confirmed (C) sport class status MUST complete a Medical Diagnostic Form (MDF) and include supporting medical documents and submit to Bryce Boarman ([Bryce.Boarman@usoc.org](mailto:Bryce.Boarman@usoc.org)) to be eligible for licensing.
- All athletes with an intellectual impairment, who do not have an international Confirmed (C) sport class status MUST complete a Training History and Sport Activity Limitation Questionnaire (TSAL-Q) and submit to Bryce Boarman ([Bryce.Boarman@usoc.org](mailto:Bryce.Boarman@usoc.org)) to be eligible for licensing.

IF Approved/Sanctioned events are noted in the 2019 Program Activities listed below.

<b>Camps</b>		
February 20 - 24	National Team Camp (CSOTC)	Colorado Springs, CO
May 29 - June 2	2019 Parapan Am Camp (CSOTC)	Colorado Springs, CO
May 31 - June 4	2019 WPS World Championships Camp (CSOTC)	Colorado Springs, CO
July 19 - 26	2019 WPS World Championships Camp	Singapore (TBD)

<b>Competitions: Para Swimming Open Series</b>		
May 11 - 12	Bill Keating Jr. Para Meet	Cincinnati, OH
June 1 - 2	Jimi Flowers Classic	Colorado Springs, CO
TBD	California Classic	Yucaipa, CA
November 2 - 3	Northeast Para Swimming Open	Syracuse, NY
<b>Competitions: National and International</b>		
April 4 - 6	2019 Indianapolis WPS World Series*	Indianapolis, IN
April 21 – 29	2019 Glasgow WPS World Series	Glasgow, Scotland
May 5 – 13	2019 Singapore WPS World Series	Singapore
June 5 – 13	2019 Berlin WPS World Series	Berlin, Germany
July 12-14	2019 Speedo Can Am Para-Swimming Championships	Vancouver, B.C.
July 29 - August 4	World Para Swimming Championships **	Kuching, Malaysia
August 25 - 31	Parapan American Games **	Lima, Peru
December TBD	Para Swimming National Championships	TBD

\* Selection event for World Para Swimming Championships and Parapan American Games teams

\*\* Must qualify at Indianapolis World Series to attend as Team USA.

## 2019 OPERATION GOLD

The USOC will award Operation Gold funds in Swimming based off the results at the 2019 World Para Swimming Championships as outlined below.

<b>Paralympic Sport Payment Schedule</b>				
<b>Place</b>	<b>1st year in quad</b>	<b>2nd year in quad</b>	<b>3rd year in quad</b>	<b>Paralympic Year*</b>
1 <sup>st</sup>	\$3,750	\$3,750	\$3,750	\$37,500
2 <sup>nd</sup>	\$3,125	\$3,125	\$3,125	\$22,500
3 <sup>rd</sup>	\$2,500	\$2,500	\$2,500	\$15,000
4 <sup>th</sup>	\$1,875	\$1,875	\$1,875	
5 <sup>th</sup>	\$1,250	\$1,250	\$1,250	
6 <sup>th</sup>	\$625	\$625	\$625	

\* = In the Paralympic year, athletes are eligible for an award for each medal won.

In the Olympic/Paralympic year, multiple Operation Gold Awards will be paid to qualifying athletes. In non-Olympic/Paralympic years, Operation Gold Awards are limited to one award per athlete in a program year. Athletes who qualify in multiple events during a non-

Olympic/Paralympic year will only receive the highest award amount for which he/she qualified at the specified competition.

For Paralympic sports in non-Paralympic years, individuals must finish in one of the top six (6) places and among the top 50% of the athletes who started the event to qualify for Operation Gold Awards. Teams must finish in one of the top four (4) places to qualify for Operation Gold Awards.

## ATTACHMENT A

### 2019 U.S. Paralympics Swimming Standards

Event	Class	M/W	2019 National A Team Standard	2019 National B Team Standard	2019 National C Team Standard	2019 Emerging Team Standard
50 Free	S4	Women	0:39.82	0:41.81	0:43.80	0:47.78
50 Free	S6	Women	0:34.09	0:35.79	0:37.50	0:40.91
50 Free	S8	Women	0:30.77	0:32.31	0:33.85	0:36.92
50 Free	S10	Women	0:28.03	0:29.43	0:30.83	0:33.64
50 Free	S11	Women	0:31.17	0:32.73	0:34.29	0:37.40
50 Free	S13	Women	0:27.72	0:29.11	0:30.49	0:33.26
100 Free	S3	Women	1:40.21	1:45.22	1:50.23	2:00.25
100 Free	S5	Women	1:23.29	1:27.45	1:31.62	1:39.95
100 Free	S7	Women	1:12.94	1:16.59	1:20.23	1:27.53
100 Free	S9	Women	1:03.46	1:06.63	1:09.81	1:16.15
100 Free	S10	Women	1:01.21	1:04.27	1:07.33	1:13.45
100 Free	S11	Women	1:09.49	1:12.96	1:16.44	1:23.39
100 Free	S12	Women	1:00.91	1:03.96	1:07.00	1:13.09
200 Free	S5	Women	2:54.65	3:03.38	3:12.11	3:29.58
200 Free	S14	Women	2:09.26	2:15.72	2:22.19	2:35.11
400 Free	S6	Women	5:26.20	5:42.51	5:58.82	6:31.44
400 Free	S7	Women	5:21.20	5:37.26	5:53.32	6:25.44
400 Free	S8	Women	4:59.51	5:14.49	5:29.46	5:59.41
400 Free	S9	Women	4:46.83	5:01.17	5:15.51	5:44.20
400 Free	S10	Women	4:34.37	4:48.09	5:01.81	5:29.24
400 Free	S11	Women	5:22.35	5:38.47	5:54.58	6:26.82
400 Free	S13	Women	4:40.32	4:54.34	5:08.35	5:36.38
50 Back	S2	Women	1:19.26	1:23.22	1:27.19	1:35.11
50 Back	S3	Women	0:56.26	0:59.07	1:01.89	1:07.51
50 Back	S4	Women	0:52.10	0:54.71	0:57.31	1:02.52
50 Back	S5	Women	0:45.68	0:47.96	0:50.25	0:54.82
100 Back	S2	Women	2:47.22	2:55.58	3:03.94	3:20.66
100 Back	S6	Women	1:25.30	1:29.57	1:33.83	1:42.36
100 Back	S7	Women	1:24.47	1:28.69	1:32.92	1:41.36
100 Back	S8	Women	1:17.90	1:21.80	1:25.69	1:33.48
100 Back	S9	Women	1:12.02	1:15.62	1:19.22	1:26.42
100 Back	S10	Women	1:09.88	1:13.37	1:16.87	1:23.86
100 Back	S11	Women	1:21.07	1:25.12	1:29.18	1:37.28
100 Back	S12	Women	1:12.67	1:16.30	1:19.94	1:27.20
100 Back	S13	Women	1:08.39	1:11.81	1:15.23	1:22.07
100 Back	S14	Women	1:09.61	1:13.09	1:16.57	1:23.53
50 Breast	SB3	Women	0:57.62	1:00.50	1:03.38	1:09.14
100 Breast	SB4	Women	1:56.13	2:01.94	2:07.74	2:19.36
100 Breast	SB5	Women	1:41.24	1:46.30	1:51.36	2:01.49



100 Breast	SB6	Women	1:40.69	1:45.72	1:50.76	2:00.83
100 Breast	SB7	Women	1:32.71	1:37.35	1:41.98	1:51.25
100 Breast	SB8	Women	1:25.75	1:30.04	1:34.32	1:42.90
100 Breast	SB9	Women	1:17.92	1:21.82	1:25.71	1:33.50
100 Breast	SB11	Women	1:27.25	1:31.61	1:35.98	1:44.70
100 Breast	SB12	Women	1:20.80	1:24.84	1:28.88	1:36.96
100 Breast	SB13	Women	1:16.73	1:20.57	1:24.40	1:32.08
100 Breast	SB14	Women	1:16.84	1:20.68	1:24.52	1:32.21
50 Fly	S5	Women	0:46.68	0:49.01	0:51.35	0:56.02
50 Fly	S6	Women	0:36.78	0:38.62	0:40.46	0:44.14
50 Fly	S7	Women	0:36.80	0:38.64	0:40.48	0:44.16
100 Fly	S8	Women	1:16.76	1:20.60	1:24.44	1:32.11
100 Fly	S9	Women	1:09.37	1:12.84	1:16.31	1:23.24
100 Fly	S10	Women	1:07.82	1:11.21	1:14.60	1:21.38
100 Fly	S13	Women	1:04.29	1:07.50	1:10.72	1:17.15
100 Fly	S14	Women	1:05.47	1:08.74	1:12.02	1:18.56
150 IM	SM4	Women	3:00.98	3:10.03	3:19.08	3:37.18
200 IM	SM5	Women	3:42.25	3:53.36	4:04.48	4:26.70
200 IM	SM6	Women	3:03.40	3:12.57	3:21.74	3:40.08
200 IM	SM7	Women	3:02.53	3:11.66	3:20.78	3:39.04
200 IM	SM8	Women	2:48.98	2:57.43	3:05.88	3:22.78
200 IM	SM9	Women	2:36.80	2:44.64	2:52.48	3:08.16
200 IM	SM10	Women	2:30.02	2:37.52	2:45.02	3:00.02
200 IM	SM11	Women	2:53.76	3:02.45	3:11.14	3:28.51
200 IM	SM13	Women	2:27.56	2:34.94	2:42.32	2:57.07
200 IM	SM14	Women	2:26.49	2:33.81	2:41.14	2:55.79
50 Free	S3	Men	0:43.49	0:45.66	0:47.84	0:52.19
50 Free	S4	Men	0:40.40	0:42.42	0:44.44	0:48.48
50 Free	S5	Men	0:32.84	0:34.48	0:36.12	0:39.41
50 Free	S7	Men	0:28.60	0:30.03	0:31.46	0:34.32
50 Free	S9	Men	0:26.16	0:27.47	0:28.78	0:31.39
50 Free	S10	Men	0:23.78	0:24.97	0:26.16	0:28.54
50 Free	S11	Men	0:26.94	0:28.29	0:29.63	0:32.33
50 Free	S13	Men	0:23.79	0:24.98	0:26.17	0:28.55
100 Free	S4	Men	1:25.80	1:30.09	1:34.38	1:42.96
100 Free	S5	Men	1:09.32	1:12.79	1:16.25	1:23.18
100 Free	S6	Men	1:06.45	1:09.77	1:13.09	1:19.74
100 Free	S8	Men	0:59.82	1:02.81	1:05.80	1:11.78
100 Free	S10	Men	0:51.16	0:53.72	0:56.28	1:01.39
100 Free	S12	Men	0:53.97	0:56.67	0:59.37	1:04.76
200 Free	S2	Men	4:08.86	4:21.30	4:33.75	4:58.63
200 Free	S3	Men	3:31.38	3:41.95	3:52.52	4:13.66
200 Free	S4	Men	3:05.58	3:14.86	3:24.14	3:42.70
200 Free	S5	Men	2:34.18	2:41.89	2:49.60	3:05.02
200 Free	S14	Men	1:57.02	2:02.87	2:08.72	2:20.42
400 Free	S6	Men	5:12.54	5:28.17	5:43.79	6:15.05

400 Free	S7	Men	4:48.69	5:03.12	5:17.56	5:46.43
400 Free	S8	Men	4:37.61	4:51.49	5:05.37	5:33.13
400 Free	S9	Men	4:18.30	4:31.21	4:44.13	5:09.96
400 Free	S10	Men	4:06.61	4:18.94	4:31.27	4:55.93
400 Free	S11	Men	4:55.39	5:10.16	5:24.93	5:54.47
400 Free	S13	Men	4:10.79	4:23.33	4:35.87	5:00.95
50 Back	S1	Men	1:13.06	1:16.71	1:20.37	1:27.67
50 Back	S2	Men	0:54.19	0:56.90	0:59.61	1:05.03
50 Back	S3	Men	0:48.32	0:50.74	0:53.15	0:57.98
50 Back	S4	Men	0:45.46	0:47.73	0:50.01	0:54.55
50 Back	S5	Men	0:36.17	0:37.98	0:39.79	0:43.40
100 Back	S1	Men	2:30.69	2:38.22	2:45.76	3:00.83
100 Back	S2	Men	1:56.93	2:02.78	2:08.62	2:20.32
100 Back	S6	Men	1:18.97	1:22.92	1:26.87	1:34.76
100 Back	S7	Men	1:12.81	1:16.45	1:20.09	1:27.37
100 Back	S8	Men	1:08.67	1:12.10	1:15.54	1:22.40
100 Back	S9	Men	1:04.73	1:07.97	1:11.20	1:17.68
100 Back	S10	Men	0:59.30	1:02.27	1:05.23	1:11.16
100 Back	S11	Men	1:12.92	1:16.57	1:20.21	1:27.50
100 Back	S12	Men	1:01.46	1:04.53	1:07.61	1:13.75
100 Back	S13	Men	1:00.83	1:03.87	1:06.91	1:13.00
100 Back	S14	Men	1:01.74	1:04.83	1:07.91	1:14.09
50 Breast	SB2	Men	0:58.24	1:01.15	1:04.06	1:09.89
50 Breast	SB3	Men	0:51.06	0:53.61	0:56.17	1:01.27
100 Breast	SB4	Men	1:45.12	1:50.38	1:55.63	2:06.14
100 Breast	SB5	Men	1:36.60	1:41.43	1:46.26	1:55.92
100 Breast	SB6	Men	1:21.23	1:25.29	1:29.35	1:37.48
100 Breast	SB7	Men	1:20.67	1:24.70	1:28.74	1:36.80
100 Breast	SB8	Men	1:11.74	1:15.33	1:18.91	1:26.09
100 Breast	SB9	Men	1:09.62	1:13.10	1:16.58	1:23.54
100 Breast	SB11	Men	1:17.15	1:21.01	1:24.86	1:32.58
100 Breast	SB12	Men	1:08.62	1:12.05	1:15.48	1:22.34
100 Breast	SB13	Men	1:07.69	1:11.07	1:14.46	1:21.23
100 Breast	SB14	Men	1:07.47	1:10.84	1:14.22	1:20.96
50 Fly	S5	Men	0:37.28	0:39.14	0:41.01	0:44.74
50 Fly	S6	Men	0:33.54	0:35.22	0:36.89	0:40.25
50 Fly	S7	Men	0:30.49	0:32.01	0:33.54	0:36.59
100 Fly	S8	Men	1:02.65	1:05.78	1:08.92	1:15.18
100 Fly	S9	Men	1:00.76	1:03.80	1:06.84	1:12.91
100 Fly	S10	Men	0:55.86	0:58.65	1:01.45	1:07.03
100 Fly	S11	Men	1:05.44	1:08.71	1:11.98	1:18.53
100 Fly	S12	Men	0:57.97	1:00.87	1:03.77	1:09.56
100 Fly	S13	Men	0:57.79	1:00.68	1:03.57	1:09.35
100 Fly	S14	Men	0:57.86	1:00.75	1:03.65	1:09.43
150 IM	SM3	Men	3:07.36	3:16.73	3:26.10	3:44.83
150 IM	SM4	Men	2:39.95	2:47.95	2:55.95	3:11.94

200 IM	SM6	Men	2:52.05	3:00.65	3:09.25	3:26.46
200 IM	SM7	Men	2:36.50	2:44.33	2:52.15	3:07.80
200 IM	SM8	Men	2:25.42	2:32.69	2:39.96	2:54.50
200 IM	SM9	Men	2:18.90	2:25.84	2:32.79	2:46.68
200 IM	SM10	Men	2:13.99	2:20.69	2:27.39	2:40.79
200 IM	SM11	Men	2:30.94	2:38.49	2:46.03	3:01.13
200 IM	SM13	Men	2:15.03	2:21.78	2:28.53	2:42.04
200 IM	SM14	Men	2:13.21	2:19.87	2:26.53	2:39.85

## **Attachment B**

### **2019 U.S. Paralympics Swimming Direct Athlete Support**

1. DAS is processed monthly on the first Friday of each month.
2. Athletes are eligible for DAS at the beginning of the month following nomination to the National Team(s).
3. DAS is provided to athletes that are in compliance with 2019 Athlete Agreement obligations and personal performance plan obligations. If an athlete is not current with the agreement/plan obligations and/or USADA on the first day of the month in which the payment is being made, the athlete's payment will be withheld until he/she is compliant.
4. U.S. Paralympics will provide DAS for a multi-sport athlete in ONLY one sport at any given time. In conjunction with the respective NGBs/HPMOs the multi-sport athlete shall designate the primary ("A") sport in which they wish to receive DAS.
5. Athletes sanctioned by USADA, WADA and/or the respective sport IF for a doping violation are not eligible for DAS, regardless of any National Team(s) status, during the period of such sanction.
6. Athletes sanctioned by the IPC and/or the respective sport IF for classification Intentional Misrepresentation are not eligible for DAS, regardless of any National Team(s) status, during the period of such sanction.
7. Athletes sanctioned by the U.S. Center for SafeSport, the USOC, or another National Governing Body (NGB) for a safe sport code violation are not eligible for DAS, regardless of any National Team(s) status, during the period of such sanction.
8. DAS will only be paid once the Athlete Support Designee Form has been completed and submitted (annual basis).
9. Athlete support is paid directly to the athlete. National Team athletes are responsible for understanding and maintaining their own eligibility status with other organizations where applicable (i.e. NCAA, NFHS, etc.), and may choose to decline direct athlete support payments in order to retain high school or collegiate eligibility.
10. Athlete support will be reported to the IRS and may be subject to federal and state income tax. The USOC encourages athletes to speak with a tax professional to receive guidance regarding tax implications.
11. Athlete support is contingent upon the athlete training in a year-round program that is recognized and/or registered by the relevant governing body. Approved year-round programs include the following: USA Swimming, United States Masters Swimming, YMCA, NCAA.
12. Athlete support is contingent upon athlete training in a year-round program that is approved by the Director, U.S. Paralympics
13. DAS will only be paid to athletes who are training with a licensed/certified coach. Athlete support is contingent upon maintaining consistent performance standards and competition results as well as complying with team obligations (e.g., proper communication, following travel policies, event commitments, etc.).

### 2019 Criteria for Swimming Direct Athlete Support:

*Please see 2019 National Team criteria beginning on page 2 for description of how to be nominated to the various teams.*

<b>National Team Term #1</b>	<b>Monthly Payment Amount</b>
<b>National Elite A</b>	\$1,200
<b>National A</b>	\$1,000
<b>National B</b>	\$500
<b>National C</b>	Not eligible for DAS, only SAS.

<b>National Team Term #2</b>	<b>Monthly Payment Amount</b>
<b>National Elite A</b>	\$1,200
<b>National A</b>	\$1,000
<b>National B</b>	\$500
<b>National C</b>	Not eligible for DAS, only SAS.

## Attachment C

### 2019 U.S. Paralympics Swimming Additional Athlete Support Programs

#### TEAM TRAVEL SUPPORT

Travel for National Team Athletes to National Team specific camps will be funded. Travel support to World Para Swimming World Series, Parapan American Games, or World Para Swimming Championships **will** be covered for athletes named to the Team USA roster for that event.

U.S. Paralympics does **not** fund National Team athletes to attend Trials/National Championships/selection events; however, attendance at these events may be required as per the athlete's Personal Performance Plan.

National Elite A and National A will have the opportunity to attend one (1) international World Series event if they are not already attending a World Para Swimming World Series event for classification purposes. Prioritized preferences will be submitted through the Personal Performance Plan and an event will be assigned depending on the number of athletes already attending, classification considerations and the timeframe to submit entries into the WPS World Series. The 2019 Indianapolis World Series is not included as this is a trials event for the 2019 World Para Swimming Championships and the 2019 Parapan American Games.

#### PERFORMANCE INCENTIVE SUPPORT

U.S. Paralympics will award World Record Performance Incentive funds during 2019 as outlined below.

#### *2019 World Para Swimming Recognized events*

World Record in a PARALYMPIC event – \$500

World Record Performance Incentive funds may be earned in multiple events (i.e. 100 freestyle, 100 backstroke, etc.) at the same competition; however athletes will only earn one World Record performance incentive per Paralympic event per competition (i.e. WR in 100 freestyle in prelims and finals at the same competition results in one performance incentive bonus). Athlete must be internationally classified in order to be recognized as breaking a World Para Swimming World Record. A list of Paralympic events may be found under rule 10.4.1 of the World Para Swimming Rules and Regulations (*January 2018*) found at: [https://www.paralympic.org/sites/default/files/document/180313084120174\\_2018\\_03\\_WPS%2BRules%2Band%2BRegulations%2B2018.pdf](https://www.paralympic.org/sites/default/files/document/180313084120174_2018_03_WPS%2BRules%2Band%2BRegulations%2B2018.pdf) Payment of funds will be processed by the first Friday of the subsequent month following the event.

Additional Performance Incentive funds will be provided by gender to athletes who attain results at 2019 World Para Swimming recognized events and who are current National Team Members who have fulfilled all Personal Performance Plan requirements. A ranking list will be created for each event and swimmers will be ranked in order of each swim's percent comparison ("P") to the U.S. Paralympics Swimming National A Standard.

$$P = (\text{swim time}/\text{Standard}) \times 100$$

All comparisons will be rounded to the nearest one-tenth of a percent. A lower comparison (P=101.4%) is better than a higher comparison (P=102.7%). An overall ranking list will be created by combining points awarded (see point amounts in chart below) from all Para Swimming Open Series. The top three (3) female and male athletes who have been awarded the most points will receive the Overall awards. Only athletes who have remained compliant with all Personal Performance Plan obligations (attended all required meets, completed monthly training logs, remained compliant with USADA, etc.) and are on the National Team as of December 1, 2019 will be eligible for the Overall award.

<b>Rank</b>	<b>Para Swimming Open Series</b>	<b>Overall Winners</b>
<b>1st</b>	\$600/6 points	\$2,000
<b>2nd</b>	\$400/5 points	\$1,000
<b>3rd</b>	\$200/4 points	\$500

### **TRAVEL AND TRAINING SUPPORT**

National Team Athletes are eligible to receive a stipend for each term to support expenses such as: equipment, travel, club memberships, suits, etc. Athletes **MUST** apply for the support which will be approved by the Director, U.S. Paralympics Swimming. When the activity they applied for is complete, athletes **MUST** submit a statement as to how the funds assisted their competition goals. If athletes do not complete this within two (2) weeks following completion of the activity, they will be required to return funds, or have it deducted from their monthly DAS. Application must be submitted by June 30, 2019 for Term #1 and December 1, 2019 for Term #2 in order to receive payment. The application will be included in the National Team Paperwork.

Term # 1 National Team Athletes must use their SAS by June 30, 2019 and complete a summary of how they used the money, or they will forfeit the remainder.

Term #2 National Team Athletes must use their SAS by December 1, 2019 and complete a summary of how they used the money, or they will forfeit the remainder.

<b>Term #1</b>	<b>SAS Amount:</b>
National Elite A	\$2,000
National A	\$1,500
National B	\$1,250
National C	\$750
<b>Term #2</b>	
	<b>SAS Amount:</b>
National Elite A	\$2,000
National A	\$1,500
National B	\$1,250
National C	\$750

\* Athletes on the National Team(s) for partial term(s), will receive a prorated SAS Allocation

## **TRAINING SUPPORT FOR COLLEGE ATHLETES**

Collegiate athletes on either the 2019 World Para Swimming Championship Team or 2019 Parapan American Games Team who do not have a team to train with in the summer can apply to train at the Olympic Training Center (OTC) with the Resident Team. They will need to complete the application and submit to the Director, U.S. Paralympics Swimming by April 1, 2019. There will be a limited number of athletes accepted **based on individual training situations and availability.**



## **Attachment D**

### **2019 U.S. Paralympics Swimming Elite Athlete Health Insurance (EAHI)**

All 2019 National Elite A, A, and B Team athletes are eligible for EAHI. Upon meeting the criteria below eligible athletes will receive an email from the USOC outlining the EAHI program benefits for further consideration.

1. Athletes must be currently training and competing to receive EAHI.
2. Athletes must sign and be in compliance with 2019 Athlete Agreement obligations and personal performance plan obligations.
3. Athletes are eligible for EAHI at the beginning of the month following nomination to the National Team(s).
4. EAHI will only be offered once the Athlete Support Designee Form has been completed and submitted (annual basis).
5. Athletes sanctioned by USADA, WADA and/or the respective sport IF for a doping violation are not eligible for EAHI, regardless of any National Team(s) status, during the period of such sanction.
6. Athletes sanctioned by the IPC and/or the respective sport IF for classification Intentional Misrepresentation are not eligible for EAHI, regardless of any National Team(s) status, during the period of such sanction.
7. Athletes are eligible for EAHI during the period of National Team status.
8. When National Team status is no longer conferred upon the athlete, EAHI benefits will cease. Termination is effective the first of the month following 30 days written notification.

## Attachment E

### U.S. Anti-Doping Agency (USADA)

#### **Whereabouts:**

An important part of USADA's testing program is the ability to test athletes without any advance notice in an out-of-competition setting. Athletes are subject to testing 365 days a year and do not have "off-seasons" or cutoff periods in which testing does not occur. Whereabouts information, (dates, times, locations, etc.) is information submitted to USADA by an athlete that allows the athlete to be located for out-of-competition testing.

For more information on whereabouts, please go to <https://www.usada.org/testing/whereabouts/>.

#### **Therapeutic Use Exemptions (TUEs):**

In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's Prohibited List. USADA can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes access to critical medication while protecting the rights of clean athletes to compete on a level playing field.

For more information on TUEs, please go to <https://www.usada.org/substances/tue/>.

#### **Global Drug Reference Online (Global DRO):**

The Global Drug Reference Online (Global DRO) provides athletes and support personnel with information about the prohibited status of specific medications based on the current World Anti-Doping Agency (WADA) Prohibited List.

Global DRO does not contain information on, or that applies to, any dietary supplements.

The Global DRO can be found at <https://www.globaldro.com/Home>.

#### **Additional Resources from USADA:**

USADA Website: <https://www.usada.org/>

Supplement 411: <https://www.usada.org/substances/supplement-411/>

WADA Prohibited List: <https://www.usada.org/substances/prohibited-list/>

Anti-Doping 101: <https://www.usada.org/athletes/antidoping101/>

## **Attachment F**

### **2019 U.S. Paralympics Swimming National Team Procedures & Obligations**

#### **Swimming Team Procedures**

- Failure to comply with the Athlete Obligations or U.S. Paralympics Swimming Team Rules and Regulations for Team Trips as listed below, violating the Athlete Agreement or not complying with the Resident Program rules and policies (if applicable) will result in a suspension of DAS, a fine, and/or removal from the 2019 National Team.
- Failure to submit all 2019 National Team Paperwork by the posted deadline will result in a loss of half of each month's Direct Athlete Support stipend until the paperwork has been completed.
- Failure to submit progress reports by the last day of each month as per the U.S. Paralympics Athlete Agreement will result in a fine.
  - Late or incomplete progress reports: \$100 fine.
- Failure to compete at required meets as listed in the Athletes' Personal Performance Plan will result in a loss of half of the respective month's Direct Athlete Support stipend.

#### **Swimming Athlete Obligations**

Maintain compliance with U.S. Paralympics Athlete Agreement

- Maintain compliance with 2019 Personal Performance Plan
- National Elite A, A and B Teams must compete at four (4) North American World Para Swimming recognized meets.
  - Option for one (1) of four (4) World Para Swimming recognized meets:
    - Compete at one (1) USA Swimming Sectionals or higher meet
    - Compete at one (1) Collegiate level invitational or championships
    - Compete at one (1) Para-Development Meet
- Comply with USADA, IPC and WADA Anti-Doping policies
- Refrain from behavior that would detract from a positive image of the U.S. Paralympics Swimming National Team or that would be detrimental to its performance objectives
- Display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public

#### **U.S. Paralympics Swimming Team Rules and Regulations for Team Trips**

- The possession or use of alcohol, tobacco products or controlled substances by any athlete or staff member is prohibited.
- The possession or use of weapons, such as guns, knives, swords, etc., by any athlete or staff member is prohibited.
- Curfews established by the Team Staff must be observed by all athletes.
- Team members and staff will attend all team functions including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the Head Coach or Team Manager.
- To ensure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms. Team members and staff will cooperate with all Team leadership (Captains, Program Manager, Team Leader, Head Coach, Director, U.S. Paralympics Swimming).
- Team members and staff will refrain from behavior that would detract from a positive image of the U.S. Paralympics Swimming National Team or that would be detrimental to its performance objectives.

- Bullying, harassment, disparagement, or defamation of teammates, fellow competitors, team staff, event organizers, – verbally, through social media, email, or text – is prohibited.
- Team members and staff will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
- Team members and staff will wear USOC and/or U.S. Paralympics Swimming provided apparel as required and as designated by Team leadership (Captains, Team Leader, Head Coach, Director, U.S. Paralympics Swimming).
- Team members and staff will keep accommodations clean and in good condition.

### **National Team or “Event” Team Protocol**

- Swimmers are expected to stay focused on swimming fast and minimize walking, sunbathing, sightseeing, etc. until they have finished their last event.
- All swimmers are required to attend each finals session through the last awards ceremony, unless excused by the Head Coach or Director, U.S. Paralympics Swimming.
- When not preparing for their own events, swimmers are expected to remain in the team area to support their teammates.
- Team Uniform Caps as prescribed by the Director, U.S. Paralympics Swimming, must be worn during competition, which must be approved by World Para Swimming and U.S. Paralympics Swimming. All technical gear must be approved by World Para Swimming and U.S. Paralympics Swimming.
- When applicable, U.S. Paralympics Swimming issued dress sweats must be worn when receiving an award or during U.S. Paralympics Swimming/USOC organized press conferences. U.S. Paralympics Swimming issued apparel must be worn at all other times on deck or during official team functions. (Athletes may wear the apparel of their choice during their personal time.)
- No hats or head coverings should be worn when receiving awards.
- All team members will be expected to demonstrate proper respect for the American flag and the national anthem.
- After a swimmer has swum his/her last event, attendance at all remaining sessions (including preliminaries) is required.
- All team members will be expected to travel to and from the airport, hotel and venue on the transportation provided by U.S. Paralympics Swimming.
- All National Team or “Event” team members will be required to maintain the desired level of conditioning for optimum performances, as determined by U.S. Paralympics Swimming.
- An open and observable environment should be maintained for all interactions between staff and athletes. Private, or one-on-one situations should be avoided unless open and observable. Common sense should be used to move a meeting to an open and observable location if the meeting inadvertently begins in private.
- Friends and family are not permitted in athlete rooms or beyond the hotel lobby.
- No friends/family/personal coaches permitted on the field of play. Only Team USA staff is allowed in these areas.

## Attachment G

### 2019 U.S. Paralympics Swimming Resident Program

U.S. Paralympics Swimming implements a Resident Program at the Colorado Springs Olympic Training Center (CSOTC).

In such Resident Program, athletes will reside in dormitories at the CSOTC. Specific training and competition will be geared to the individual athlete's needs, but generally will include 8 – 10 pool workouts per week, 2 – 4 weight room/dryland sessions per week, and about 8 – 10 competitions annually (competitions will include U.S. Paralympics Swimming Athlete and Sport Program Plan designated events as well as USA Swimming and/or USMS meets). Other required components of the Resident Program will include sport science testing, sport psychology sessions, nutrition counseling, community outreach and involvement, and media training.

#### **PARTICIPANTS & PROGRAM SIZE**

*2019 Program will be capped at a maximum of twelve (12) Resident athletes with up to two (2) off-site program slots. Program size is not guaranteed and must be approved by USOC Paralympic Sport Performance.*

*2020 Program maximum size may vary from year to year.*

Accepted athletes (see application & acceptance for further details) who desire to enter the Resident Program must commit to the full current Resident Program period of at least one (1) year and be prepared to live and train at the CSOTC up until the 2020 Paralympic Games. *All resident athletes will be required to re-apply annually.* Natural break periods for visits to family/friends will be built into the Resident Program training cycles.

#### **APPLICATION & ACCEPTANCE**

An application for the Resident Program will be available at [www.usparalympics.org](http://www.usparalympics.org). Any athlete who wishes to participate must apply and be accepted into the Resident Program. Acceptance to the Resident Program will be at the sole discretion of U.S. Paralympics Swimming, and approved by USOC Paralympic Sport Performance, and all positions in the Resident Program will not necessarily be filled.

For consideration applicants must:

- Be at least 17 years of age.
- Be a current U.S. Citizen eligible to represent the U.S. in the Paralympic Games.
- Have completed High School or earned an equivalent degree.
- Maintain a 2.0 GPA for college classes taken while a resident athlete.
- Submit to an Athlete Performance Screen or similar physical evaluation as well as provide requested documentation of current impairment status
- Be willing to submit to a complete health profile coordinated by USOC Support Providers including thorough medical history, comprehensive physical examination, nutritional and psychological profile.
- Have met a minimum of National C standard in a 2020 Tokyo Paralympic event for their eligible sport class
- Intend to commit to training with the program for a minimum of one (1) year

Evaluation of athletes for acceptance to the Resident Program will consider a wide range of factors including:

- Space availability
- Relevant performance data from current quadrennium
- Athlete's current "home" training environment
- Potential for athlete to medal at the 2019 World Para Swimming Championships, 2019 Parapan American Games and 2020 Paralympic Games
- Impact of the U.S. Paralympics Swimming Resident Program on the athlete's medal potential
- Athlete's desire and willingness to commit fully to an extended training period (1-4 years) in the Resident program

*\*\* The Swimming Resident Coach may add additional athletes after the application deadlines(s) and start date(s) until maximum program slots are filled as approved by the Director, U.S. Paralympics Swimming and/or USOC Paralympic Sport Performance.*

### **IMPORTANT DATES**

*April 15, 2019 – Summer Application period begins*

*July 31, 2019 – Fall Application period begins*

*Application period will end one (1) week after the application period begins. Within one (1) week of the closing of the application period, athletes will be notified if further documentation or an interview is necessary. Athletes will be notified of acceptance not later than 28 days after the start of the application period.*

National/Resident Team competition opportunities will be outlined in the 2019-2020 Quad Calendar and further defined in the annual U.S. Paralympics Swimming Athlete and Sport Program Plan.

In addition, Resident Team Members will also attend additional competitions and/or USMS competitions as scheduled by the U.S. Paralympics Swimming Resident Team Coach.

### **CSOTC WAIVER AND PARTICIPATION FORMS**

Upon acceptance into the Resident Program, all participants are required to sign the following CSOTC forms:

- ✓ USOC Waiver and Release of Liability
- ✓ Participation Consent
- ✓ Participant Conduct
- ✓ Resident Athlete Application
- ✓ United States Olympic Training Center Participant Biography
- ✓ Olympic Training Center Participant Medical History Questionnaire
- ✓ HIPAA Form

### **EXPECTATIONS OF PARTICIPANTS**

All participants in the Resident Program are responsible for fulfilling program commitments as detailed below and in **Attachment A: U.S. Paralympics Swimming Resident Program Rules & Responsibilities**. Failure to meet Resident Program requirements may result in removal from the Resident Program.

- Swimmers are expected to commit to the full Resident Program, from start date through a minimum of one year and potentially until *the 2020 Paralympic Games*.
- Swimmers are expected to attend all scheduled practices and participate in all scheduled competitions throughout the Resident Program period, unless excused by the U.S. Paralympics Swimming Resident Team Coach prior to the scheduled activity.

- Sports Medicine resources will be utilized to keep swimmers healthy and injury-free. However, if a swimmer sustains a long-term illness or serious injury that compromises his/her ability to train over an extended period of time, continued participation in the Resident Program may not provide the swimmer with a significant performance benefit and the swimmer may be removed from the Resident Program.
- Swimmers are expected to be mature, responsible, and behave accordingly at the CSOTC and at all Resident Program activities.
- Swimmers in the Resident Program will sign and abide by the USOC Code of Conduct for U.S. Paralympics National Teams and U.S. Paralympics Programs.
- Swimmers are strongly encouraged to attend school, be employed part time and/or volunteer regularly however, school and work schedules must be arranged around training times. The Swimming Resident Team Coach and/or the Director, High Performance Paralympic Swimming will collaborate with the athlete prior to beginning the school and/or work activity to assure the schedule is conducive to high performance training. The Team Coach and Director, U.S. Paralympics Swimming have the ability to suggest maximum time spent working and going to school such that such time away has a minimal impact on training.

### **COACHING STAFF**

The Swimming Resident Program will be directed by the U.S. Paralympics Swimming Resident Team Coach. 1-2 Assistant Coaches and / or Coaching Fellows will assist with sport science, weight room conditioning support, as well as on-deck coaching responsibilities.