2021 U.S. Paralympics Swimming National Championships
December 17 – 19, 2021

Presented by
TOYOTA

Important Facts about the Meet

- The 2021 U.S. Paralympics Swimming National Championships is a Long Course competition.
- National (PI) Classification will be offered at the competition. U.S. Athletes must contact Kyle Knott (Kyle.Knott@usopc.org) for an appointment. U.S. Para Swimming has requested international classification at this event. If granted, U.S. Para Swimming will notify all eligible athletes from the U.S. International athletes will need to contact their NPC or National Federation for a slot.
- This meet is open to swimmers from all nations with a national or international sport class, who have met the qualifying standards – Attachment A.
- Should visas be required, please contact Jenny Ryan (Jenny.Ryan@usopc.org) for a letter of support. Entries must be received and meet entry paid prior to a letter being granted.
- Current World Para Swimming Rules and Regulations will govern this meet.
- Only credentialed swimmers, coaches, team staff, and meet officials are permitted on the deck.

Host
Greensboro Aquatic Center
1921 W Gate City BLVD
Greensboro, NC 27403
336-315-8498
GreensboroAquaticCenter.com

Facility
Located on the campus of Greensboro Coliseum Complex, the Greensboro Aquatic Center has evolved into the largest indoor aquatic center in the country (105,323-sq. feet). Since its opening in 2011, the state-of-the-art, multi-purpose, four-pool facility has compiled an impressive national event hosting resume including numerous USA Swimming, U.S. Masters, USA Diving, USA Synchro, NCAA, ACC and YMCA national championships. The GAC also serves local citizens through its daily hosting of fitness
classes, club and school swim and dive team practices, private swim lessons and its unique partnership with Guilford County Schools in the development of a privately financed, curriculum-based ‘Learn to Swim; healthy lifestyle program.

Accommodations
All individuals and teams are responsible for their own accommodations. U.S. Para Swimming and the Local Organizing Committee (LOC) will not be responsible for travel, meals, or housing arrangements for teams or individuals. Please see Attachment B for hotel information and links to book hotels at a group rate.

Classification
National PI Classification
December 16, 2021: 8:00 AM – 3:00 PM
Will be offered for U.S. athletes who have not met an emerging time standard nor have a classification.

International PI Classification
December 14 – 16, 2021: 8:00 AM – 3:00 PM
U.S. Para Swimming has requested international classification at this event. If awarded, we will inform participants and national federations interested in attending the meet. Slots will be determined by WPS and U.S. Para Swimming (for U.S. athletes). International swimmers must contact their NPC or National Federation for a slot. U.S. Swimmers with a National A, B, C or Emerging time will be given priority.

Intellectually Impaired (II):
Intellectually Impaired athletes should contact Barry Holman at barry@athleteswithoutlimits.org for information on National Classification.

Visually Impaired (VI):
Visually Impaired athletes should contact Kyle Knott at Kyle.Knott@usopc.org for information on National Classification.

Volunteers
Volunteers are always needed and welcome. We will need volunteer timers, runners, and USADA Chaperones. USADA Chaperones must be 18 years or older with no relationship to any competing athlete. Please use the following link to signup:

https://www.signupgenius.com/go/4090945A8AC2FA3FC1-20217

Please direct questions to Julie Lawhon at julie@greensborosf.com or (336) 335-1591.

Officials
All officials are welcome. To sign up to volunteer, please use this link. All officials must be up to date on all athlete safety requirements as included below. For any questions, please contact Mark Rieniets at rieniets@gmail.com
Athlete Safety Information
All U.S. participants in this competition are subject to the requirements outlined in the USOPC Athlete Safety Policy available at: http://teamusa.org/USOPCAthleteSafetyPolicy. Adult Participants are required to comply with the Mandatory Components of the Minor Athlete Abuse Prevention Policies (MAAPP) as formally incorporated in Section 4.3 of the USOPC Athlete Safety Policy, and available at: http://teamusa.org/maapp. Participating in our events also comes with certain responsibilities, such as requirements to report Prohibited Conduct, to include violations of the MAAPP, as outlined in Section 6 of the USOPC Athlete Safety Policy, as well as completing training as outlined below.

U.S. Center for SafeSport Training
All U.S. athletes (18 years and older), coaches, officials, and support staff requesting accreditation must complete, or have completed within the last calendar year, the U.S. Center for SafeSport’s Core training, or applicable Refresher training course if they have previously taken the Core training. The training must be completed prior to arrival at the event and must be valid through the conclusion of the event. Please note, USA Swimming membership with SafeSport training that is valid through the conclusion of the event will be accepted.

If you are not in compliance with training, depending on the required course, it will take between 30 to 90 minutes to complete the training. Taking the SafeSport Core or Refresher training is free for registered event participants. Please email Reagan Folaron if you need help accessing the training. You must submit proof of completion and expiration date of your most recent SafeSport training to Reagan Folaron at Reagan.Folaron@usopc.org by December 3, 2021, or at least two weeks prior to the event.

If you are a minor athlete, completing SafeSport training is not required, however, we recommend you work with your parent/guardian to take one of the free youth training courses offered by the U.S. Center for SafeSport. The U.S. Center for SafeSport also has resources available to parents regarding abuse prevention in sport, to include the Parent Toolkit, and free online training. Training for both minor athletes and parents/guardians is available at: https://uscenterforsafesport.org/training-and-education/training-and-education-services/.

All Canadian coaches and support staff must be a member in good standing with CSCTA.

Changing Rooms
In line with COVID-19 guidelines, swimmers should come to the pool dressed for competition. Changing rooms for each gender are provided and are wheelchair accessible. There are several family changing rooms that are also available. There will be a designated spot for Minor athletes to change in the locker rooms. Changing rooms will be monitored regularly by staff. Use of recording devices including cell phones is prohibited while in the changing rooms.

Background Checks
All U.S. participants requesting a Team Staff accreditation for this competition are required to undergo a background check utilizing the National Center for Safety Initiatives as further described in the USOPC’s Background Check Policy & Procedures (which can be viewed on the Team USA Athlete Safety Page at
The background check must be completed prior to the start of competition. Any individual receiving a “Red Light” may be precluded by the USOPC from participating in the competition. Please note, USA Swimming membership with a background check that is valid through the conclusion of the event will be accepted. Please submit proof of completion and expiration date of your most recent background check to Reagan Folaron at Reagan.Folaron@usopc.org by December 3, 2021, or at least two weeks prior to the event.

**ANTI-DOPING**

All Athletes, Athlete Support Personnel and other Persons, by virtue of their participation in the Olympic, Paralympic, Pan American, Parapan American or Youth Olympic Games, participation in an Event or Competition organized or sanctioned by the USOPC or an NGB, an International Federation (“IF”), the International Olympic Committee (“IOC”), the International Paralympic Committee (“IPC”) or other Major Event Organization, participation on a national team, utilization of an Olympic and Paralympic Training Center (“OPTC”), receipt of benefits from the USOPC or an NGB, inclusion in the Registered Testing Pool (“RTP”) or Clean Athlete Program (“CAP”), or otherwise subject to the Code agree to be bound by the USOPC National Anti-Doping Policy and by the USADA Protocol. It is the duty of Athletes, Athlete Support Personnel and other Persons to comply with all anti-doping rules of the World Anti-Doping Agency (WADA), the IPC, the USOPC National Anti-Doping Policy, and of the U.S. Anti-Doping Agency (USADA), including the USADA Protocol for Olympic and Paralympic Movement Testing (USADA Protocol) and all other policies and rules adopted by WADA, the IPC, the USOPC and USADA. Athlete participants agree to submit to drug testing by the IPC and/or USADA or their designees at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules make them subject to penalties including, but not limited to, disqualification and suspension. If it is determined that an individual participant may have committed a doping violation, the participant agrees to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of the IPC, if applicable or referred by USADA. More information about the USOPC National Anti-Doping Policy can be found at [https://www.teamusa.org/Footer/Legal/Anti-Doping](https://www.teamusa.org/Footer/Legal/Anti-Doping).

More information about banned substances and doping control can be found by visiting: [www.usada.org](http://www.usada.org). All athletes who compete at the U.S. Paralympics Swimming National Championships are subject to drug testing. If athletes are notified for drug testing, they must bring an ID with them and are allowed and strongly encouraged to have one representative to accompany them through the drug testing process.

**COVID Mitigation**

This event will use COVID Mitigation plan. The plan will be published [HERE](#). All participants will be required to abide by the plan.

**Meet Format and Entry Procedures**

**Meet Format & Fees**

- The format of the meet will be prelims and finals (exceptions below)
Timed Final events
  - 200M Butterfly, Backstroke and Breaststroke
  - 400M IM
  - 1500M Freestyle

- All preliminary events will be seeded by time and gender (regardless of sport class)
- The top 16 swimmers per WPS points system from prelims will advance to finals. Finals will be seeded by time.

Athlete and Team Staff Fees
- All swimmers will be charged $100 USD to enter the meet, regardless of the number of events they choose to enter (max of 7).
- All team staff (i.e. coaches, personal care assistant, medical) will be charged a $20 USD fee per credential. Staff not registered by the entry deadline will be charged $40 for on-site staff registration.

Spectator Tickets
- All tickets will be sold on-site. All seating is general admission. Heat Sheets will not be sold. Meet Mobile will be used.
- Day Pass (good for prelims and finals each day):
  - $15.00 – Adult
  - $10.00 – Youth (ages 2-17)
  - Friday, December 17th- Sunday, December 19th
    - 7:30 AM to 11:00 AM
    - 4:30 PM to 7:30 PM
- Meet Mobile will be used for Heat Sheets at this event.

Entry Information
- Swimmers must have met one (1) Minimum Qualifying Standard (MQS) in one of the World Para Swimming events to be eligible to enter the meet (Attachment A).
- All times swum from January 1, 2021 through the published entry deadline will be eligible for entry. Times must come from sanctioned events. For example, WPS, USA Swimming, NCAA, YMCA, etc.
- Swimmers may enter a maximum of seven (7) events for the competition, but not exceeding three (3) events per day.
- A swimmer may swim any event they have a qualifying standard in. If a swimmer has met less than five (5) qualifying standards for the competition, he/she may enter bonus events as follows:
  - 1 Qualifying Times = 2 Bonus Events (no timed finals allowed)
  - 2 Qualifying Times = 2 Bonus Events + 1 timed final allowed
  - 3 Qualifying Times = 2 Bonus Events + 1 timed finals allowed
  - 4 Qualifying Times = 1 Bonus Event + 2 timed finals allowed
- Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted
bymeet management for seeding purposes.

- **Proof-of-Time is required with entry submission.** Please submit official results or submit the link to the actual event results in the online entry system. It is the responsibility of the club to prove any entry times if requested. Any club not able to prove an entry time when challenged will be fined $100.00.
- **No deck entries will be accepted.**
- Swimmers who only have an SB sport classification (SB9) are eligible to enter the S/SM10 sport class events provided they meet the S/SM10 standards. These swims will be exhibition only swum in the preliminary session.
- **Relays will be swum at the end of finals.** There must be two (2) teams entered in order to run the event. Sign-up sheets for U.S. athletes will be available at registration. International athletes please see your representative. Events offered will be:
  - 20 pt. Mixed 4 X 50m Freestyle Relay (December 17th)
  - 34 pt. Men’s 4 X 100m Freestyle Relay (December 17th)
  - 34 pt. Women’s 4 X 100m Freestyle Relay (December 17th)
  - 34 pt. Women’s 4 X 100m Medley Relay (December 18th)
  - 34 pt. Men’s 4 X 100m Medley Relay (December 18th)
  - 49 pt. Mixed 4 X 100m Freestyle Relay (December 19th)
  - 56 pt. Mixed 4 X 100m Freestyle Relay (December 19th)

**Entry Procedures**

Entries may be submitted to entry chair, Jenny Sternecker, at Jenny.Sternecker@usopc.org as of the posting of this document. The entry chair must receive all entries by utilizing team manager/hytek no later than **November 12, 2021 at 5:00 PM**. Entries must include correct swimmer name, age and USA number (if applicable), SDMS number (If athlete has IPC License), if applicable. Entries must be submitted via hytek file which may be downloaded from the events page: [https://www.teamusa.org/usparaswimming/competitions](https://www.teamusa.org/usparaswimming/competitions). **No manual entries will be accepted for this event.** If you have issues with the Hytek file, please contact the Entry Chair for instructions.

Late entries may be submitted until November 24, 2021 at 5:00 PM. Late entries will be charged a late fee of USD $100 in addition to the general entry fee of USD $100. No entries will be accepted after the late entry deadline.

Swimmers should enter the meet using their current World Para Swimming sport class(es) (which may be found online at [https://www.paralympic.org/swimming/classified-athletes](https://www.paralympic.org/swimming/classified-athletes)) if they have been internationally classified. Swimmers who have been nationally classified can find their current sport class(es) at [https://www.teamusa.org/usparaswimming/classification](https://www.teamusa.org/usparaswimming/classification).

If a swimmer is scheduled for classification prior to the event, he/she should enter at his/her estimated classification, and adjustments may be made as necessary following the classification evaluation preceding the competition.

*A receipt for your club’s/athlete’s entry will be returned to the email(s) associated with the entry file submission. Please complete the certification of your entry and contact information and return to the entry chair at Jenny.Sternecker@usopc.org*
Entry Chairperson
Jenny Sternecker
1 Olympic Plaza
Colorado Springs, CO 80909 Cell:719-208-5835
Jenny.Sternecker@usopc.org

Meet Entry Time Standards
Time standards are available in all three courses – LCM, SCM, SCY. They can be found on the U.S Para Swimming website [HERE](#).

On Site Check-In & Accreditation
Athletes and team staff will be provided with an accreditation card for deck access. Accreditation must always be displayed. Athletes and team staff are required to register at the pool to process payment, check entries for positive check-in and receive credentials during the following times:

- Wednesday, December 15 - 11:30am – 1:30pm
- Thursday, December 16 - 11:30am – 1:30pm

Lost accreditation will be replaced at a cost of $50 per accreditation. A maximum of one coach per swimmer is allowed on the deck. Additional accreditations will only be permitted for assists as allowed by the swimmer’s sport class exceptions.

Coaches must send a copy of a recognized swimming coaching certification [i.e. USA Swimming/YMCA/High School/NCAA] to Reagan Folaron at Reagan.Folaron@usopc.org by the published entry deadline. All Canadian coaches and support staff must be a member in good standing with CSCTA.

Please note: The Deck Accreditation Card remains the property of U.S. Paralympics Swimming and the LOC and can be withdrawn, with immediate effect, at U.S. Paralympics Swimming and the LOC’s sole discretion. Deck accreditations are issued to individuals and may not be shared. Insurance and risk management do not extend to non-supervised minors or individuals that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

Training Times
The Greensboro Aquatic Center will have several lanes available for athlete training during the following times:

- Wednesday, December 15
  - Long course: 9:00 AM – 3:30 PM
  - Short course 9:00 AM – 3:30 PM
- Thursday, December 16
  - Long course: 9:00 AM – 3:30 PM
  - Short course 9:00 AM – 3:30 PM
Anyone interested in pre-training before these dates should contact Nan Stevens at Nanette.Stevens@greensboro-nc.gov

Technical Meeting
The technical meeting will be held on Thursday, December 16 at 4:00pm via zoom. A link will be sent out the week of the meet.

Warmup Information
Prelims will begin at 9:00 AM with warmups starting at 7:30 AM. Finals will begin at 6:00 PM with warmups at 4:30 PM.

Scratches
The meet will be pre-seeded after entries are closed. No changes may be made to entries after the meet is pre-seeded unless explicitly authorized by the entry chair. Scratches must be submitted to the Meet Directors by Thursday, December 16, 2021 at 4:00 PM.

Fines and Protests
- Fines and Protests Fees will be accepted in U.S. Dollars as cash only. All protests must be submitted using the WPS Protest from which will be available at the meet desk. The fees are as follows:
  - Re-entry back into the meet for a missed event will be $50.
  - Protest of a Technical Disqualification during competition will be $50.
  - Jury of Appeal will be $100.

Call Rooms & Competition
There are two (2) call rooms:
- The 100m call room will be located opposite of the timing side of the pool
- The 50m and 150m call room will be located opposite of the timing side of the pool near the training pool.

It is the responsibility of the athletes to report to the Call Room no later than 15 minutes prior to the scheduled start of their event. Regulations outlined in the World Para Swimming Rules and Regulations concerning swimwear will apply; swimwear (caps, goggles, and swimsuits) must be from the approved list and might be checked in the call room. Athletes will be escorted from the Call Room onto the pool deck. This is subject to change based on space available and will be communicated at technical meetings.

Awards
- Awards will be presented to the first through third place finishers in each event based on WPS points.
- One (1) Swim of the Meet Award will be presented based on the top individual scoring swim using the WPS Points system. This award will be presented at the end of the meet.
- Amazing Grace Award - information and nomination form can be found here.
Links to Additional Documents
1. COVID-19 Mitigation Plan
2. Amazing Grace Award Nomination

Meet Management & Contacts:

Co-Meet Directors
- Jenny Ryan
  1 Olympic Plaza
  Colorado Springs, CO 80909
  (o) 719-866-5441 (c) 719-338-6331
  Email: Jenny.Ryan@usopc.org
- Jenny Sternecker
  1 Olympic Plaza
  Colorado Springs, CO 80909
  (o) 719-866-2353 (c) 719-208-5835
  Email: Jenny.Sternecker@usopc.org

Facility Contact
- Susan Braman
  1921 W. Gate City Blvd.
  Greensboro, NC 27403
  Susan.Braman@greensboro-nc.gov
  (o) 336-315-8489

Meet Referee
- Mark Rieniets
  rieniets@gmail.com
Meet Schedule

Day 1, Friday, December 17, 2021, Preliminary Session
Warmups: 7:30 AM – 8:50 AM
Start: 9:00 AM

1. Women’s 400m Freestyle
2. Men’s 400m Freestyle
3. Women’s 50m Backstroke
4. Men’s 50m Backstroke
5. Women’s 200m Breaststroke TF
6. Men’s 200m Breaststroke TF
7. Women’s 100m Butterfly
8. Men’s 100m Butterfly
9. Women’s 50m Butterfly
10. Men’s 50m Butterfly
11. Women’s 400m IM TF
12. Men’s 400m IM TF

Day 1, Friday, December 17, 2021, Final Session
Warmups: 4:30 PM – 5:50 PM
Start: 6:00 PM

1. Women’s 400m Freestyle
2. Men’s 400m Freestyle
3. Women’s 50m Backstroke
4. Men’s 50m Backstroke
5. Women’s 100m Butterfly
6. Men’s 100m Butterfly
7. Women’s 50m Butterfly
8. Men’s 50m Butterfly
9. Women’s 100m Breaststroke
10. Men’s 100m Breaststroke
11. Women’s 200m Butterfly TF
12. Men’s 200m Butterfly TF
13. Women’s 50m Freestyle

Day 2, Saturday, December 18, 2021, Preliminary Session
Warmups: 7:30 AM – 8:50 AM
Start: 9:00 AM

13. Women’s 100m Backstroke
14. Men’s 100m Backstroke
15. Women’s 50m Breaststroke
16. Men’s 50m Breaststroke
17. Women’s 100m Breaststroke
18. Men’s 100m Breaststroke
19. Women’s 200m Butterfly TF
20. Men’s 200m Butterfly TF
21. Women’s 50m Freestyle
22. Men’s 50m Freestyle
23. Women's 1500m Freestyle TF
24. Men's 1500m Freestyle TF

Day 2, Saturday, December 18, 2021, Final Session
Warmups: 4:30 PM – 5:50 PM
Start: 6:00 PM

13. Women’s 100m Backstroke
14. Men’s 100m Backstroke
15. Women’s 50m Breaststroke
16. Men’s 50m Breaststroke
17. Women’s 100m Breaststroke
18. Men’s 100m Breaststroke
21. Women’s 50m Freestyle
22. Men’s 50m Freestyle

Day 3, Sunday, December 19, 2021, Preliminary Session
Warmups: 7:30 AM – 8:50 AM
Start: 9:00 AM

25. Women’s 100m Freestyle
26. Men’s 100m Freestyle
27. Women’s 200m IM
28. Men’s 200m IM
29. Women’s 150m IM (S1-4 only)
30. Men’s 150m IM (S1-4 only)
31. Women’s 200m Backstroke TF
32. Men’s 200m Backstroke TF
33. Women’s 200m Freestyle
34. Men’s 200m Freestyle

Day 3, Sunday, December 19, 2021, Final Session
Warmups: 4:30 PM – 5:50 PM
Start: 6:00 PM

25. Women’s 100m Freestyle
26. Men’s 100m Freestyle
27. Women’s 200m IM
28. Men’s 200m IM
29. Women’s 150m IM
30. Men’s 150m IM
33. Women’s 200m Freestyle
34. Men’s 200m Freestyle
Attachment A
Qualifying Standards

2018 CanAm Standards will be used for qualification. The standards may be found at https://www.teamusa.org/usparaswimming/standards
The Greensboro Aquatic Center has set up room blocks with great rates at the following hotels. Please use the links below to utilize the courtesy room block if available.

- **Sheraton Hotel**  
  3121 W Gate City Blvd. Greensboro, NC 27407  
  Please use this [link](#) to book a hotel room by November 14, 2021.

- **Courtyard Greensboro - Wendover**  
  4400 W Wendover Ave. Greensboro, NC 27407  
  Please use this [link](#) to book a hotel room by November 23, 2021.

- **DoubleTree by Hilton**  
  3030 W Gate City Blvd. Greensboro, NC 27403  
  Please use this [link](#) to book a hotel room by November 14, 2021.

- **Fairfield Inn & Suites Greensboro Coliseum**  
  3308 Isler St. Greensboro, NC 27407  
  Please use this [link](#) to book a hotel room by December 1, 2021.

**Airports**

When booking airfare, be sure to consider the following options:

- **Piedmont Triad International Airport (GSO)**  
  - 15 minutes (12 miles) from the Greensboro Aquatic Center

- **Raleigh-Durham International Airport (RDU)**  
  - 1 hour (70 miles) from the Greensboro Aquatic Center

- **Charlotte Douglas International Airport (CLT)**  
  - 1 hour and 30 minutes (95 miles) from the Greensboro Aquatic Center