James (Jimi) Raymond Flowers was a lot of different things to many different people. He was a husband, a father, a coach and a mentor, but everyone thought of him as a friend first and foremost. He began his long association with the Olympic family in Colorado Springs, Colorado in 1989, serving as USA Swimming's National Team Coordinator. After a brief period as an Assistant Coach for Auburn University in the mid-90's, Jimi returned to the USOC in 1999 as the Aquatics Center Manager. It was there on the pool deck that nearly all of his friends would be greeted with a “Yo, what's up!” by Jimi. Starting in 2007, he worked as the National Team Manager and Resident Team Coach for the U.S. Paralympics Swimming Program, contributing to many athletes’ success at the 2008 Beijing Paralympic Games.

On July 10, 2009 Jimi was climbing Capitol Peak near Aspen when his foot slipped and he fell several hundred feet. Tragically, he passed away as a result of the fall.

Guided by a strong personal faith in God, Jimi achieved in life an enviable balance of personal accomplishment and service to humankind. As a swim coach, pool director and mentor, Jimi touched thousands of young lives and was instrumental in enhancing the Paralympic movement. He possessed a strong sense of adventure and love of life. He traveled extensively and was an accomplished mountain climber.

Jimi’s deep love for the outdoors and for Colorado was exceeded only by his love of God and his family. He possessed an endless capacity for making friends. He was a devoted husband to Sue and a kind and loving father to Sam and Lauren. It is with his enthusiasm and spirit in mind that we host this meet.

Dave Denniston

Important Facts about the Meet:

- The Jimi Flowers Classic is a Long Course competition hosted by U.S. Paralympics Swimming.
- This meet is open to swimmers with a physical, visual or intellectual impairment from all nations.
- It is the responsibility of each nation to ensure they have the proper documentation to enter the USA.
- Current World Para Swimming Rules and Regulations will govern this meet.
- Only coaches, swimmers, personal assistants, and meet officials with current credentials are permitted on deck.
- All proceeds go to the Sam and Lauren Flowers Fund.

Host:
U.S. Paralympics Swimming, a division of the United States Olympic & Paralympic Committee (“USOPC”)

Meet information and results will be posted on the website below.

https://www.teamusa.org/usparaswimming/competitions
Location:
U.S. Olympic & Paralympic Training Center
One Olympic Plaza
Colorado Springs, CO 80909

Facility:
- The facility includes a 10-lane, 50-meter accessible competition pool. Eight lanes will be used for competition and one lane (plus one buffer lane) will be used for warm up/warm down during the meet.
- Parking is free and can be found on the east side of the Colorado Springs Olympic & Paralympic Training Center campus.

Accommodations:
- All individuals and teams are responsible for their own accommodation. U.S. Paralympics Swimming will not be responsible for travel, meals, or housing arrangements for teams or individuals.
- Accommodations will not be available for participants at the OPTC
- See the attached list of hotels for options convenient to the venue.

Eligibility:
All swimmers with a physical impairment (“PI”), visual impairment (“VI”) or intellectual impairment (“II”) are welcome. Seeding will be based upon time, regardless of sport class. All swimmers will compete together in each event (i.e. multi-disability).

- It is the responsibility of each nation to ensure that the swimmers have the proper documentation to enter the United States. The due date for requests for VISA Support is June 15, 2022.
- Should visas be required, please contact Erin Popovich with the Paralympic Division of the USOPC for a letter of support (if necessary) at erin.popovich@usopc.org. **PLEASE NOTE: A letter of support for obtaining visas to enter the USA will only be provided AFTER all entries and fees have been received by meet management.**

COVID Requirements for OPTC (subject to change)
The USOPC strongly recommends that athletes & team staff follow CDC COVID-19 vaccine guidelines and remain up to date on vaccinations. Athletes & team staff are not required to provide proof of COVID-19 vaccination status to access or use a USOPC facility or participate in a USOPC event or delegation.

OPTC visitors, spectators and volunteers: All visitors, spectators and volunteers over the age of 5 are required to provide proof of vaccination status upon entry to a U.S. Olympic & Paralympic Training Center.
2022 Jimi Flowers Classic
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Colorado Springs, CO, USA

National Classification for Physically Impaired (PI) Athletes:
National Classification for PI athletes will be offered for U.S. athletes only at this meet. Classification will be on **July 15, 2022 from 9:00a.m. to 6:00p.m.**

- Swimmers should enter the meet using their current World Para Swimming sport class(es) (which may be found online at [http://www.paralympic.org/swimming](http://www.paralympic.org/swimming)) 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 has not been previously classified, he/she should enter at his/her estimated classification, and adjustments may be made as necessary following the classification evaluation preceding the competition.
- NO accommodations will be made for specific classification time slots.  
  - Classification appointments will be assigned by U.S. Paralympics Swimming staff.
- U.S. swimmers who have not been classified nationally must complete the National Classification Medical Diagnostics Form which can be found at [https://www.teamusa.org/usparaswimming/classification](https://www.teamusa.org/usparaswimming/classification).  This form must be returned to Kyle Knott at NPCUSAClassification@usopc.org by July 1, 2022 in order to receive a classification appointment.
- If you are an NPC or athlete coming from another country who doesn't have a National Level classification, please contact Erin Popovich at Erin.popovich@usopc.org.

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

National Classification for Visually Impaired (VI) Athletes:
National Visual Classification forms can be found at [https://www.teamusa.org/usparaswimming/classification](https://www.teamusa.org/usparaswimming/classification). This form must be completed and returned to Kyle Knott at NPCUSAClassification@usopc.org by July 1, 2022.

Officials:
Officials who wish to volunteer should fill out the application at [https://www.teamusa.org/usparaswimming/officials](https://www.teamusa.org/usparaswimming/officials). Please contact Mark Rieniets with any questions.

Volunteers:
Volunteers are welcome. Please sign up at the link below if interested in volunteering. If you have questions, please contact Olivia.Barker@usopc.org

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**Team Staff Accreditation:**
All team staff requesting an accreditation must have completed the U.S. Center for SafeSport training and have a current Background check. The OPTC will send out additional information for you to complete to have access to the training center. Please review attachment A for more details on SafeSport, USOPC Background check policy and other requirements.

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

**Format:**
This is a World Para Swimming Approved Meet. This long course meters competition shall be governed by the 2018 World Para Swimming Rules and Regulations. There will be three timed finals sessions.

**Entry Information:**
- Swimmers may enter a MAXIMUM of four (4) events per session.
- Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes.
- No deck entries will be accepted.
- Entries must be submitted online only.
- A maximum of one coach per swimmer is allowed on the deck.
- Deck access for additional coaches and/or Support Staff is at the discretion of meet management and must be a proven need (e.g. tappers, personal care assistants).
- Scratches must be submitted to the Meet Director by 6:00p.m. on Friday, July 15, 2022
- A fine of $50 USD will be assessed for any event “no shows” that have not been submitted to the Meet Director by the published scratch deadlines.
- **Open Timed Finals are only for athletes who are being classified at the competition and find they are not eligible.**
- Be aware that results from non-World Para Swimming recognised events (e.g. 50 m events for S14 and other relevant sport classes) will not go into the World Para Swimming World Rankings.

**Entry Fees:**
All swimmers will be charged an $80 USD fee to enter the meet, regardless of the number of events they choose to enter. All team staff (i.e. coaches, medical, managers, etc.) will be charged a $15 USD fee per credential. All entry fees will be collected onsite via visa credit card, cash or check.

**Entry Deadline:**
All entries must be received by July 1, 2022.

Late entries may be accepted at the discretion of meet management but will be assessed a late fee of $100 USD.

*No late entries will be accepted after July 8, 2022.*
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Online Entries Only:
The online entry system will be available May 2022.

Athlete Entries:
Step 1: Complete the Athlete registration at this link:
https://usoc.az1.qualtrics.com/jfe/form/SV_e34na3OL86BHCo6
Step 2: Email the Hytek Meet entry File found HERE to Jenny.Sternecker@usopc.org

Staff Entries:
Complete the team Staff registration at this link:
https://usoc.az1.qualtrics.com/jfe/form/SV_3D9S1ctV6ZUAcKi

Entry Chairperson:
Jenny Sternecker
One Olympic Plaza
Colorado Springs, CO 80909
Jenny.Sternecker@usopc.org

Awards:
Medals will be presented to the first-place finishers in each sport class in each event.

Pre-Meet Training Times:
The USOPC Aquatics Center will be open for training:
January 15, 2022 11:00a.m. - 5:00p.m.

Registration:
Registration will be held at the entrance to the Aquatic Center:

	July 15, 2022 3:00p.m. – 5:00p.m.

Technical Meeting:
The technical meeting for all coaches/team managers will be held on Saturday, July 16, 2022 at 7:45a.m. on the pool deck. The location will be announced that morning.

U.S. Para Swimming Q&A Session:
U.S. Para Swimming will host a Q&A session for swimmers, coaches, and family members following the conclusion of the Saturday morning session. The meeting will be held in the Honor Room on the lower lever of the pool.
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Colorado Springs, CO, USA

**Heat Sheets:**
Heat sheets for the entire event will be sold July 16-17, 2022.

**Meet Management & Contacts:**

**Co-Meet Director**
Erin Popovich
One Olympic Plaza
Colorado Springs, CO 80909
Erin.Popovich@usopc.org
Phone: 719-238-9580

**Facility Contact**
Jenny Sternecker
Olympic & Paralympic Training Center
Jenny.Sternecker@usopc.org
Phone: 719-866-4729

**Co-Meet Director**
Rachel McKivigan
One Olympic Plaza
Colorado Springs, CO 80909
Rachel.McKivigan@usopc.org
Phone: 719-238-8568

**Meet Referee**
Mark Rieniets
U.S. Paralympics Officials Chair
Rieniets@gmail.com
# 2022 Jimi Flowers Classic

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United States Olympic & Paralympic Training Center  
Colorado Springs, CO, USA

**Friday**  
Warm-up / Open Training: 12:30p.m. – 3:30p.m.  
Classification: 9:00a.m. – 5:00p.m.

**Saturday Morning Session**  
*Warm-up 7:30a.m. / Meet Start 9:00a.m.*

<table>
<thead>
<tr>
<th>Women</th>
<th>Event</th>
<th>Men</th>
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<tbody>
<tr>
<td>1</td>
<td>50m Freestyle (S1-S14)</td>
<td>2</td>
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<tr>
<td>3</td>
<td>200m Breaststroke (SB1-SB9, SB11-SB14)</td>
<td>4</td>
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<tr>
<td>5</td>
<td>100m Backstroke (S1-S14)</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>200m Butterfly (S1-S14)</td>
<td>8</td>
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<tr>
<td>9</td>
<td>150m IM (SM1-SM4)</td>
<td>10</td>
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<tr>
<td>11</td>
<td>400m Freestyle (S1-S14)</td>
<td>12</td>
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**Saturday Evening Session**  
*Warm-up 3:30p.m. / Meet Start 5:00p.m.*

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<tbody>
<tr>
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<tr>
<td>15</td>
<td>200m Backstroke (S1-S14)</td>
<td>16</td>
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<tr>
<td>17</td>
<td>50m Breaststroke (SB1-SB9, SB11-SB14)</td>
<td>18</td>
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<tr>
<td>19</td>
<td>100m Butterfly (S1-S14)</td>
<td>20</td>
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<tr>
<td>21</td>
<td>400m IM (SM5-SM14)</td>
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</tbody>
</table>

**Sunday Morning Session**  
*Warm-up 7:30a.m. / Meet Start 9:00a.m.*

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<tr>
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<th>Event</th>
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<tbody>
<tr>
<td>23</td>
<td>200m Freestyle (S1-S14)</td>
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<tr>
<td>25</td>
<td>50m Backstroke (S1-S14)</td>
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<td>27</td>
<td>100m Breaststroke (SB1-SB9, SB11-SB14)</td>
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<td>29</td>
<td>50m Butterfly (S1-S14)</td>
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<tr>
<td>31</td>
<td>200m IM (SM1-SM14)</td>
<td>32</td>
</tr>
<tr>
<td>33</td>
<td>1500m Freestyle (S1-S14)</td>
<td>34</td>
</tr>
</tbody>
</table>
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Colorado Springs, CO, USA

LOCAL INFORMATION

Airport:
Colorado Springs Airport (COS) – 10 miles
Denver International Airport (DEN) – 85 miles

Hotels:
Antlers Colorado Springs, CO
Four South Cascade
Colorado Springs, CO 80903-1685
1.9 miles from pool

Alta Hotel
2886 South Circle Drive
Colorado Springs, CO 80906
4.4 miles from pool

Hampton Inn Colorado Springs/I-25 South
2910 Geyser Drive
Colorado Springs, CO 80906
5.2 miles from pool

Doubletree-Colorado Springs
1775 East Cheyenne Mountain Boulevard
Colorado Springs, CO 80906
5.1 miles from pool

Fairfield Inn & Suites, Colorado Springs South
2725 Geyser Drive
Colorado Springs, CO 80906
5.1 miles from pool

Residence Inn by Marriott
2765 Geyser Drive
Colorado Springs, CO 80906
5.0 miles from pool
ATHLETE SAFETY REQUIREMENTS

All U.S. participants in this competition are subject to the requirements outlined in the USOPC Athlete Safety Policy available at: http://teamusa.org/USOPC Athlete Safety Policy. Adult Participants are also required to be familiar with, and comply with the USOPC Minor Athlete Abuse Prevention Policies (MAAPP) 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 SafeSport™ Trained Core training, or applicable Refresher training course if they have previously taken the SafeSport™ Trained 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™ Trained 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 March 25, 2022, 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 the free youth training course offered by the U.S. Center for SafeSport. The U.S. Center for SafeSport also has resources available to parents/guardians regarding abuse prevention in sport, to include the Parent Toolkit, and free online training. These resources, and information regarding the training for both minor athletes and parents/guardians is available at: https://uscenterforsafesport.org/training-and-education/safesport-courses-for-all/.

USOPC Background Check
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 https://www.teamusa.org/team-usa-athlete-services/safe-sport) and Exhibit C. 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.

For additional information regarding the USOPC’s Athlete Safety Program, or to report an allegation of misconduct or abuse please visit: https://www.teamusa.org/team-usa-athlete-services/safe-sport.

ANTI-DOPING LANGUAGE

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.

More information about banned substances and doping control can be found by visiting: www.usada.org. All athletes who compete in the 2022 Jimi Flowers Classic 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.