



2024 U.S. Paralympics Swimming National Championships

December 13 – 15, 2024

Presented by



TOYOTA

OFFICIAL EVENT INFORMATION



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Welcome

U.S. Paralympics Swimming invites athletes and coaches to participate in the 2024 U.S. Paralympics Swimming National Championships.

Important Dates

- Registration/Accreditation, Hytek Entry and Classification Deadline: December 1, 2024
- Late entry: December 4, 2024
- Classification and training: December 12, 2024
- Technical Meeting: December 12, 2024 at 5:00pm at the pool
- Competition: December 13 – 15, 2024

Important Facts about the Meet

- The 2024 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 Tyler Carter (NPCUSAClassification@usopc.org) for an appointment.
- 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 USPara.SwimInfo@usopc.org for a letter of support by November 15, 2024. 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. U.S. Paralympics Swimming shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event. It is the responsibility of swimmers and coaches to acquaint themselves with all of the information contained in this meet information document.
- Only credentialed swimmers, coaches, team staff, and meet officials are permitted on the deck.
- All competing athletes must have a registered coach representative with them to receive accreditation. Coaches must register by the December 1st deadline.

Meet Information

Meet information and results will be posted on the U.S. Paralympics Swimming Competitions Page - <https://www.usparaswimming.org/competitions>



MEET ADMINISTRATION & VENUE INFORMATION

Host

Rosen Aquatic & Fitness Center
8422 International Dr.
Orlando, FL 32819
+1 407-996-3444

Venue

The Rosen Aquatic & Fitness Center is one of the fastest competition pools in the nation. This indoor facility is a state-of-the-art indoor aquatics facility featuring:

- An indoor eight-lane 50-meter competition pool
- Dive well with four lap lanes
- Heated teaching and training pool with seven lanes
- Ample spectator seating

Facility Contact

Mike Brady
mbrady@rosenaquatic.com

Governing Body

U.S. Paralympics Swimming
1 Olympic Plaza
Colorado Springs, CO 80909
USPara.SwimInfo@usopc.org

Meet Referee

Mark Rieniets
Rieniets@gmail.com

Volunteers

Volunteers are always needed and welcome. We will need volunteer timers, runners, and USADA Chaperones. USADA Chaperones must be 18 years old or older with no relationship to any competing athlete. Volunteers, please bring an ID with you to the meet and check in at registration. [Sign up to volunteer at the 2024 U.S. Paralympics Swimming National Championships.](#)

Please direct questions to Bailey Daniel at Bailey.Daniel@usopc.org



ATHLETE SAFETY INFORMATION

All U.S. participants in this competition are subject to the requirements outlined in the [USOPC Athlete Safety Policy](#). Adult participants are also required to be familiar with, and comply with, the [USOPC Minor Athlete Abuse Prevention Policies \(MAAPP\)](#) and [Supporting Athletes with an Intellectual Impairment Policy](#). 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). Additionally, if you learn of or reasonably suspect an athlete with an Intellectual Impairment is or has been subjected to any criminal act, including abuse and/or neglect, you must report to law enforcement within 24 hours. You must also comply with the reporting requirements contained in Section 6 of the USOPC Athlete Safety Policy.

Adult participants must also complete training requirements as outlined below.

U.S. Center for SafeSport Training

All U.S. athletes (18 years old 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 Lindsay Griswold at Lindsay.Griswold@usopc.org if you need help accessing the training. You must submit proof of completion and expiration date of your most recent SafeSport training to Lindsay Griswold at Lindsay.Griswold@usopc.org prior to the event by December 1, 2024.

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/>.

Changing Rooms

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 area for Minor Athletes to change. Changing rooms will be monitored regularly by staff. Use of recording devices including cell phones is prohibited while in the changing rooms. Deck changing is not permitted.



Background Checks

All U.S. participants requesting a Team Staff or Coach 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](#)). The background check must be completed prior to the start of the 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 Lindsay Griswold at Lindsay.Griswold@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.usopc.org/safe-sport>.

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>. More information about banned substances and doping control can be found by visiting: 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.



Accommodations & Transportation

All individuals and teams are responsible for their own accommodation. U.S. Paralympics Swimming and the Local Organizing Committee (LOC) will not be responsible for travel, meals, or housing arrangements for teams or individuals.

All transportation and lodging associated with this event is considered In-Program Contact. Therefore, Adult Participants traveling with Minor Athletes to this event must comply with the USOPC MAAPP transportation and lodging requirements, including obtaining and retaining any necessary consent forms. Upon request, Adult Participants must be able to provide a copy of the consent forms for compliance purposes. The U.S. Center for SafeSport provides sample consent forms, which can be found on this webpage

Sports Medicine Providers

Credentialed International (non-U.S. licensed) Sports Medicine Providers (International Provider) who are providing services for an individual or team will only be permitted to provide emergency response (CPR and AED use), therapeutic and recovery modalities and manual therapy to their individual athlete(s) or athletic team in the Designated Medical Treatment Area so long as it is within the scope of their licensure. At no time may any International Provider provide any services, medical or otherwise, to any athlete(s) that are not part of the International Provider's athletic team. Individuals and teams bringing an International Provider must ensure the provider meets their country's licensing/certification requirements and is in good standing.

Credentialed domestic (U.S. licensed) Sports Medicine Providers (Domestic Provider), not contracted by the USOPC, who are providing services for an individual or team will only be permitted to provide emergency response (CPR and AED use), therapeutic and recovery modalities and manual therapy to their individual athlete(s) or athletic team in the Designated Medical Treatment Area so long as it is within the scope of their licensure. At no time may any Domestic Provider provide any services, medical or otherwise, to any athlete(s) that are not part of their athletic team. Individuals and teams bringing a Domestic Provider must ensure the provider meets the licensing/certification requirements of their state and is in good standing.

PRIOR TO ARRIVING TO NATIONALS

Classification

1. National PI Classification
 - a. December 12, 2024: 9:00 AM – 5:00 PM
 - b. National Classification for PI athletes will be offered for U.S. athletes only at this meet. Classification is scheduled for December 12 between 9:00 AM and 5:00 PM. Requests for national classification must be received by December 1, 2024, with



proper documentation to NPCUSAClassification@usopc.org. Please begin this process in advance of November 20 to ensure completion by the deadline.

- c. NO accommodation will be made for specific classification time slots.
 - d. U.S. swimmers with questions on National Classification should contact Tyler Carter at NPCUSAClassification@usopc.org
2. Intellectually Impaired (II):
 - a. Intellectually Impaired athletes should reach out to Athletes Without Limits for more information and to begin the eligibility/classification process. To view eligibility information or to start the national classification process, please visit the [Athletes Without Limits Eligibility webpage](#).
 3. Visually Impaired (VI):
 - a. Visually Impaired athletes should contact Tyler Carter at NPCUSAClassification@usopc.org for information on National Classification.

Eligibility

Swimmers must have at least one 2024 U.S. Paralympics Swimming minimum qualifying standard (MQS) in one of the WPS Paralympic events in Attachment A. They may enter additional events as bonus events.

Coach Representative

All credentials will be issued to the registered coach for the swimmer/team. No swimmer will be issued a credential without a registered coach present. If the home coach is unable to attend the event, it is their or the athlete's responsibility to designate a supervisory coach for the duration of the meet. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign the supervision form before a credential can be issued.

Accreditation

- Athletes, coaches, and team staff must complete the accreditation registration at <https://teamusaevents.teamusa.org/usopcims/ParaSWINats/e/lk/k/>
 - Athlete 18+ must upload a copy of their completed SafeSport certificate. This certificate must not expire before December 16, 2024.
 - Coaches must upload a copy of their USA Swimming membership card. The SafeSport and Background Check must not expire before December 16, 2024.
 - Team staff must upload a copy of their SafeSport certificate and background check. This certificate must not expire before December 16, 2024.
- The accreditation system will close December 1, 2024.
 - **On-site registration will not be accepted.** All athletes and team staff must register through the official accreditation system by December 16, 2024 to receive a credential.
- Swimmers and team staff will be provided with an accreditation card for deck access.
- Support staff may include the following: physiologist, chiropractor, doctor, massage therapist, biomechanist, psychologist, physiotherapist, attendant care or team managers/chaperones.



- Accreditation must be displayed at all times.
- Lost accreditation will be replaced at a cost of \$50.00 per accreditation.
- Parent/guardians of minor athletes (17 years old and under) and/or athletes with a sport class of S14/SB14/SM14 are allowed one team staff accreditation to have deck access. This is not mandatory for parent/guardians. Please sign up for this in the registration on the website. Team staff accreditations are \$20 USD.

Deck Accreditation Card

The Deck Accreditation Card remains the property of U.S. Paralympics Swimming and can be withdrawn, with immediate effect, at U.S. Paralympics Swimming's sole discretion. Please be advised that deck accreditations should not be provided to children, youth or adults that are not participants in the competition, either as an athlete, coach, support staff or volunteer/official. 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.

Fees

- All swimmers will be charged a \$100 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 \$20 USD fee per credential.
- Athletes and team staff must pay their registration fee through the payment portal in the accreditation system.

Spectators

Spectators are welcome to attend the U.S. Paralympics Swimming National Championships presented by Toyota. There will be seating available upstairs for spectators, or a designated space will be available on deck for accessible seating.

Officials

Officials will be selected by U.S. Paralympics Swimming to officiate this competition based on previous performances at U.S. Paralympics Swimming competitions. Officials who wish to volunteer should fill out the registration form posted on the website.



ENTRY PROCESS

- Entry Deadline – December 1, 2024.
- Entry file will be posted on the [U.S. Paralympics Swimming Competitions Page](#).
- Entries must be sent to USPara.SwimInfo@usopc.org by the published deadline with proof of times. Please include the following:
 - Swimmer name
 - A summary of events in the entry file and where the swimmer swam the times (proof of time)
 - The HyTek entry file – Manual entries will not be accepted.
- No entries will be accepted after the late entry deadline of December 4, 2024. After the final entry deadline, swimmers may not add events.
- Swimmers must have met one (1) Minimum Qualifying Standard (MQS) in LCM in one of the World Para Swimming events to be eligible to enter the meet ([Attachment A](#)). Short Course Meters (SCM) and Short Course Yards (SCY) times will not be eligible for entry. After meeting one MQS time athletes may enter additional events as bonus events.
- All times swum from January 1, 2023, 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.
- 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.**
- 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 13th)
 - 34 pt. Mixed 4 X 100m Freestyle Relay (December 13th)
 - 49 pt. Mixed 4 X 100m Freestyle Relay (December 14th)
 - 56 pt. Mixed 4 X 100m Freestyle Relay (December 14th)
 - 20 pt. Mixed 4 X 50m Medley Relay (December 15th)
 - 34 pt. Mixed 4 X 100m Medley Relay (December 15th)

Electronic entries should be submitted by home coaches for this event. No manual entries will be accepted. If you have issues with the Hytek file, please contact the Entry Chair for instructions. Should it be necessary, a free lite version of team manager is available at www.hy-tek ltd.com in the downloads section.



Late entries may be submitted until December 4, 2024. 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>) if they have been internationally classified. Swimmers who have been nationally classified can find their current sport class(es) at <https://www.usparaswimming.org/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 USPara.SwimInfo@usopc.org.

Meet Entry Time Standards

Time standards are available in LCM under [Attachment A](#) of the meet packet.



Competition & Training Information

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:

- Thursday, December 12, 2024 - 11:00am – 1:00pm & 3:00pm - 5:00pm
- Please note that the registration table will be open throughout the meet if you will not arrive on the 12th

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 assistants as allowed by the swimmer's sport class exceptions.

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 Rosen Aquatic & Fitness Center will have several lanes available for athlete training during the following times:

- Thursday, December 12, 2024
 - Long course: 11:00am – 1:00pm & 3:00pm - 5:00pm

Technical Meeting

The technical meeting will be held on Thursday, December 12, 2024 at 5:00pm at the venue.

Warmup Information

Prelims will begin at 9:00 AM with warmups starting at 7:30 AM. Finals will begin at 5:30 PM with warmups at 4:00 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 Entry Chair (USPara.SwimInfo@usopc.org) by Thursday, December 12, 2024, at 5:00 PM.



Meet Schedule

Day 1: Friday, December 13, 2024 – Preliminary Session

Warmups: 7:30 AM – 8:50 AM

Start: 9:00 AM

1. Women's 400m Freestyle S6-S14
2. Men's 400m Freestyle S6-S14
3. Women's 50m Backstroke S1-S5
4. Men's 50m Backstroke S1-S5
5. Women's 200m Breaststroke **TF** SB1-SB9, SB11-SB14
6. Men's 200m Breaststroke **TF** SB1-SB9, SB11-SB14
7. Women's 100m Butterfly S8-S14
8. Men's 100m Butterfly S8-S14
9. Women's 50m Butterfly S2-S7
10. Men's 50m Butterfly S2-S7
11. Women's 400m IM **TF** SM5-SM14
12. Men's 400m IM **TF** SM5-SM14

Day 1: Friday, December 13, 2024 – Final Session

Warmups: 4:00 PM – 5:20 PM

Start: 5:30 PM

1. Women's 400m Freestyle S6-S14
2. Men's 400m Freestyle S6-S14
3. Women's 50m Backstroke S1-S5
4. Men's 50m Backstroke S1-S5
7. Women's 100m Butterfly S8-S14
8. Men's 100m Butterfly S8-S14
9. Women's 50m Butterfly S2-S7
10. Men's 50m Butterfly S2-S7
11. 20 pt. Mixed 4 x 50m Freestyle Relay
12. 34 pt. Mixed 4 X 100m Freestyle Relay

Day 2: Saturday, December 14, 2024 – Preliminary Session

Warmups: 7:30 AM – 8:50 AM

Start: 9:00 AM

13. Women's 100m Backstroke S1-S2, S6-S14
14. Men's 100m Backstroke S1-S2, S6-S14
15. Women's 50m Breaststroke SB1-SB3
16. Men's 50m Breaststroke SB1-SB3
17. Women's 100m Breaststroke SB4-SB9, SB11-SB14
18. Men's 100m Breaststroke SB4-SB9, SB11-SB14
19. Women's 200m Butterfly **TF** S1-S14
20. Men's 200m Butterfly **TF** S1-S14



21. Women's 50m Freestyle S1-S13
22. Men's 50m Freestyle S1-S13
- 23. Women's 1500m Freestyle TF S1-S14**
- 24. Men's 1500m Freestyle TF S1-S14**

Day 2: Saturday, December 14, 2024 – Final Session

Warmups: 4:00 PM – 5:20 PM

Start: 5:30 PM

13. Women's 100m Backstroke S1-S2, S6-S14
14. Men's 100m Backstroke S1-S2, S6-S14
15. Women's 50m Breaststroke SB1-SB3
16. Men's 50m Breaststroke SB1-SB3
17. Women's 100m Breaststroke SB4-SB9, SB11-SB14
18. Men's 100m Breaststroke SB4-SB9, SB11-SB14
21. Women's 50m Freestyle S1-S13
22. Men's 50m Freestyle S1-S13
23. 49 pt. Mixed 4 X 100m Freestyle Relay
24. 56 pt. Mixed 4 X 100m Freestyle Relay

Day 3: Sunday, December 15, 2024 – Preliminary Session

Warmups: 7:30 AM – 8:50 AM

Start: 9:00 AM

25. Women's 100m Freestyle S1-S14
26. Men's 100m Freestyle S1-S14
27. Women's 200m IM SM5-SM14
28. Men's 200m IM SM5-SM14
29. Women's 150m IM SM1-SM4
30. Men's 150m IM SM1-SM4
31. Women's 200m Backstroke **TF S1-S14**
32. Men's 200m Backstroke **TF S1-S14**
33. Women's 200m Freestyle S1-S5, S14
34. Men's 200m Freestyle S1-S5, S14

Day 3: Sunday, December 15, 2024 – Final Session

Warmups: 4:00 PM – 5:20 PM

Start: 5:30 PM

25. Women's 100m Freestyle S1-S14
26. Men's 100m Freestyle S1-S14
27. Women's 200m IM SM5-SM14
28. Men's 200m IM SM5-SM14
29. Women's 150m IM SM1-SM4
30. Men's 150m IM SM1-SM4
33. Women's 200m Freestyle S1-S5, S14



34. Men's 200m Freestyle S1-S5, S14
35. 20 pt. Mixed 4 X 50m Medley Relay
36. 34 pt. Mixed 4 X 100m Medley Relay

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 form which will be available at the registration 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 from the U.S. in each event based on WPS points in the A final.

Swimmer of the Meet Award

One (1) Swimmer 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.

Team Support

Athletes Without Coaches

It is strongly recommended that coaches attend the U.S. Paralympics Swimming National Championships with their athlete. Athletes will be required to check in with a coach to receive an accreditation.



Take note: Beginning in 2024, athletes will be required to be under the supervision of a coach on deck to be eligible to attend the following events:

- World Para Swimming World Series events
- U.S. Para Swimming National Championships

Coaches will be required to have current credentials through USA Swimming or U.S. Para Swimming Coach Certification. If a coach is unable to attend with their athlete, it is the responsibility of the swimmer to work with their home coach make arrangements with another attending coach to maintain supervision.

Athlete Assists and Tappers

Any athlete needing an additional tapper or staff member to assist them for their race please contact USPara.SwimInfo@usopc.org by December 1, 2024. Requests for assists after this deadline may not be accommodated. If you have your own tapper or assist please make sure they are registered with a team staff credential.

Athlete Accessibility Accommodation

Any additional accommodations for athletes must be communicated and requested to USPara.SwimInfo@usopc.org by December 1, 2024. Any and all requests will be reviewed and considered within the sole discretion of the USOPC in accordance with applicable rules and regulations.

Lactation Space

There will be a private lactation space available for athletes. Please let a Team USA staff member know if you will be utilizing this resource.



Attachment A - Qualifying Standards

Men's National Championship Standards

Event	Class	M/W	Standard
50 Free	S1	Men	02:35.23
50 Free	S2	Men	01:41.02
50 Free	S3	Men	01:13.52
50 Free	S4	Men	01:00.99
50 Free	S5	Men	00:50.00
50 Free	S6	Men	00:47.46
50 Free	S7	Men	00:44.78
50 Free	S8	Men	00:43.12
50 Free	S9	Men	00:40.30
50 Free	S10	Men	00:37.60
50 Free	S11	Men	00:42.21
50 Free	S12	Men	00:38.16
50 Free	S13	Men	00:38.13
100 Free	S1	Men	04:52.62
100 Free	S2	Men	03:31.89
100 Free	S3	Men	02:39.30
100 Free	S4	Men	02:19.12
100 Free	S5	Men	01:53.28
100 Free	S6	Men	01:44.72
100 Free	S7	Men	01:39.10
100 Free	S8	Men	01:33.97
100 Free	S9	Men	01:29.52
100 Free	S10	Men	01:22.32
100 Free	S11	Men	01:33.86
100 Free	S12	Men	01:25.49
100 Free	S13	Men	01:25.74
100 Free	S14	Men	01:23.90
200 Free	S1	Men	09:44.34
200 Free	S2	Men	06:49.52
200 Free	S3	Men	05:26.29
200 Free	S4	Men	04:45.57
200 Free	S5	Men	04:13.78
200 Free	S14	Men	03:04.93
400 Free	S6	Men	08:07.74



400 Free	S7	Men	07:26.32
400 Free	S8	Men	07:09.55
400 Free	S9	Men	06:45.66
400 Free	S10	Men	06:30.26
400 Free	S11	Men	07:19.82
400 Free	S13	Men	06:34.38
400 Free	S14	Men	06:52.59
50 Back	S1	Men	01:59.79
50 Back	S2	Men	01:35.15
50 Back	S3	Men	01:13.06
50 Back	S4	Men	01:09.20
50 Back	S5	Men	00:53.41
100 Back	S1	Men	04:03.33
100 Back	S2	Men	03:16.38
100 Back	S6	Men	02:01.18
100 Back	S7	Men	01:52.13
100 Back	S8	Men	01:47.34
100 Back	S9	Men	01:39.46
100 Back	S10	Men	01:38.08
100 Back	S11	Men	01:51.39
100 Back	S12	Men	01:38.03
100 Back	S13	Men	01:35.78
100 Back	S14	Men	01:35.95
50 Breast	SB1	Men	02:33.68
50 Breast	SB2	Men	01:39.63
50 Breast	SB3	Men	01:18.91
100 Breast	SB4	Men	02:40.32
100 Breast	SB5	Men	02:22.42
100 Breast	SB6	Men	02:09.76
100 Breast	SB7	Men	02:03.15
100 Breast	SB8	Men	01:52.77
100 Breast	SB9	Men	01:48.90
100 Breast	SB11	Men	01:56.19
100 Breast	SB12	Men	01:45.22
100 Breast	SB13	Men	01:44.32
100 Breast	SB14	Men	01:45.46
50 Fly	S2	Men	01:24.74
50 Fly	S3	Men	01:36.42



50 Fly	S4	Men	01:16.45
50 Fly	S5	Men	00:51.20
50 Fly	S6	Men	00:50.83
50 Fly	S7	Men	00:46.94
100 Fly	S8	Men	01:41.17
100 Fly	S9	Men	01:36.86
100 Fly	S10	Men	01:32.26
100 Fly	S11	Men	01:44.32
100 Fly	S12	Men	01:32.59
100 Fly	S13	Men	01:31.39
100 Fly	S14	Men	01:31.04
150 IM	SM1	Men	07:52.99
150 IM	SM2	Men	07:02.85
150 IM	SM3	Men	04:56.91
150 IM	SM4	Men	04:16.85
200 IM	SM5	Men	04:33.20
200 IM	SM6	Men	04:18.06
200 IM	SM7	Men	04:02.53
200 IM	SM8	Men	03:46.45
200 IM	SM9	Men	03:39.44
200 IM	SM10	Men	03:30.22
200 IM	SM11	Men	03:57.50
200 IM	SM13	Men	03:29.26
200 IM	SM14	Men	03:27.87

Women's National Championship Standards

Event	Class	M/W	Standard
50 Free	S1	Women	02:38.38
50 Free	S2	Women	01:55.98
50 Free	S3	Women	01:36.19
50 Free	S4	Women	01:05.36
50 Free	S5	Women	00:59.18
50 Free	S6	Women	00:53.44
50 Free	S7	Women	00:53.02
50 Free	S8	Women	00:49.87
50 Free	S9	Women	00:46.58
50 Free	S10	Women	00:44.98



50 Free	S11	Women	00:47.66
50 Free	S12	Women	00:44.13
50 Free	S13	Women	00:43.31
100 Free	S1	Women	05:16.06
100 Free	S2	Women	03:50.99
100 Free	S3	Women	02:55.41
100 Free	S4	Women	02:25.79
100 Free	S5	Women	02:11.89
100 Free	S6	Women	01:59.26
100 Free	S7	Women	01:53.71
100 Free	S8	Women	01:48.21
100 Free	S9	Women	01:41.42
100 Free	S10	Women	01:37.09
100 Free	S11	Women	01:46.50
100 Free	S12	Women	01:36.40
100 Free	S13	Women	01:35.12
100 Free	S14	Women	01:37.74
200 Free	S1	Women	08:22.53
200 Free	S2	Women	09:09.54
200 Free	S3	Women	08:11.92
200 Free	S4	Women	05:22.34
200 Free	S5	Women	04:41.12
200 Free	S14	Women	03:27.25
400 Free	S6	Women	08:31.47
400 Free	S7	Women	08:19.02
400 Free	S8	Women	07:54.86
400 Free	S9	Women	07:26.91
400 Free	S10	Women	07:17.12
400 Free	S11	Women	08:12.10
400 Free	S13	Women	07:21.39
400 Free	S14	Women	07:30.94
50 Back	S1	Women	02:38.85
50 Back	S2	Women	01:54.48
50 Back	S3	Women	01:31.25
50 Back	S4	Women	01:19.41
50 Back	S5	Women	01:09.57
100 Back	S1	Women	05:26.48
100 Back	S2	Women	04:10.46



100 Back	S6	Women	02:09.86
100 Back	S7	Women	02:11.23
100 Back	S8	Women	02:05.68
100 Back	S9	Women	01:53.84
100 Back	S10	Women	01:51.10
100 Back	S11	Women	02:03.17
100 Back	S12	Women	01:50.69
100 Back	S13	Women	01:46.38
100 Back	S14	Women	01:48.69
50 Breast	SB1	Women	02:36.38
50 Breast	SB2	Women	02:53.47
50 Breast	SB3	Women	01:38.56
100 Breast	SB4	Women	02:57.23
100 Breast	SB5	Women	02:45.78
100 Breast	SB6	Women	02:33.70
100 Breast	SB7	Women	02:32.03
100 Breast	SB8	Women	02:15.63
100 Breast	SB9	Women	02:04.14
100 Breast	SB11	Women	02:19.23
100 Breast	SB12	Women	02:08.50
100 Breast	SB13	Women	02:01.10
100 Breast	SB14	Women	02:04.18
50 Fly	S2	Women	02:19.55
50 Fly	S3	Women	01:11.66
50 Fly	S4	Women	02:03.57
50 Fly	S5	Women	01:08.86
50 Fly	S6	Women	00:58.93
50 Fly	S7	Women	00:54.91
100 Fly	S8	Women	02:09.49
100 Fly	S9	Women	01:49.49
100 Fly	S10	Women	01:48.66
100 Fly	S12	Women	01:46.18
100 Fly	S13	Women	01:45.38
100 Fly	S14	Women	01:46.40
150 IM	S1	Women	13:04.67
150 IM	S2	Women	13:04.67
150 IM	SM3	Women	05:33.26
150 IM	SM4	Women	04:37.20



200 IM	SM5	Women	05:51.20
200 IM	SM6	Women	04:46.54
200 IM	SM7	Women	04:52.98
200 IM	SM8	Women	04:29.81
200 IM	SM9	Women	04:09.02
200 IM	SM10	Women	03:56.58
200 IM	SM11	Women	04:24.98
200 IM	SM13	Women	03:56.67
200 IM	SM14	Women	03:58.74

Attachment B – Airports and Hotels

Airports

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

- Orlando International Airport (MCO)
21 minutes (14.4 miles) from Rosen Aquatic & Fitness Center
- Orlando Sanford International Airport (SFB)
44 minutes (37.4 miles) from Rosen Aquatic & Fitness Center
- Melbourne Orlando International Airport (MLB)
1 hour 16 minutes (72.1 miles) from Rosen Aquatic & Fitness Center

Hotels

Hotel block information will be posted on [U.S. Paralympics Swimming competition page](#).