



The Fred Lamback Para Open

Hosted By:
Ga Swimming LSC

October 11- 12, 2025

Sanction #: Observed Meet ***Applied for**

Meet Director: Teresa Coan disability@gaswim.org	Meet Referee: Glenda Orth glenda.orth@comcast.net	Admin Official: Peter Soderstrom - Soderstrom.peter253@gmail.com
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SANCTION:	Held under the sanction of USA Swimming, through Georgia Swimming Inc. This is a World Para-Swimming Approved Meet.																				
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and CWGA Waves Swim Team,” shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.																				
FACILITY:	<div>Cumming Aquatic Center 201 Aquatic Circle Cumming, GA 30040 770.781.1781</div> <p>This facility’s competition pool is a completely accessible 10 lane, 50 (meter) pool with TYPE OF (i.e., Omega, Colorado) timing and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA Swimming, Inc., and Georgia Swimming, Inc. The pool depth at the start ends equals (12 ft.) and turn end depth equals (4.5 ft).</p>																				
MEDICAL SUPERVISION:	Lifeguards with access to Oxygen, Pulmo-Aids, AED Device available to athletes in the meet - RULE 202.4.11																				
SESSION SCHEDULE:	<table><tr><th>Session #</th><th>Date</th><th>Name</th><th>Warmup</th><th>Start</th></tr><tr><td>1</td><td>10/11/25</td><td>Open Saturday Morning</td><td>7:45AM</td><td>9:00AM</td></tr><tr><td>2</td><td>10/11/25</td><td>Open Saturday Afternoon</td><td>3:45 PM</td><td>5:00 PM</td></tr><tr><td>3</td><td>1-/12/25</td><td>Open Saturday Morning</td><td>7:45AM</td><td>9:00AM</td></tr></table>	Session #	Date	Name	Warmup	Start	1	10/11/25	Open Saturday Morning	7:45AM	9:00AM	2	10/11/25	Open Saturday Afternoon	3:45 PM	5:00 PM	3	1-/12/25	Open Saturday Morning	7:45AM	9:00AM
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MEET FORMAT:	<p>This is a World Para-Swimming Approved Meet. World Para Swimming Rules and Regulations will govern this meet. This is a long course meters competition. The meet will be conducted as three Timed Finals sessions. All events will be seeded by time regardless of sport class.</p> <p>Eligibility: ONLY swimmers with a physical impairment, visual impairment or intellectual impairment are eligible to compete. ONLY USA Swimming member athletes are eligible to compete. Swimmers without a national classification or who have a national provisional classification must sign-up for a classification appointment It is the responsibility of each nation to ensure that the swimmers have the proper documentation to enter the United States.</p> <ul style="list-style-type: none"> ● Lanes for Competition: 8 ● Warmup Lanes: 10
ENTRY FEES:	<p>--Set meet fee for swimmers with on time meet entries submitted and paid online \$100/ Swimmers with on time meet entries and paying at the door \$125 cash only -Deck Passes for Coach, Assistants will be \$20 Registered On time and payment made online/ Registered Online and payment at the door will be \$45 cash only Refunds: There are no refunds for athlete entries or staff registrations.</p> <ul style="list-style-type: none"> ● LATE RELAY ENTRIES: \$ / Event NONE ● TIME TRIALS: \$/ EventNONE ● TIME TRIALS Relay: \$ / Event NONE <p>Link to Online payment to Ga Swimming LSC via link https://form.jotform.com/242395810255154 Meet information and results will be posted on the website: Ga Swimming https://www.teamusa.org/usparaswimming/competitions Georgia Swimming LSC website will post athlete updates, psych sheet and heat sheets.</p>

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Classification	<p>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. o This form must be returned to npcusaclassification@usopc.org by September 22, 2025, 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 USPARA.SwimInfo@usopc.org National Classification for Intellectually Impaired (II) Athletes: Intellectually Impaired athletes should reach out to Athletes Without Limits. For more information and to begin the eligibility/classification process, please visit the Athletes Without Limits Eligibility webpage.</p>
ENTRIES:	<p>Swimmers may enter a MAXIMUM of four (4) events per session/ total maximum for the 3 sessions meet will be twelve (12) events.</p> <p>Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes.</p> <p>Entries must be submitted online only. No deck entries will be accepted.</p>
CHECK IN:	<p>Early Athlete (entered/paid fees) arrivals may use the pool on Friday Oct 10th 2 Designated lanes ONLY will be available from 4.30-6:30p. *ANY time outside of the above time frame- athletes MUST pay at the front desk and use OPEN swim lanes- no exceptions!</p> <p>Meet fees \$100 ONLINE At the Door with ONTIME submitted entries \$125 Asst Deck/Coach Pass (MAAPP Completed) \$20 ONLINE At the Door with MAAPP Cert in hand \$45</p> <p>Classification Appointments Oct 10th- completed through US Para Classification Tyler Carter at npcusaclassification@usopc.org</p>

CLERK of COURSE:	Scratches/changes must be taken care of prior to 9/26/25 via email to cheryl.loprinzo@gmail.com
ENTRY SUBMISSION:	<p>Online payment Entries must be received on or before: 9/22/2025 Entries should be emailed to : cheryl.loprinzo@gmail.com</p> <p>Swimmers may enter a MAXIMUM of four (4) events per session/ total maximum for the 3 sessions meet will be twelve (12) events. Entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes. Entries must be submitted online only. No deck entries will be accepted.. A maximum of one coach/support staff per swimmer is allowed on the deck at any one time. Deck access for all coaches and/or Support Staff is at the discretion of meet management and must be a proven need (e.g., tappers, personal care assistants).</p> <p>In or by email to the Entry Chair. o A fine of \$50.00 will be assessed for any event “no shows” that occur at the meet.</p> <p>Open Events are only for athletes who are being classified at the competition and are deemed Not Eligible (NE)</p>
RULES:	<p>This is a World Para-Swimming Approved Meet. World Para Swimming Rules and Regulations will govern this meet. This is a long course meters competition. The meet will be conducted as three Timed Finals sessions. All events will be seeded by time regardless of sport class.</p> <p>Slow to Fast for Technical Strokes</p> <p>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <u>Minor Athlete Abuse Prevention Policy</u> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> • Locker Rooms / Changing: • Locker rooms are available for athletes changing before or after the meet. • Deck changing is prohibited. Restrooms will be monitored by Safety Marshals. • Deck changes are prohibited. (Defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet. • Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms. • On deck registrations will not be permitted during this event. • Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches' areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair, Program & Events Committee Chair, or

	<ul style="list-style-type: none"> • designee. • All referees, starters, administrative officials, chief judges, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming. • Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.
CREDENTIALS:	<p>Only athletes, USA Swimming certified coaches, and USA Swimming officials, in good standing, will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Parents not working the meet as a volunteer or other position are not permitted on deck. Parents/guardians of minor athletes (17 years 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 Parents/Guardians. Please sign up for this in the athlete registration MAAPP must be completed by all Coaches and Assistant.</p> <p>https://maapp.uscenterforsafesport.org/resources/?_content_type=forms</p>
OFFICIALS:	<p>New Officials to Para swimming must contact Glenda Orth Meet Ref at glenda.orth@comcast.net for additional information to officiate at the Fred Lamback Para Open Meet.</p> <p>Please visit * US Para Swim Official Clinic details under Additional Educational opportunities</p>
AWARDS:	None
SCORING:	None
CONCESSIONS:	*Limited and subject to change per the CAC Facility.

	<p>ATHLETE SAFETY REQUIREMENTS 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, which can be found on the USOPC Athlete Safety webpage. Participating in our events also comes with certain responsibilities, such as requirements to report Prohibited Conduct, to include violations of the MAAPP and the Supporting Athletes with an Intellectual Impairment Policy (as outlined 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 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 (Athlete Protection) 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.</p>
	<p>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 AntiDoping 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. . 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.</p>

Event Schedule

Session 1: October 11, 2025; Warm up: 7:45AM and Start time: 9:00AM

Warm-ups end 15 minutes prior to the start of the session

The competition will use 8 lanes, 1 lane buffer, and 1 lane warm up and warm down.

Girls	ORDER OF EVENTS	Boys
1	50 Meter Freestyle	2
3	200 Meter Breaststroke	4
5	100 Meter Backstroke	6
7	200 Meter Butterfly	8
9	150 Meter IM	10
11	1500 Meter Freestyle (800 Meter Split)	12

Session 2: October 11, 2025; Warm up: 3:45PM and Start time: 5:00PM

Warm-ups end 15 minutes prior to the start of the session

Girls	ORDER OF EVENTS	Boys
13	100 Meter Freestyle	14
15	200 Meter Backstroke	16
17	50 Meter Breaststroke	18
19	100 Meter Butterfly	20
21	400 Meter IM	22

Session 3: October 12, 2025; Warm up: 7:45AM and Start time: 9:00AM

Warm-ups end 15 minutes prior to the start of the session

Girls	ORDER OF EVENTS	Boys
23	200 Meter Freestyle	24
25	50 Meter Backstroke	26
27	100 Meter Breaststroke	28
29	50 Meter Butterfly	30
31	200 Meter IM	32
33	400 Meter Freestyle	34

All transportation/accommodations will be the responsibility of each athlete.

List of Hotels off of 400 Exit 14

-Hampton Inn

915 Ronald Reagan Blvd.

Cumming, Ga

770-889-0877

-Holiday Inn Express

870 Buford Hwy

Cumming, GA. 30041

678-8457100

-Comfort Suites

905 Buford Rd

Cumming, GA 30041

(770) 762-9632

Airport- Hartsfield- Jackson Atlanta International Airport (ATL)

Distance from ATL to the Cumming Aquatic Center (CAC)- 49.6 miles

Additional Educational Opportunities available:

US Para Swimming Official Clinic- Mark Rieniets

US Paralympics Swimming will be running in person workshop/clinic and officiating opportunities at the Fred Lamback Para Open Meet.

6pm Friday October 10th

The application to officiate at The Fred as well as the clinic sign up if one should want to become a US Para Official.

<https://forms.gle/M4bVRaETmiSrRJ367>

or to gather additional information-Please contact Mark at Rieniets@gmail.com

Location TBA in Cumming, GA

Introduction & Orientation to Para Swimming presentation and pool instruction by Emily Mallard

Registration link here: [October 10, 2025 In-person Introduction & Orientation to Para Swimming Clinic](#)

A FREE In-Person presentation and clinic for athletes, coaches and parents!

Date: October 10, 2025

Location: Cumming, Georgia

Session 5:00pm In-person Introduction & Orientations to Para Swimming 5-5:45pm In the bleachers above the pool presentation

5:45pm Athletes change into Swim wear

6:00-7:00pm On deck for Pool Session All times are on Eastern Time Zone. Please plan accordingly.

The session presentation is designed to provide an Introduction and Orientation to the Para-swimming arena nationally in the USA and to provide athlete specific information and pool clinics. Its overall program is designed for swimmers with a disability, coaches, parents and anyone interested in the para-swimming community and how to support swimmers with a disability.

Participants can expect to:

- Discover the roles of the USOPC and U.S. Paralympics Swimming
- Identify the swimming sport classifications, rules, and exceptions
- Understand how to prepare for a positive classification experience
- Examine the levels of the Para Swimmer Development Model (PSDM) to supplement the USA Swimming American Development Model (ADM)
- Compare the potential competition progression associated with the PSDM
- Discover basic sport class training considerations for para-swimmers

- View basic biomechanical modifications/adaptations video clips for athletes with physical, visual and/or intellectual disabilities
- Identify basic support for a para-swimmer in training and competition
- Realize options for coaches and swimmers with a disability to become a part of the para-swimming community

You must register via the Signup Genius registration. Please enter a valid email address in the registration to ensure you receive any updates on the clinic date and plans.

All participants, MUST register individually. Please be sure to fill out all fields in the sign up registration form.