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| HOST | Georgia Swimming LSC |
| SANCTION: | |
| LIABILITY: | Georgia Swimming LSC, CWGA Waves, CWGA Waves Coaches, US Para Swimming, the City of Cumming and the Cumming Aquatic Center facility and staff shall be free and held harmless from any and all liabilities or claims for damages arising by reason of injuries, illness, bodily harm and death to anyone during the course of the event and upon the completion of the event. |
| MEET DIRECTOR: | Teresa Coan – swimcummingwaves@gmail.com |
| MEET REFEREE: | Rayleen Soderstrom |
| STARTER: | Peter Soderstrom |
| STROKE AND TURN: | Brook Kubik/ Astrid DeLeon |
| TEAM LEAD | Amanda Hamborg |
| ADMIN OFFICIAL: | Cheryl Loprinzo |
| SAFETY MARSHALLS: | Katerina Flanders /John Pepper |
| FACILITY: | <p>Cumming Aquatic Center 201 Aquatic Circle (off Pilgrim Mill Road) Cumming, GA 30040 Phone: (770) 781-1781</p> <p>The Cumming Aquatic Center has an indoor 50 meter by 25 yard pool which will be set up as a 10 lane competition pool SCY and LCM. The competition pool has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming & Georgia Swimming. The pool depth at the start end is 12 feet and depth at the turn end is 4.5 feet. Omega Timing is used with a ten-line scoreboard. Hy-Tek Meet Manager software will be used for entries and scoring. Competition will be 8 lanes, one buffer lane, and one warm up and warm down lane.</p> <ul style="list-style-type: none"> ● Seating is provided on the second-story bleachers. ● Spectators will not be allowed to sit on the pool deck. ● Folding chairs are prohibited in the lobby of the building, or on the second story balcony, by order of the fire marshal, except where needed for disabled persons. |
| SCHEDULE: | <p>Session 1 - Saturday Morning Warm-up 8:30 AM; competition 9:30 AM Session 2 - Saturday Afternoon Warm up 3:30PM, competition 4:30 PM Session 3 - Sunday Morning, warm-up 8:30 AM, competition 9:30AM</p> |
| MEET FORMAT: | <p>Timed Final Meet -- No qualifying standards at this meet</p> <ul style="list-style-type: none"> ● This is a World Para-Swimming Approved Meet.•This is a long course meters competition that shall be governed by current World Para Swimming Rules and Regulations.https://www.paralympic.org/swimming/rules-and-regulations•The meet will be conducted LCM Timed Finals session.•All events will be seeded by time regardless of sport class. ● |
| Eligibility | ONLY swimmers with a physical impairment, visual impairment or intellectual impairment are welcome.Seeding will be based upon time, regardless of sport class.•ONLY USA |

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| | Swimming members 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 please contact |
| Classification | <p>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 Sept 29th Friday 10 am - 5:00pm. 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) if they have been internationally classified. •Swimmers who have been nationally classified can find their current sport class(es) at http://www.teamusa.org/US-Paralympics/Sports/Swimming/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. You will receive an email from NPCUSAClassification@usoc.org with your appointment time. •U.S. swimmers with questions on National Classification should contact NPCUSAclassification@usopc.org</p> <p>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.</p> <ul style="list-style-type: none"> • Swimmers who have been nationally classified can find their current sport class(es) at 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. <ul style="list-style-type: none"> o All athletes on the classification schedule must be entered in a 100m Breaststroke and 100m (Free, Butterfly, or Backstroke). <p><u>National Classification for Intellectually Impaired (II) Athletes:</u></p> <p>Intellectually Impaired athletes should contact Barry Holman at barry@athleteswithoutlimits.org for information on National Classification.</p> <p><u>National Classification for Visually Impaired (VI) Athletes:</u></p> <p>Visually Impaired athletes must visit https://www.teamusa.org/usparaswimming/classification and complete the national VI classification form and submit it to NPCUSAclassification@usopc.org to receive a classification and for any questions. Swimmers are allowed to have a coach/parent or volunteer on deck to provide tapping during competition.</p> <p>Contact erin.popovich@usopc.org with questions</p> |

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| | <p>Transportation:•The nearest airport is Hartsfield-Jackson Atlanta airport 52 miles away.•The meet host is not responsible for transportation, meals, or accommodations for individuals or teams.Volunteers:Volunteers are welcome and can register by emailing swimcummingwaves@gmail.com.</p> <p>Officials:We welcome certified swimming officials (USA-S and US Para Certified officials), to volunteer at this meet.Please complete theApplication to Officiateand contact the Local Officials Coordinator and Amanda Hamborg with any questions.</p> |
| ENTRY SUBMISSION: | Submit entries using the Hy-Tek team manager. Entries must include the USA Swimming Club Code and each swimmer’s USA Swimming number, first and last name, age, and seeding time for each event entered. Email Entries to Cheryl.Loprinzo@comcast.net |
| Entry Deadline | <p>ENTRY DEADLINE: Early entry by Sept. 12, 2023 includes t-shirt option by 11:59p EST On Time Entry Sept. 20, 2023 by 11:59pm EST</p> <ul style="list-style-type: none"> • 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.•Entries must be submitted online only.No deck entries will be accepted.•A maximum of one coach/personal assistant 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).\$15/Deck Pass. |
| CHECK-IN | <ul style="list-style-type: none"> • Check-In with the EntryChair by 6:00 PM Friday. •A fine of \$50.00 will be assessed for any event “no shows” that occur at the meet.•Open Events are only for athletes who are being classified at the competition and find they are not eligible |
| | <p>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.•Entries must be submitted online only.No deck entries will be accepted.•A maximum of one coach/personal assistant 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).\$15/Deck Pass. •Please submit athlete scratches to the Entry Chair, Cheryl Lprinzo Cheryl.Loprinzo@comcast.net</p> <p>Event changes or scratches may be made at the Friday Sept 29th by 6pm Check-In or by email to the Entry Chair by Friday Sept 29th by 6pm. A fine of \$50.00 will be assessed for any event “no shows” that occur at the meet.•Open Events are only for athletes who are being classified at the competition and find they are not eligible.Entry Fees:(Credit card may be used for online registrations.Only Cash Accepted at the meet.) •All swimmers will be charged an \$80 USD fee to enter the meet, regardless of the number of events they choose to enter.Registration includes an Athlete T-shirt(available provided the online registration/event entries are received on or prior to Sept. 12, 2023 by 11:59pm</p> |

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| | <p>•Deck pass for team staff (i.e. coaches, medical, managers, etc.) will be charged a \$15 USD fee per credential.</p> <p>Registrations made online or before September 20, 2023 via Hytek, Team Unify. Refunds: At the discretion of meet management, refunds minus \$20 processing fee may be granted for illness or withdrawal before the entry deadline. Please contact the Entry Chair for consideration.</p> <p>Entry Deadline: •All entries must be received by Sept. 20, 2023 ,end of day 11:59pm EST. Late entries after the above deadline may be accepted at the discretion of meet management but will be assessed a late fee of \$130 USD</p> <p>•Deck pass entries may be completed online until September 20, 2023.</p> <p>Athlete/Staff Check-In; 7AM)</p> <p><u>Athlete scratches & event changes by FRIDAY, September 29th, at 3:00 pm EST</u></p> <ul style="list-style-type: none"> o All changes and scratches may be made at the Friday Early Check-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>Open Events are only for athletes who are being classified at the competition and are deemed Not Eligible (NE)</p> <p>Technical Meeting Saturday September 30, 2023 7:00 am in Hospitality Room</p> <p>For all coaches/managers/personal assistants (anyone on deck) Meet Management and Contacts: Entry Chair Cheryl Loprinzo Cheryl.Loprinzo@comcast.net</p> <p>Meet Director Teresa Coan swimcummingwaves@gmail.com 706-499-9744.</p> |
| RULES: | <p>This is a World Para-Swimming Approved Meet.</p> <ul style="list-style-type: none"> • This is a long course meters competition that shall be governed by current World Para Swimming Rules and Regulations. https://www.paralympic.org/swimming/rules |
| COACHES: | <ul style="list-style-type: none"> • Coaches will be required to sign in at the Clerk of Course desk and show their USA Swimming coaches registration card or DECK PASS for verification that all certifications are current. • Any coach not having current certifications will be barred from the pool deck. Coaches must display their credentials in order to receive their heat sheet, as well as while on the pool deck and in hospitality. |
| AWARDS: | <ul style="list-style-type: none"> • No awards will be given |
| SCORING: | <p>There will be no team or individual scoring for this meet</p> |
| HOSPITALITY: | <p>Host will provide hospitality for all registered coaches and officials.</p> |
| MISC. INFORMATION: | <ul style="list-style-type: none"> • Review psych sheets, or check results visit: http://www.gaswim.org • Parking is available in the lots surrounding the building. |
| HOTEL INFORMATION | <ul style="list-style-type: none"> • Do not park in the drop off lane • Comfort Suites 905 Buford Road Cumming, GA 30041 770-889-4141 • Hampton Inn 915 Ronald Reagan Blvd. Cumming, GA 30041 770-889-0877 • Holiday Inn Express and Suites/ Cumming 870 Buford Hwy Cumming, GA 30041 |

ORDER OF EVENTS

SESSION 1 Saturday Sept 30, 2023 LCM

Warm-up 8:30 AM; competition 9:30 AM

| WOMEN | EVENT | MEN |
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| 1 | 50m Freestyle | 2 |
| 3 | 200m Breaststroke | 4 |
| 5 | 100m Backstroke | 6 |
| 7 | 200m Butterfly | 8 |
| 9 | 150m IM | 10 |
| 11 | 1500m Freestyle (800m Split) | 12 |
| SESSION 2 September 30, 2023 LONG COURSE METERS | | Saturday Afternoon Warm up 3:30PM, competition 4:30 PM |
| WOMEN | SESSION 2 September 30, 2023 LONG COURSE METERS | MEN |
| 13 | 100m Freestyle | 14 |
| 15 | 200m Backstroke | 16 |
| 17 | 50m Breaststroke | 18 |
| 19 | 100m Butterfly | 20 |
| 21 | 400m IM | 22 |

Sunday Morning October 1st Warm-up 8:30 AM, competition 9:30AM

| WOMEN | SESSION 3 October 1, 2023 LONG COURSE METERS | MEN |
|--------------|---|------------|
| 23 | 200m Freestyle | 24 |
| 25 | 50m Backstroke | 26 |
| 27 | 100m Breaststroke | 28 |
| 29 | 50m Butterfly | 30 |
| 31 | 200m IM | 32 |
| 33 | 400m Freestyle | 34 |

Additional Meet Information

Classification Sept 29th Friday 10a-5p

-Hospitality Room Friday Sept 29th Room is available from 11am-8pm with the following ROOM SCHEDULE IS AS FOLLOWS:

-Lunch 11am-12:30p for Coaches, Officials, Classifiers

-(Coach Education Class 2-4p) Coach Education Class Sign Up Contact Peggy More info maybe be found at USPara.SwimInfo@usopc.org

www.teamusa.org/usparaswimming/coaching-certification

-(Dinner 5-6p available for Coaches, Officials, US Para Staff

-(Officials Meeting 6p-8p) Officials Training Class

Pre-Meet Training Times:Friday Sept 29th 1-4p 3 SCY lanes available

*T-SHIRTS will ONLY be available as pre-sale items only.

**Volunteers are needed and so welcomed! Please use the link below to sign up to volunteer

<https://tinyurl.com/Fredvolunteers2023>

ATHLETE SAFETY REQUIREMENTS

All athletes ages 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of competition who has not completed Athlete Protection Training will be prohibited from participating. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

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 contact person and their email to be determined if you need help accessing the training. You must submit proof of completion and expiration date of your most recent SafeSport training before receiving credentials at the meet. USA Swimming Deck Pass may be used for proof of compliance. by Sept. 10, 2023, 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 US 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/>.

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 in the Fred Lamback Para Open 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.

