

2025 Jimi Flowers Classic

August 29-30, 2025

United States Olympic & Paralympic Training Center

Colorado Springs, CO, USA



HONORING JIMI FLOWERS

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-90s, 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 a love of life. He traveled extensively and was an accomplished mountain climber.

Jimi's deep love for the outdoors and 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

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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 physical, visual, or intellectual impairments from all nations.
- National (PI) Classification will be offered at the competition. U.S. Athletes must contact NPCUSAClassification@usopc.org for an appointment.
- Current World Para Swimming Rules and Regulations will govern this meet.
- Only credentialed swimmers, coaches, team staff, and meet officials are permitted in the designated competition area.
- All proceeds go to the Sam and Lauren Flowers Fund.

Host:

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

Meet information and results will be posted on the website:

<https://www.teamusa.org/usparaswimming/competitions>

Location:

Colorado Springs Olympic & Paralympic Training Center (“CSOPTC”)

1 Olympic Plaza

Colorado Springs, CO 80909

Facility:

- The facility includes a 10-lane, 50-meter accessible competition pool.
- Six lanes will be used for competition and two lanes (plus two buffer lanes) will be used for warm-up/warm-down during the meet.
- Enter the training center using the **Union Boulevard Entrance at 590 N. Union Blvd.** Teams will be directed where to park at the security entrance.
- CSOPTC Public Tours run out of the Visitor’s Center at the top of the hour:
 - Hours = Monday – Saturday, 9 a.m. – 4 p.m.
- Team USA Shop is located within the Visitor’s Center:
 - Hours = Monday – Saturday, 10 a.m. – 4 p.m.

Accommodation & Transportation:

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

All transportation and lodging associated with this event are 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

2025 Jimi Flowers Classic

August 29-30, 2025

United States Olympic & Paralympic Training Center

Colorado Springs, CO, USA

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](#).

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 here -

<https://teamusaevents.teamusa.org/usopcims/JimiFlowers25/e/ce/>

Volunteers:

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

Signup Link: <https://www.signupgenius.com/go/9040C4BACA62AA5F94-57386943-2025>

Spectators:

Spectators are welcome and admission to the event is free.

Eligibility:

All swimmers with a physical impairment (“PI”), visual impairment (“VI”), or intellectual impairment (“II”) are welcome. Seeding will be based on 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 **August 1, 2025**.
- Should visas be required, please contact U.S. Paralympics Swimming for a letter of support (if necessary) at USPara.SwimInfo@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.

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 **August 28, 2025 by appointment**.

- If a swimmer has not been previously classified, he/she should enter 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 and appointment times will be shared directly with athletes the week prior to the event. Please note due to event timing classification appointments may run into the evening. Classification appointments will be assigned by U.S. Paralympics Swimming staff.

2025 Jimi Flowers Classic

August 29-30, 2025

United States Olympic & Paralympic Training Center

Colorado Springs, CO, USA

- 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>.
 - This form must be returned to NPCUSAClassification@usopc.org by August 1, 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](#).

National Classification for Visually Impaired (VI) Athletes:

Visually Impaired athletes should contact NPCUSAClassification@usopc.org for information on National Classification. All required documentation must be completed and returned by August 1, 2025.

Medical:

Medical providers not licensed in the locality where this event is being held are prohibited from providing medical care on the event premises.

Meet Format:

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

Entry Information:

- 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 <https://www.teamusa.org/usparaswimming/classification>.
- 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.
- To submit entries, please complete the accreditation information at <https://www.teamusa.org/usparaswimming/competitions> and email the Hytek entry file to USPara.SwimInfo@usopc.org
- Scratches must be submitted to USPara.SwimInfo@usopc.org by 6:00 p.m. on Thursday, August 28, 2025.

2025 Jimi Flowers Classic

August 29-30, 2025

United States Olympic & Paralympic Training Center

Colorado Springs, CO, USA

- Open Timed Finals are only for athletes who are being classified at the competition and find they are not eligible.

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. Entry fees may be paid online or onsite.

Parent/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 Parent/Guardians. Please sign up for this in the athlete registration on the website. Team Staff accreditations are \$15 USD.

Entry Deadline:

All entries must be received by August 15, 2025.

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 August 22, 2025.

Entries:

Athlete Entries:

Step 1: Complete the Athlete registration at this link:

<https://teamusaevents.teamusa.org/usopcims/JimiFlowers25/e/ce/>

Step 2: Email the Hytek Meet entry File on the U.S. Paralympics Swimming competition page to

USPara.SwimInfo@usopc.org

Staff Entries:

Complete the team Staff registration at this link:

<https://teamusaevents.teamusa.org/usopcims/JimiFlowers25/e/ce/>

OPTC Waiver:

All athletes, team staff, officials, event staff must complete waivers to access the OPTC and receive a credential. Once event participants complete registration, the OPTC waiver will be sent to them via email.

Entry Chairperson:

U.S. Paralympics Swimming

1 Olympic Plaza

Colorado Springs, CO 80909

USPara.SwimInfo@usopc.org

2025 Jimi Flowers Classic

August 29-30, 2025

United States Olympic & Paralympic Training Center

Colorado Springs, CO, USA

Awards:

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

Pre-Meet Training Times:

The USOPC Aquatic Center will be open for training:

- August 28th 2025 4:00pm – 6:00pm

Registration:

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

- August 28th 2025 4:00pm – 6:00pm

Technical Meeting:

The technical meeting for all coaches/team managers will be held on Friday, August 29, 2025, at 7:45 a.m. on the pool deck. The place is to be announced that morning.

Changing Rooms

Changing rooms for each gender are provided and are wheelchair accessible. There are several family or minor changing rooms that are also available. Changing rooms will be monitored regularly by staff. Use of recording devices including cell phones is prohibited while in the changing rooms.

Heat Sheets:

Heat sheets for the entire event will be posted on the U.S. Paralympics Swimming competitions page and available on deck for athletes and coaches.

Checklist for Entry:

- Complete Staff and Athletes Registration - <https://teamusaevents.teamusa.org/usopcims/JimiFlowers25/e/ce/>
- Email your Hytek entry file to USPara.SwimInfo@usopc.org
- Complete the OPTC Waivers for all athletes and staff
- Need to be classified? Email NPCUSAClassification@usopc.org

2025 Jimi Flowers Classic

August 29-30, 2025

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

Meet Management & Contacts:

Meet Director

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

Facility Contact

Chris Hull
Olympic and Paralympic Training Center
Phone: 719-866-4729
Chris.Hull@usopc.org

Meet Referee

Mark Rieniets
U.S. Paralympics Officials Chair

2025 Jimi Flowers Classic

August 29-30, 2025

United States Olympic & Paralympic Training Center

Colorado Springs, CO, USA

SCHEDULE

Thursday

Warm-up / Open Training: 4:00 p.m. – 6:00 p.m.

Friday Morning Session

Warm-up 7:30 a.m. / Meet Start 9:00 a.m.

Women	Event	Men
1	50m Freestyle (S1-S14)	2
3	200m Breaststroke (SB1-SB9, SB11-SB14)	4
5	100m Backstroke (S1-S14)	6
7	200m Butterfly (S1-S14)	8
9	150m IM (SM1-SM4)	10
11	400m Freestyle (S1-S14)	12

Friday Evening Session

Warm-up 3:30 p.m. / Meet Start 5:00 p.m.

13	100m Freestyle (S1-S14)	14
15	200m Backstroke (S1-S14)	16
17	50m Breaststroke (SB1-SB9, SB11-SB14)	18
19	100m Butterfly (S1-S14)	20
21	400m IM (SM5-SM14)	22

Saturday Morning Session

Warm-up 7:30 a.m. / Meet Start 9:00 a.m.

23	200m Freestyle (S1-S14)	24
25	50m Backstroke (S1-S14)	26
27	100m Breaststroke (SB1-SB9, SB11-SB14)	28
29	50m Butterfly (S1-S14)	30
31	200m IM (SM1-SM14)	32
33	1500m Freestyle (S1-S14)	34

2025 Jimi Flowers Classic

August 29-30, 2025

United States Olympic & Paralympic Training Center

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LOCAL INFORMATION

Airports:

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

Clarion Hotel and Conference Center

314 West Bijou Street

Colorado Springs, CO 80905

1.9 miles from pool

Crowne Plaza Hotel Colorado Springs

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

2025 Jimi Flowers Classic
August 29-30, 2025
United States Olympic & Paralympic Training Center
Colorado Springs, CO, USA

Attachment A

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. Taking the SafeSport™ Trained Core or Refresher training is free for registered event participants. Please email [Lacey Staehs](#) if you need help accessing the training. You must submit proof of completion and expiration date of your most recent SafeSport training to [Lacey Staehs](#) by 08/15/2025, 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 Handbook](#), 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 USOPC Athlete Safety page at www.usopc.org/safe-sport and Exhibit C within the policy). 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 [Lacey Staehs](#).

For additional information regarding the USOPC's Athlete Safety Program, or to report an allegation of misconduct or abuse please visit: www.usopc.org/safe-sport.

2025 Jimi Flowers Classic

August 29-30, 2025

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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 2023 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.