



# 2025 NATIONAL CHAMPIONSHIPS: TECHNICAL MEETING

Thursday, June 19 at 5:00 p.m.

# TECHNICAL MEETING

- A summary of this document, along with any last-minute updates will be covered at the Technical Meeting on Thursday, June 19 at 5:00 p.m. EST.
- The meeting will be held in person in at the Central Idaho Aquatics Center in the hospitality tent located just off the pool deck.
- There is not a TV or projector on site so attendees and follow along to electronic versions.
- Updated information will be posted after the meeting on the [website](#).

# INTRODUCTIONS

- **Meet Director:** Rachel McKivigan
- **Technical Delegate (TD):** Mark Rieniets
- **USOPC Athlete Safety:** Lindsay Griswold
- **Facility Contacts:** Ryan Stratton & Chelsea Johnson
- **Communications Lead:** Olivia Truby

# ATHLETE SAFETY POLICIES



As a Participant of the 2025 US Paralympics Swimming National Championships, you must be familiar with and abide by the below USOPC Athlete Safety Policies:

## 1. USOPC Athlete Safety Policy

## 2. USOPC Minor Athlete Abuse Prevention Policies (MAAPP)

Outlines requirements for interactions between adult participants and minor athletes to include:

- One-on-One Interactions
- Meetings and Training Sessions
- Therapeutic and Recovery Modalities and Manual Therapy
- Locker Rooms & Changing Areas
- Electronic Communications
- Transportation
- Lodging

## 3. Supporting Athletes with an Intellectual Impairment Policy

Outlines requirements for interactions between participants and Intellectually Impaired (II) Athletes to include:

- One-on-One Interactions
- Electronic Communications
- Transportation
- Lodging
- Mandatory Reporting



# HOW TO REPORT

## POINT OF CONTACT

**Lindsay Griswold**

Athlete Safety Coordinator

+1-719-238-0781

[lindsay.griswold@usopc.org](mailto:lindsay.griswold@usopc.org)

## Sexual Misconduct, Retaliation, & Child Abuse

1. Report to The U.S. Center for SafeSport

Online:

<https://uscenterforsafesport.org/report-a-concern/>

Phone: 24-hour **RAINN** Hotline  
1-800-656-4673

– AND –

2. Report Child Abuse to Law Enforcement

## All other forms of Misconduct, MAAPP Violations, II Policy Violations

1. Report to the USOPC Office of Security & Athlete Safety

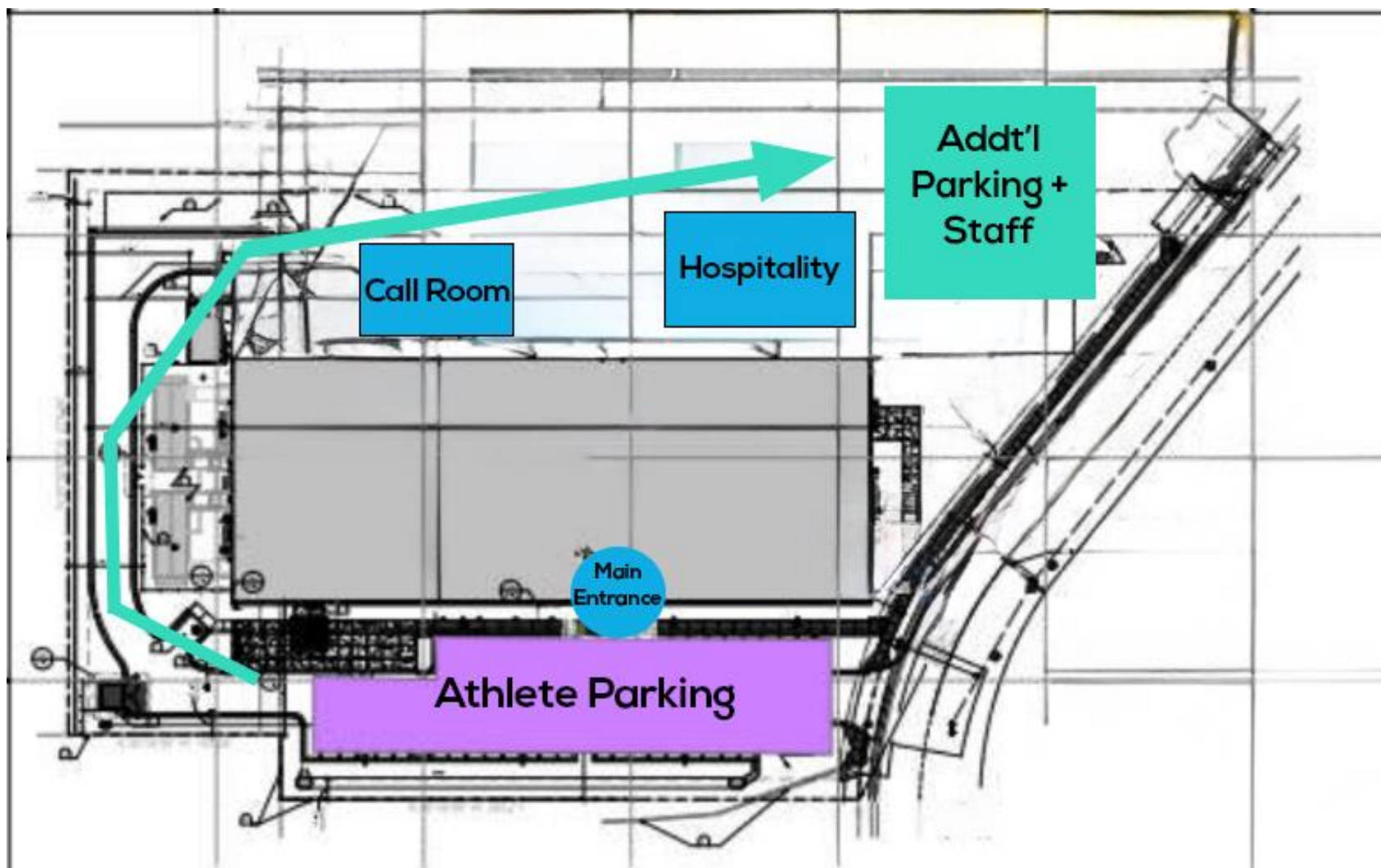
Online: <https://www.usopc.org/safe-sport>

Phone: +1-719-866-3869

– OR –

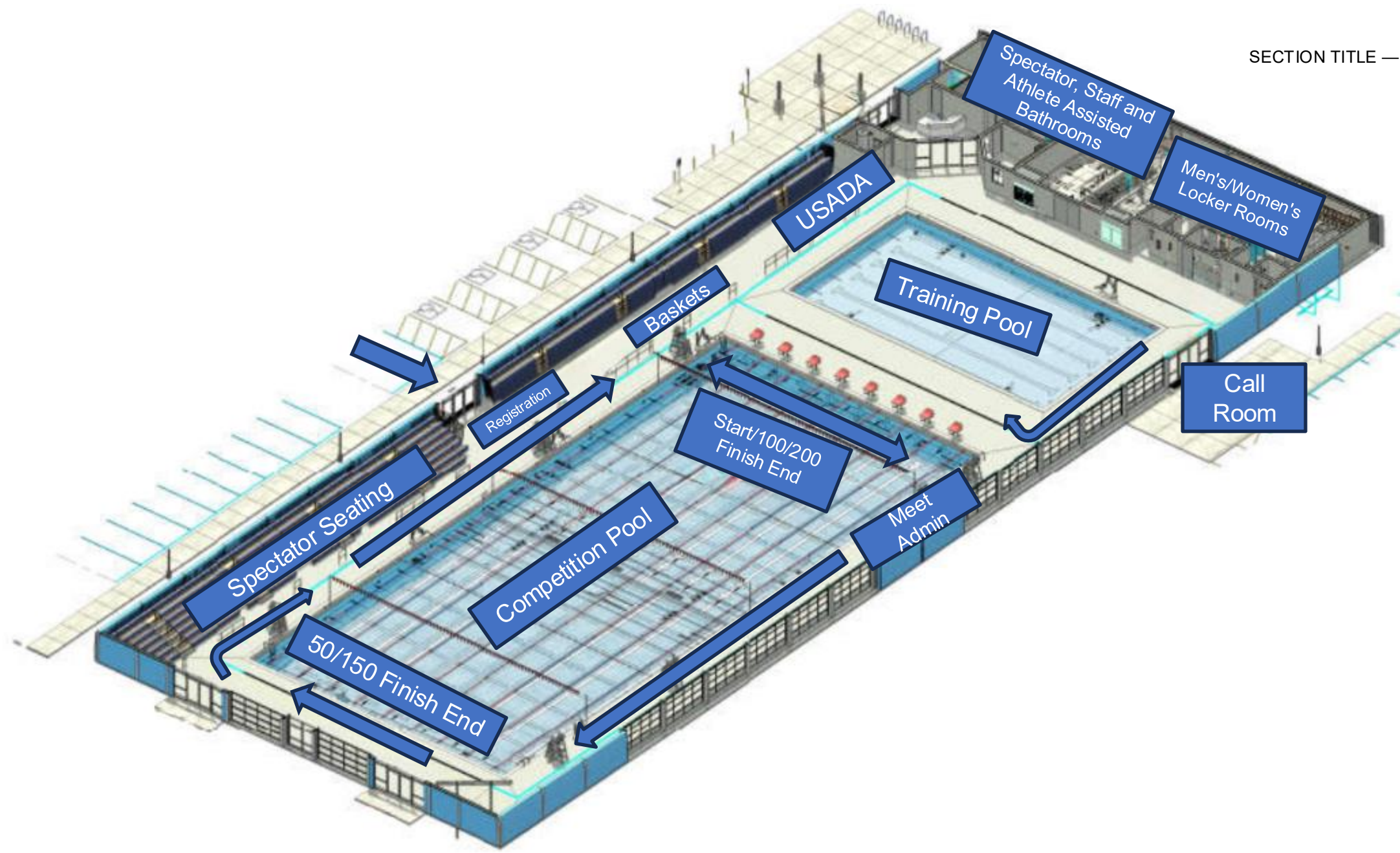
2. Report to The U.S. Center for SafeSport

**Do not evaluate the credibility of the allegation or investigate the allegation. Your vital job is simply to report the allegation.**



Athletes, Team Staff, Coaches, Officials and Event Staff will enter through the main entrance. We will utilize a one-way entrance and exit parking plan. Please follow the signage.





# LOCKER ROOMS

- The USOPC Minor Athlete Abuse Prevention Policy (“MAAPP”) will be in effect for all locker rooms on complex and will be monitored.
- Additional changing rooms will be available and marked with signs.
- Locker rooms must be used – **no deck changing is permitted.**



# RESTROOMS

- The USOPC Minor Athlete Abuse Prevention Policy (“MAAPP”) will be followed at this meet.
- Non-athletes are not permitted in the athlete locker rooms, unless an athlete needs assistance with a suit. In this case, the non-athlete must be accompanied by two persons.
- Restrooms for officials, coaches, and volunteers are noted on the venue map and marked.

# COMPETITION FORMAT

**Heats:** Warm-up time: 7:30 a.m. – 8:50 a.m. / Competition: 9:00 a.m.

**Finals:** Warm-up time: 4:00 p.m. – 5:20 p.m. / Competition: 5:30 p.m.

- Dive starts will be allowed during the last 20 minutes of each warm-up session if the athletes/coaches wish in Lanes 2 and 7.
- All Heats and Finals will be held using 8 lanes in long course competition pool, and the warm-up pool will be available for warm-up/cool down during competition.
- No equipment (hand paddles, fins, kickboards, snorkels, etc.) will be permitted in the main competition pool during warm-ups prior to the competition.

# PRELIMS / FINALS AND MEDALS

- Prelims will be Multi-Class Events swum slowest to fastest by entry time.
- The top sixteen (16) swimmers per WPS points system from prelims will advance to the A and B final. The A Final will be the first final with the top eight (8) and the B Final will be the 9 – 16.
- Alternates will be named for the A Final only.
- The top three (3) swimmers based on WPS points from the A Final will receive awards. Finals will be seeded by time.
- Awards for timed finals events will be given at the end of the evening sessions.
- The medal ceremony will follow at the end of each final's session and the minus one rule will apply.

# RELAYS

- 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 interested U.S. athletes will be available at registration.
- International athletes: please see your representative.
- All relay entries must be submitted no later than 30 minutes after the conclusion of prelims each day to swim in the relays scheduled for that evening.
- Please see the meet packet for events offered by day.
- U.S. Paralympics Swimming will put together relays if there are enough interested athletes.

# HEAT SHEETS AND RESULTS

- Heat sheets will be at the pool entrance.
- Finals start sheets will be posted online no later than 1 hour prior to warm-ups commencing at <https://www.teamusa.org/usparaswimming/competitions>
- Results will be posted in the venue.
- Live results will be available on meet mobile.
- Colorado timing system and Hytek meet management software will be used.

# CLARIFICATION OF RULE EXCEPTIONS & TAPPING EQUIPMENT

- All athletes who need an assistant on the pool deck, must have an “A” exception. If your athlete requires an assistant and does not have an “A”, please see Mark Rieniets to add the “A” to your exceptions for this competition or the athlete will be disqualified.
- All tapping and starting devices must be deemed safe and checked and approved by the Technical Delegate at the technical meeting or during warm-up sessions.
- Unapproved devices will lead to disqualification.



# SUPPORT STAFF

- Support Staff is defined as any accredited person designated by a team to assist a swimmer.
- Swimmers with an A, Y or T rule exception are allowed Support Staff.
- Exceptions will be checked in the call room and by Technical Officials when on the Field of Play.
- Support Staff on the Field of Play when no A/Y/T exception code is present will result in the athlete being disqualified.
- No phones, hats, bags, cameras, clipboards or stopwatches are permitted with Support Staff on the Field of Play.
- Support Staff shall not coach the competitor while assisting or tapping. If such coaching occurs, the competitor shall be disqualified.

# COMPETITION PROCEDURES – Advertising/Swimwear

- Teams are responsible for ensuring compliance with World Para Swimming Rules and Regulations and the specific guidelines published for this competition.
- Only swimwear that is approved by World Para Swimming guidelines will be permitted to be worn.
- Body advertisement (including tattoos and trademark symbols e.g. a brand name) is not allowed and must be covered.
- Club caps are permitted.

# STROBES

- One strobe will be located on the starting device.
- Each starting block will have a strobe near the front of the block.

# REPORTING TO THE CALL ROOM

- All swimmers must report directly to blocks for morning sessions.
- All swimmers must report to the call room during FINALS sessions no later than 15 minutes prior to the scheduled start of their event.
- Swimmer must show accreditation to enter call room.
- Support staff must accompany the athlete when they report to the call room. Support staff will not be allowed to stay in the call room but can re-join athlete as they exit the call room.
- Swimmers failing to appear by the report time shall be deemed as withdrawing from the meet and will be subject to the penalties described in 10.9.2 and must sign a re-entry form.

# TECHNICAL PROTESTS

- World Para Swimming Technical Protest Forms will be available in the meet management room.
- Technical Protests must be submitted on the World Para Swimming Technical Protest Forms to the meet management room together with a deposit of \$50 USD in CASH or VISA. A receipt will be issued upon request.
- The Referee will then be notified and given the protest.
- Jury of Appeal may be requested after a protest has been ruled upon for \$100 USD in CASH or VISA. The appeal must be submitted on the designated form from the meet management room.
- Both must be submitted within 30 minutes of the results being posted.

# DOPING CONTROL

- USADA is responsible for anti-doping operations in accordance with the IPC Anti-Doping Code and compliance with WADA.
- Blood and/or urine samples may be taken.
- Athletes will be chaperoned from the Field of Play to the Doping Control Station.
- Athletes may cool-down, compete and attend medal ceremonies as required.
- Athletes should be accompanied by a staff member of their team.
- All minor athletes must have a team staff/coach with them at the time of reporting.



# ATTENDANCE AT THE VENUE

- All participants, competitors, officials and volunteers must show credentials to enter the venue and athlete/team areas.
- Spectators are allowed in spectator seating only.

# MEDIA AND LIVE STREAMING

- If you receive any media related questions, please reach out to Olivia Truby. Olivia will be onsite for Friday finals and Saturday prelims/finals and her email is [Olivia.Truby@usopc.org](mailto:Olivia.Truby@usopc.org).
- The event will be live streamed on LiveBarn.com

# HOSPITALITY

- Hospitality will be available for accredited coaches, team staff and officials only.
- Hospitality is located in a tent right off the pool deck and in the same location as the technical meeting.
- Breakfast will be available 7:00 a.m.
- Lunch will be served at 10:30 a.m.
- Dinner will be served at 4:00 p.m.

# QUESTIONS AND CONCERNS

- Questions must be submitted in writing prior to the Technical Meeting to [USPara.SwimInfo@usopc.org](mailto:USPara.SwimInfo@usopc.org).
- We look forward to a great meet!

