



Lakeshore Para Swim Open

March 7 – 8, 2026

Classification March 6

WPS Sanctioned, USA Swimming Observed



General Information	
Meet Director	Emily Mallard emilym@lakeshore.org ; (205) 313-7467
Entry Chair	Matt Edwards matthewe@lakeshore.org ; (205) 313 -7472
Competition Format	<ul style="list-style-type: none">• World Para Swimming Sanctioned and USA Swimming Observed• LCM competition that shall be governed by current World Para Swimming Rules and regulations: https://www.paralympic.org/swimming/rules• There will be three (3) sessions of Timed Finals.• All events will be seeded by time regardless of sport class.• No awards will be given.
Competition Venue and Parking	<p>The Birmingham Crossplex 2340 Crossplex Blvd. Birmingham, AL 35208</p> <p>Competition Pool:</p> <ul style="list-style-type: none">• Indoor, 10 lane, 50-meter pool or 20 lane, 25 yard with non-turbulent lane lines, Colorado timing system and video scoreboard. The water depth is a minimum of 8 feet to 16 feet.• Six lanes will be used for competition; meet management reserves the right to use eight lanes for the 1500 event• Three lanes will be available for warm-up/warm-down during the meet, with a buffer lane between the competition lanes. <p>General Facility Information:</p> <ul style="list-style-type: none">• The Birmingham Crossplex is a card only facility.• Concessions will be available at each session. <p>Parking:</p> <ul style="list-style-type: none">• Daily parking charge of \$10 per vehicle, per day. <p>Locker Rooms and Changing Areas:</p> <ul style="list-style-type: none">• Locker rooms are available for athlete changing before, during, and after the meet.<ul style="list-style-type: none">○ They are divided into 2 distinct sections: MINOR ONLY and 18 AND OVER.• Deck changing is prohibited. Safety Marshals will monitor restrooms.• A family/accessible restroom is available off the hallway to the pool from the lobby.

Classification and Practice Venue	Lakeshore Foundation 4000 Ridgeway Drive Birmingham, AL 35209 Indoor 8 lane, 25-yard pool. Depth from 3.5 feet to 9 feet.
Deck Access	Deck access will be limited to credentialed athletes competing in the event, as well as credentialed officials, coaches, and support staff. Uncredentialed parents, siblings, coaches, etc. will not be allowed on the pool deck. Accessible spectator seating is available on the second floor.
Medical Supervision	<ul style="list-style-type: none"> • Birmingham Crossplex: EMS personnel present during competition. • Lakeshore Foundation: Certified lifeguards on deck at all times.
Volunteers	Volunteers are needed! If you would like to volunteer during the meet, please use this link: Lakeshore Para Swim Open Volunteer Opportunities

Officials Information	
Meet Referee	Mark Reinarts (503) 929-7538
Admin Official	TBD
New Officials	<p>USA Swimming and US Para Certified officials welcome.</p> <ul style="list-style-type: none"> • Please contact the meet director for information and to apply. • If you wish to be certified as a U.S. Paralympics Swimming official, you must complete the certification requirements, which include class instruction and an on-deck evaluation. • See https://www.usparaswimming.org/officials for information.

Meet Eligibility, Entry Process, and Classification Information	
Meet Eligibility	<ul style="list-style-type: none"> • All swimmers with physical, visual, and/or intellectual impairments are welcome. Please see the Classification information below for more information. • Swimmers without a national classification or who have a national provisional classification must sign up for a classification appointment. See information below.
Entry Information	<ul style="list-style-type: none"> • 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. • To have your times considered for the USA Swimming database, please correctly include the USA Swimming registration information in your online entry. • A maximum of one coach/personal care assistant 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). • Please submit athlete scratches & event changes by FRIDAY, March 6, 2025, at 3:00 PM CST.

	<ul style="list-style-type: none"> • All changes and scratches may be made at the Friday Early Check-In or by email to the Entry Chair. • A \$50.00 re-entry fee will be assessed for any event “no shows” that occur at the meet except for medical withdrawals. • Open Events are only for athletes who are being classified at the competition and receive a sport class of Not Eligible (NE).
Entry Fees and Deadlines	<ul style="list-style-type: none"> • Athlete entry- \$125.00 per Athlete. Fee includes athlete T-shirt. • Coaches and support staff- \$20.00 by published deadline, or available at the door for \$40.00 with SafeSport certificate in hand. Coach and support staff fees do not include a T-shirt. • Entry fees are non-refundable.
Entry Deadlines	<p>February 9 at 5:00 pm CST:</p> <ul style="list-style-type: none"> • Deadline for athletes that have not been classified or are under review for classification. • Medical Diagnostic Forms must be sent to NPCUSAClassification@usopc.org ASAP and no later than February 19. A link to these forms can be found in the “Classification Information” section. <p>February 13 at 5:00 pm CST:</p> <ul style="list-style-type: none"> • Deadline for athletes with a current national or international classification. • Deadline for advanced purchase credentials. <p>Late entries after the above deadline may be accepted at the discretion of the entry chair with a late fee of \$100 USD.</p>
Entry Process	<ul style="list-style-type: none"> • Athlete, coach, and support staff entries are accepted ONLINE ONLY. • Please find the registration link at: Lakeshore Para Swim Open Registration
Entry Changes	<ul style="list-style-type: none"> • The Entry Chair will accept event changes by email until Friday, March 6 at 3:00 pm CST. • Entry changes required for Classification will be made before the beginning of Session 1 as requested by the Classifiers.
Classification Information	<ul style="list-style-type: none"> • National classification for athletes with a physical impairment will be offered Friday, March 6, 2026, 9:00 am to 6:00 pm CST at the Lakeshore Foundation. • Classification overview and Medical Diagnostic Forms can be found by visiting: https://www.usparaswimming.org/classification <ul style="list-style-type: none"> • 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 accommodation will be made for specific classification time slots. • U.S. Paralympics Swimming staff will assign classification appointments. • U.S. swimmers who have not been classified nationally must complete the Medical Diagnostic Form and return to NPCUSAClassification@usopc.org by February 19 to be eligible for a classification appointment.
T-Shirts	<ul style="list-style-type: none"> • Athletes will be given an event T-shirt with their registration. • Additional T-shirts may be purchased through the registration link until Friday, February 13 at 5:00 pm CST for \$20.00. Shirts will NOT be available for purchase at the door.

Policies and Waivers	
Waiver/Release	Athletes, coaches, and all support staff must fill out the following waiver and media release before they will be allowed to pick up their credentials: Participant Waiver
Athlete Safety Requirement	All athletes ages 18 and older must complete Athlete Protection Training (“APT”) to participate in the competition. 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 18 on or after the first day of competition will NOT count for qualification or recognition. The requirement to complete Athlete Protection Training is an annual requirement.
US Center for SafeSport Training Requirements	<p>All U.S. athletes, coaches, officials, and support staff are subject to the requirements outlined in the USOPC Athlete Safety Policy. Adults 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 event 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.</p> <p>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 compliant with training, depending on the required course, it will take between 30 to 90 minutes to complete the training.</p> <p>Taking the SafeSport Trained Core or Refresher training is free for registered event participants. You must submit proof of completion and expiration date of your most recent SafeSport training before receiving credentials at the competition. USA Swimming Deck Pass may be used for proof of compliance.</p> <p>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-andeducation/safesport-courses-for-all/.</p>
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 2026 Lakeshore Para Swimming 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.

Transportation and Accommodations	
<i>All transportation / accommodations are the responsibility of each athlete.</i>	
Transportation	Birmingham-Shuttlesworth International Airport (BHM) <ul style="list-style-type: none"> • Airport to the Crossplex- 10 miles • Airport to Lakeshore- 9 miles • Lakeshore to Crossplex- 11 miles
Recommended Hotels	<ul style="list-style-type: none"> • Courtyard by Marriott Birmingham Homewood <ul style="list-style-type: none"> • 500 Shades Creek Pkwy, Birmingham, AL 35209; (205) 879-0400 • Courtyard Homewood • Hilton Garden Inn Birmingham/Lakeshore Drive <ul style="list-style-type: none"> • 520 Wildwood Circle Dr N, Birmingham, AL 35209; (205) 314-0274 • Hilton Lakeshore • Four Points by Sheraton Birmingham Homewood <ul style="list-style-type: none"> • 492 Wildwood Circle N, Birmingham, AL 35209; (205) 942-6070 • Sheraton Homewood

US Paralympics Swimming Clinic Opportunity- Friday, March 6, 2026	
Introduction & Orientation In-Person Foundations 1 & 2 Clinic	
Peggy Ewald, US Paralympics Swimming, Education and Coach Consultant	
Overview and Learning Objectives	<p>This clinic is designed to provide an introduction and orientation to the para-swimming arena in the USA. It's designed for swimmers with a disability, coaches, parents and anyone interested in the para-swimming community and how to support swimmers with a disability.</p> <ul style="list-style-type: none"> • 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 • Share experience and knowledge of the USPS Coaches with coaches on how to use their coaching skills and apply that information to various sport classes. • Provide an in-water session for athletes and provide feedback on their development in the para-swimming arena. • Provide Parents with a Q & A session and to identify resources that will support their athlete and connect them to the para swimming community

Registration	<ul style="list-style-type: none"> • Clinic registration is included in the meet registration form. • Pre-registration is required. 			
Location	Lakeshore Foundation 4000 Ridgeway Drive Birmingham, AL 35209			
Schedule (All times CST)	9:00-9:30 am	Arrival and Registration	Lakeshore Foundation	All Participants
	9:30-10:30 am	Intro and Orientation	Multimedia Room	All Participants
	<i>15-minute break</i>			
	10:45-11:45 am	Coaches Session	Multimedia Room	Coaches
	<i>Lunch on own</i>			
	1:00-1:30 pm	Arrival, change for pool	Lakeshore Lap Pool	Athletes and coaches
	1:30-3:00 pm	In water session	Lap Pool	Athletes and coaches
	3:00-3:30 pm	Athlete wrap-up	Pool Deck	Athletes
	3:30-4:00 pm	Parent Session	Multimedia Room	Parents

Schedule of Events (All times CST)

Friday, March 6, 2026

- Classification- 9:00 am – 6:00 pm- by appointment only
- US Paralympics Swimming Clinic: 9:00 am – 4:00 pm- Registration required.
- 3:00-6:00 pm- Open practice & early credential pick-up- Lakeshore Foundation

Athletes participating in the clinic or involved in classification may pick up their credentials upon arrival

Saturday, March 7, 2026

Session 1

- 7:30 am- Crossplex opens, credential pick-up opens
- 7:45 am- Technical Meeting- Hospitality Room
- 8:00-8:45 am Warm-ups
- 9:00 am- Competition begins, credential pick-up closes

Women	Event	Men
1	50m Freestyle (S1-S14)	2
3	200m Breastroke (SB1-SB9, SB11-SB14)	4
5	100m Backstroke (S1-S14)	6
7	200m Butterfly (S1-S14)	8
9	150m IM (SM1-SM4)	10
11	1500m Freestyle (800m Split) (S1-S14)	12

Session 2

- 3:30 pm- Crossplex opens, credential pick-up opens
- 4:00-4:45 pm Warm-ups
- 5:00 pm- Competition begins, credential pick-up closes

Women	Event	Men
13	100m Freestyle (S1-S14)	14
15	200m Backstroke (S1-S14)	16
17	50m Breastroke (SB1-SB9, SB11-SB14)	18
19	100m Butterfly (S1-S14)	20
21	400m IM (SM1-SM14)	22

Sunday, March 8, 2026

Session 3

- 7:30 am- Crossplex opens, credential pick-up opens
- 8:00-8:45 am Warm-ups
- 9:00 am- Competition begins, credential pick-up closes

Women	Event	Men
23	200m Freestyle (S1-S14)	24
25	50m Backstroke (S1-S14)	26
27	100m Breastroke (SB1-SB9, SB11-SB14)	28
29	50M Butterfly (S1-14)	30
31	200m IM (SM1-SM14)	32
33	400m Freestyle (S1-S14)	34