



Meet Package

Lewisville 2021 World Para Swimming World Series

1. WELCOME

U.S. Para Swimming would like to invite all federations and clubs to participate in the Lewisville 2021 World Para Swimming (WPS) World Series April 15 – 17, 2021. We look forward to hosting swimmers, coaches, and officials in Lewisville, Texas.

2. GENERAL INFORMATION

2.1 Dates and General Information

- Entry Deadline: March 12, 2021
- Classification Deadline: February 25, 2021
- Training Dates/Times: April 12-14, 2021
- Meet Registration: All Athletes and Staff must confirm their meet entries in advance. There will be no onsite registration.
- Competition Dates: Thursday April 15 – Saturday, April 17, 2021
- Meet Management: Erin Popovich – Erin.Popovich@usopc.org and Jenny Sternecker – Jenny.Sternecker@usopc.org
- Facility Contact: Shannon Gillespy - gillespys@lisd.net
- WPS Technical Delegate: Mark Rieniets – rieniets@gmail.com
- World Para Swimming Classification:
 - Jovana Zrnzevic Jovana.Zrnzevic@WorldParaSwimming.org
- World Para Swimming Contact:
 - Georgios Antoniou- Georgios.Antoniou@WorldParaSwimming.org

2.2 Venue Overview

LISD Westside Aquatic Center
1750 Duncan Lane
Lewisville, TX 75067

- <http://www.lisd.net>
- (214)-222-6940

2.3 Travel, Transport, Accommodation

2.31 Airports

- Dallas Fort Worth International Airport (DFW): 11 miles from the LISD Westside Aquatic Center
- Dallas Love Field Airport (DAL): 22 miles from the LISD Westside Aquatic Center

2.32 Ground Transportation

All individuals and teams are responsible for their own transportation to and from the airport and in and around Lewisville. Please refer to Section 5 for the COVID-19 protocols and recommendations.

2.33 Accommodations

All individuals and teams are responsible for their own accommodations. U.S. Para Swimming will not be responsible for travel, meals, or housing arrangements for teams or individuals. There

are many hotels and restaurants in the area. A list of accommodations is listed at the end of this packet. Please refer to Section 8 for the COVID-19 protocols and recommendations.

2.4 Visas & Travel Waivers

If your team requires a VISA to attend this event, U.S. Para Swimming can provide an invitation letter upon request and confirmation of entry into the meet. Please email

Erin.Popovich@usopc.org with the following information for all swimmers and staff attending:

- Family Name (Last Name)
- Given Name (First Name)
- Date of Birth (Month/Day/Year)
- Passport Number
- Position on Team

Should you require a travel exemption waiver to enter the United States, please complete the information at this [link](#).

2.6 Safesport

All U.S. participants in this competition are subject to the requirements outlined in the USOPC Athlete Safety Policy available at: <http://teamusa.org/USOPCAthleteSafetyPolicy>. Adult Participants are required to comply with the Mandatory Components of the Minor Athlete Abuse Prevention Policies (MAAPP) available at: <http://teamusa.org/maapp>. Participating in our events also comes with certain responsibilities, such as requirements to report Prohibited Conduct, to include violations of the MAAPP, as outlined in Section 6 of the USOPC Athlete Safety Policy, as well as completing training. All U.S. athletes (18 years and older), coaches, and support staff requesting accreditation must complete, or have completed within the last calendar year, the applicable U.S. Center for SafeSport training as outlined in Section 4 of the USOPC Athlete Safety Policy. USA Swimming membership cards with SafeSport training that is valid through the conclusion of the event will be accepted. The training can be found at the link below:

Depending on the required course, it will take between 30 to 90 minutes to complete the training, and it is free. Please email Reagan Folaron for the access code for the training and email a copy of the certificate of completion to Reagan Folaron [at Reagan.Folaron@usopc.org](mailto:Reagan.Folaron@usopc.org) by March 12, 2021 or at least two weeks prior to the event.

If you are a minor athlete, completing the training is not required, but we recommend you work with your parent/guardian and take one of the free youth training courses offered by the U.S. Center for SafeSport. The U.S. Center for SafeSport also makes resources available to parents regarding abuse prevention in sport, to include the Parent Toolkit, and free online training. Training for both minor athletes and parents is available at: <https://uscenterforsafesport.org/training-and-education/training-and-education-services/>.

All Canadian coaches and support staff must be a member in good standing with CSCTA.

2.7 Background Checks

U.S. Coaches and support staff requesting accreditation must complete or have a current background check. USA Swimming membership cards with a background check that is valid through the conclusion of the event will be accepted. You can find more information on the USOPC Background Check Policy at this [link](#).

2.8 COVID-19 Guidelines

Detailed COVID-19 Guidelines are listed in Section 8 of this meet packet. Several specifics for this event:

- There will be **no** spectators allowed
- Teams will be allowed a max of one (1) coach per five (5) athletes
- Swimmers with a code exception of A or T under rule 12.1 of the WPS Classification Rule Book will be allowed additional Team Staff at request. Please contact Erin Popovich if you need to request additional Team Staff.

3. Sport Entries

3.1 Entries

Online Entry system (for non-USA Athletes/teams): www.paralympic.org/entries

- Entries Open: February 19, 2021
- Entry Deadline: March 12, 2021
- Entries must be submitted by NPCs or NFs only.
- **U.S. Swimmers** must complete their entries and submit meet entry files including proof of time [HERE](#). If you have questions, please contact Jenny Sternecker at Jenny.Sternecker@usopc.org.
- Entry times must meet a Lewisville 2021 WPS World Series MQS (Section 7) in Long Course Meters (LCM)
- Swimmers may “swim up” one classification if an event is not offered for their sport class on the Tokyo 2020 Paralympics Games Program. Swimmers must enter the event in the eligible classification (e.g. if you are SM12 you must register as SM13 in the 200m IM) to qualify for the final. Swimmers will be eligible to advance to the final of the class they swim up in if they make the top 8 for the A final or qualify by the WPS power points for the Bonus final. Swimmers who make the final and do not wish to swim the final, are subject to WPS Rule 6.3.4
- Swimmers may enter up to six (6) events, as long as they have a Lewisville 2021 WPS World Series MQS in at least one event for their classification.
- U.S. Swimmer entry times may be submitted from WPS recognized competitions or USA Swimming, YMCA, or U.S. Masters Swimming sanctioned competitions from October 2018 to the entry deadline.

***Late entries may be accepted at the discretion of U.S. Para Swimming and World Para Swimming and will be assessed a late fee of \$100 USD in addition to the entry fee.**

3.2 Competition Fee

- All swimmers will be charged a \$150 USD fee to enter the meet, regardless of the number of events they enter.
- Following the entry deadline, there will be no refunds unless COVID-19 prohibits your travel to the event or you do not receive an international classification appointment, therefore will not be attending.
- All Team staff (i.e. coaches, medical staff, managers, etc.) will be charged a \$50 USD fee per credential
- Pre-travel COVID-19 PCR Tests are the responsibility of each participant. Negative COVID-19 PCR Tests onsite will be covered by the event. Any additional COVID-19 PCR tests during the event will be the responsibility of the participant.

Invoicing

- To receive an invoice for Athlete and Staff entries, please email erin.popovich@usopc.org with the following information:
 - Official Delegation/National Federation/NPC
 - Billing Address
 - Email Address
 - Number of Athletes and Staff Entered
- Teams may pay on-site; however, we encourage all to pay in advance

3.3. Competition Format and Schedule

- All prelims will be seeded by times.
- A single A final (top 8 eligible swimmers) will be available for each event on the Tokyo 2020 Paralympics Games Program. Swimmers must have an international classification to be eligible for this final.
- A bonus B final will be contested prior to the start of each series of A finals for swimmers who do not have an international classification. Swimmers will advance to the B final based on the WPS power points earned in the preliminary swims.
- Events not on the Tokyo 2020 Paralympic Games Program will be conducted during prelim sessions only.
- There will be no relay events.
- Only medical withdrawals will be accepted as per WPS Rule 6.3.4

Day 1, Thursday, April 15, 2021	Day 1, Thursday, April 15, 2021
Preliminary Session	Finals Session
Warm-up: 7:30am Start: 9:00am	Warm-up: 3:30pm Start: 5:00pm
#1 Women's 100m Freestyle - (S1-S14)	#1 Women's 100 m Freestyle - (S3, S5, S7, S9 - S12)
#2 Men's 100m Freestyle - (S1-S14)	#2 Men's 100m Freestyle - (S4-S6, S8, S10, S12)

#3 Women's 50m Breaststroke - (SB3)	#3 Women's 50m Breaststroke - (SB3)
#4 Men's 50m Breaststroke - (SB2-SB3)	#4 Men's 50m Breaststroke - (SB2-SB3)
#5 Women's 100m Breaststroke - (SB4-SB9, SB11-SB14)	#5 Women's 100m Breaststroke - (SB4-SB9, SB11-SB14)
#6 Men's 100m Breaststroke - (SB4-SB9, SB11-SB14)	#6 Men's 100m Breaststroke - (SB4-SB9, SB11-SB14)
#7 Women's 200m Freestyle (S5, S14)	#7 Women's 200m Freestyle - (S5, S14)
#8 Men's 200m Freestyle - (S2 - S5, S14)	#8 Men's 200m Freestyle - (S2 - S5, S14)
Day 2, Friday, April 16, 2021	Day 2, Friday, April 16, 2021
Preliminary Session	Finals Session
Warm-up: 7:30am Start: 9:00am	Warm-up: 3:30pm Start: 5:00pm
#12 Women's 50m Butterfly – (S5-S7)	#12 Women's 50m Butterfly – (S5-S7)
#13 Men's 50m Butterfly - (S5-S7)	#13 Men's 50m Butterfly - (S5-S7)
#14 Women's 100m Butterfly – (S8-S10, S13-S14)	#14 Women's 100m Butterfly – (S8-S10, S13-S14)
#15 Men's 100m Butterfly - (S8-S14)	#15 Men's 100m Butterfly - (S8-S14)
#16 Women's 400m Freestyle - (S6 -S11, S13)	#16 Women's 400m Freestyle - (S6 -S11, S13)
#17 Men's 400m Freestyle - (S6 – S11, S13)	#17 Men's 400m Freestyle - (S6 -S11, S13)

#18 Women's 50m Freestyle - (S1- S13)	#18 Women's 50m Freestyle - (S4, S6, S8, S10, S11, S13)
#19 Men's 50m Freestyle - (S1- S13)	#19 Men's 50m Freestyle - (S3- S5, S7, S9-S11, S13)
Day 3, Saturday, April 17, 2021	Day 3, Saturday, April 17, 2021
Preliminary Session	Finals Session
Warm-up: 7:30am Start: 9:00am	Warm-up: 3:30pm Start: 5:00pm
#22 Women's 50m Backstroke - (S2 - S5)	#22 Women's 50m Backstroke - (S2 - S5)
#23 Men's 50m Backstroke - (S1- S5)	#23 Men's 50m Backstroke - (S1- S5)
#24 Women's 200m IM - (SM5-SM10, SM11, SM13-SM14)	#24 Women's 200m IM - (SM5-SM10, SM11, SM13-SM14)
#25 Men's 200m IM Events - (SM6-SM10, SM11, SM13-SM14)	#25 Men's 200m IM Events - (SM6-SM10, SM11, SM13-SM14)
#26 Women's 150m IM - SM4)	#26 Women's 150m IM - (SM4)
#27 Men's 150m IM - (SM3- SM4)	#27 Men's 150m IM - (SM3- SM4)
#28 Women's 100m Backstroke - (S2, S6-S14)	#28 Women's 100m Backstroke - (S2, S6 - S14)
#29 Men's 100m Backstroke - (S1-S2, S6-S14)	#29 Men's 100m Backstroke - (S1-S2, S6-S14)

3.4 Swimmers Eligibility

International Swimmers must:

- hold an active World Para Swimming license for the 2021 Season
- have an International Classification or be scheduled for International Classification at this competition. Information can be found at <https://www.paralympic.org/swimming/classification>
- have achieved a Lewisville 2021 WPS World Series Minimum Qualification Standard (MQS) at a World Para Swimming Recognized 50m competition (times are only recognized if the athlete was already licensed at the time of the achievement or has a recognized split time World/Regional record in the same length & stroke, that is included in the rankings) or a USA Swimming, U.S. Masters Swimming, YMCA sanctioned 50m Competition for an event on the Tokyo 2020 Paralympic Games program between October 2018 and March 12, 2021.

U.S. Swimmers (without an international classification) must:

- have a national classification
- have achieved a Lewisville 2021 WPS World Series Minimum Qualification Standard (MQS) at a World Para Swimming Recognized 50m competition or a USA Swimming, U.S. Masters Swimming, YMCA sanctioned 50m Competition for an event on the Tokyo 2020 Paralympic Games program between October 2018 and March 12, 2021.

3.5. Wild Card Entry

New athletes can enter without an MQS for classification purposes. The LOC/World Para Swimming can give Wild Cards for other athletes upon request. Contact World Para Swimming prior to March 12, 2021 for questions on Wild Cards.

3.6. Event Viability Criteria

All events will be considered viable. In the exceptional case where only three (3) or fewer athletes compete in an event medals will be awarded following the “minus one rule” This means if an event has only three (3) athletes competing in it, two (2) medals will be awarded. (WPS Rule – 10.14.1)

- All events in prelims and finals will be viable even if there is one (1) swimmer in the sport class.

3.7. Rules & Regulations

For all World Para Swimming World Series events, the current World Para Swimming Rules and Regulations apply. They can be found on the World Para Swimming website (see Swimming – Rules & Regulations – Rules).

- The following amendments to the World Para Swimming Rules and Regulations will apply for this competition:
 - U.S. Paralympics Swimming in consultation with WPS shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event.

- Fines and Protests Fees will be accepted in U.S. Dollars. The fees are as follows:
 - Re-Entry back into the meet for a missed event will be \$50.00.
 - Protest of a Technical Disqualification during competition will be \$50.00.
 - Appeal of a Protest Decision will be \$100.00.
- Athletes must check into the call room no later than 15 minutes prior to the time of their event listed on the start list.

4. COMPETITION INFORMATION

4.1. Competition Venue

The Westside Aquatic Center is a 75,000 square foot facility with a 75-meter Myrtha competition pool holding 1.3 million gallons and features 36 lanes and four diving boards (two 1-meter and two 3-meter).

The Center will accommodate high school, club, and major collegiate meets, including district championships and Pro-Ams.

The Westside Aquatic Center is located just minutes from Lewisville hotels, restaurants and shopping.

4.2. Training

All training will take place at the LISD Westside Aquatic Center. In line with COVID-19 competition guidance, training slots will be allocated to teams/competition April 12 – 14, 2021.

4.3. Technical Meeting

The technical meeting for all coaches/team managers will be held at **5:00pm on Wednesday, April 14 VIRTUALLY**. A zoom link and information will be provided to all coaches and team staff in advance of the meeting. Any questions should be submitted in advance and will be answered during the meeting. Information from the meeting will be posted after the technical meeting on

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

4.4. Warm-up & Swim-down

The diving well and training pool will be available for warm-ups and cool-downs during the competition. There will be a max of three (3) swimmers per lane. In line with COVID-19 guidelines, we ask all athletes to limit their access to 20-30 minutes before/after their race and be efficient with their time so all athletes can prepare appropriately.

4.5. Ice Baths, Massage Tables, Race analysis

- Ice baths will not be allowed.
- Massage tables and massage services will not be provided. For those countries/teams bringing massage tables, please inform Erin Popovich. Massage and medical treatments will only be allowed in designated areas. All treatments must be conducted in an observable and interruptible location.

- Teams wishing to do videotaping must contact Erin Popovich.

4.6. Changing Rooms

In line with COVID-19 guidelines, swimmers should come to the pool dressed for competition. Changing rooms for each gender are provided and are wheelchair accessible. There are several family changing rooms that are also available. There will be a designated spot for Minor athletes to change in the locker rooms.

4.7. Call Rooms & Competition

There are two (2) call rooms:

- The 100m call room will be located at the timing side of the pool
- The 50m and 150m call room will be located on the timing side of the pool near the training pool.

It is the responsibility of the athletes to report to the Call Room no later than 15 minutes prior to the scheduled start of their event. Regulations outlined in the World Para Swimming Rules and Regulations concerning swimwear will apply; swimwear (caps, goggles and swimsuits) must be from the approved list and might be checked in the call room. Athletes will be escorted from the Call Room onto the pool deck.

4.8. Sport Information Desk (SID)

A Sport Information Desk will operate at the competition venue on the days of competition, as well as during any scheduled training sessions. During training, the SID will be located in the lobby area. During competition, the SID will be near the announcers stand. It is the primary and only point of distribution for all event related information including the following:

- Distribution of start lists for the NPCs;
- Official communication with teams;
- Official forms distribution (Relay Entry form, Protest form, Medical withdrawal form);
- Liaison between teams and World Para Swimming.

4.10. Athletes & Team Officials Seating

In line with COVID-19 guidelines, athletes should keep six (6) feet apart at all times. Team seating will be along the timing side of the pool and on the opposite side within the designated area. There will be additional seating in the stands. Signage will be posted.

4.11. Accreditation:

Accreditation Deadline: March 12, 2021

Each country must register their athletes and staff through the U.S. Paralympics Swimming. The link to the accreditations may be found under the event information page at <https://www.teamusa.org/usparaswimming/competitions>. Each country will receive an invoice from U.S. Paralympics Swimming after all entries have been submitted and athlete and staff accreditations have been requested. If a visa is required, invoices must be paid before a visa letter is sent. If no visa is required, invoices must be paid before competition begins in order

to swim. For those countries paying on arrival to Lewisville, please let Erin Popovich (Erin.Popovich@usoc.org) know in advance.

- Support staff may include physiologists, chiropractors, doctors, massage therapists, bio mechanists, psychologists, physiotherapists, attendant care personnel or team managers/chaperones._
- Swimmers and support staff will be provided with an accreditation card for deck access.
- Accreditation must be displayed at all times. Access to the pool will be through the lobby and past the main security/COVID-19 checkpoint.
- Lost accreditation will be replaced at a cost of \$50.00 per accreditation.

Note:

The Deck Accreditation Card remains the property of U.S. Paralympics Swimming and can be withdrawn, with immediate effect, at U.S. Paralympics Swimming's sole discretion. Please be advised that deck accreditations should not be provided to children, youth or adults that are not participants in the competition, either as an athlete, coach, support staff or volunteer/official. Insurance and risk management do not extend to non-supervised minors or individuals that are age of majority that are not part of the competition either as a participant, coach, support staff or event volunteer/official.

4.12. Classification

This competition offers international classification for the following impairment types and be conducted at the LISD Westside Aquatic Center:

- Physical Impairment (PI) | Intellectual Impairment (II):
 - Monday, April 12 9:00am – 5:00pm
 - Tuesday, April 13 9:00am – 5:00pm
 - Wednesday, April 14 9:00am – 5:00pm
- Visual Impairment (VI): Location TBD
 - Monday, April 12 9:00am – 5:00pm
 - Tuesday, April 13 9:00am – 5:00pm

At competitions where classification is offered, World Para Swimming will schedule athletes with a New or Review status pursuant with the below regulations. Preference will be given to NPCs who submitted their prioritised classification requests for the 2021 season by the announced deadline.

An athlete will only be permitted to undergo International Classification if he or she:

- Is licensed with World Para Swimming pursuant to the relevant provisions in the World Para Swimming Rules and Regulations;
- Has been entered into the competition by the entry deadline;
- Has submitted Medical Diagnostics information (Medical Diagnostic Form and supporting documents) to the Sport Data Management System (SDMS) by the final entry deadline

Depending on the athlete's health condition and impairment, additional medical diagnostic information may be requested at any time (as per article 7.6 of the World Para Swimming

Classification Rules and Regulations, January 2018). If an athlete fails to produce sufficient medical documentation and the classification panel considers that the absence of such medical documentation will affect its ability to conduct Athlete Evaluation in a fair manner, classification will be suspended as per article 30 of the World Para Swimming Classification Rules and Regulations (January 2018).

Note on Athletes with an Intellectual Impairment (II)

Athletes with Intellectual impairment are not required to submit a Medical Diagnostic Form to SDMS. However, prior to Athlete Evaluation, an Athlete must comply with the following criteria:

- Inclusion on the INAS Classification Master list
- Completion of the Training History and Sport Limitation Questionnaire (TSAL-Q) no older than 12 months.
- Where a classification schedule is full:
 - World Para Swimming will prioritise athletes based on the priority lists submitted by the National Paralympic Committees;
- World Para Swimming will have a discretion to distribute the number of classification slots per National Paralympic Committee
- World Para Swimming will prioritise licensed athletes over registered athletes, and athletes with Sport Class Status New may take priority over those with a Review Sport Class Status

If an Athlete is required to attend Athlete Evaluation, they must arrive at the competition prior to the start of the classification period. World Para Swimming will schedule athletes in accordance with the classification period and not arrival dates of athletes. World Para Swimming WILL NOT accommodate any request to change any athlete's classification times.

If an athlete fails to attend Athlete Evaluation at the scheduled time, the athlete may not be permitted to compete at the relevant Competition.

If an athlete is classified Non-eligible (NE) or is designated Classification Not Complete (CNC) they will not be able to compete at the relevant Competition.

Athletes should take note of the Athlete Evaluation Requirements outlined in Article 2 and Part Four 4 of the World Para Swimming Classification Rules and Regulations. Failure to comply with these rules may lead to the suspension of Athlete Evaluation

Observation in Competition Assessment

Athletes with a physical and intellectual impairment may be required to undergo observation in competition assessment (see article 14, Appendix One and Appendix Three of the World Para Swimming Classification Rules and Regulations).

Note that in case the athlete wishes to be classified in the S sport class, the athlete may require observation in competition following the physical and technical assessment for this class, and for the observation to be completed, the athlete must be entered and swim at least a 100m distance in any S event or must swim in a SM event. The same applies if the athlete wishes to be classified for the SB sport class, with the exception of SB 1-3 sport classes, where observation assessment can be conducted over a 50m distance event. Lastly, if the athlete only wishes to enter an SM

event, the athlete may need to be observed for the SB class and this cannot be conducted during an SM event (except to SB 1-3 sport classes). This applies to both athletes with a physical and athletes with intellectual impairment. Please take this into consideration when entering the athletes into events.

For all further information about international classification please contact Jovana Zrnzevic at Jovana.Zrnzevic@WorldParaSwimming.org

U.S. Athletes will be notified if they will receive a slot for international classification.

5. Victory Ceremonies

- Points will be awarded to each swimmer in the finals of each sport class event. Athletes will be ranked by points using the World Para Swimming Points system.
- The top three (3) swimmers in each event according to the World Para Swimming Points System (<https://www.paralympic.org/swimming/world-series-2018/rankings>) will be awarded medals.
- Ceremonies will be included in the timeline for finals.

6. MEDICAL & ANTI-DOPING INFORMATION

6.1. Anti-Doping

The Anti-Doping control / processes will be carried out in full accordance with the IPC Anti-Doping Code and the IPC Doping Control Agreement. Drug Testing will be conducted by and will follow all U.S. Anti-Doping Agency (USADA) policies and procedures.

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 banned substances and doping control can be found by visiting: www.usada.org. All athletes who compete in the Lewisville 2021 World Para Swimming World Series 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.

<https://www.paralympic.org/swimming/rules-and-regulations/anti-doping>

6.2. Medical Services at the Venue

Lifeguards will be on duty at all times during warm-up and competition and are trained to handle water emergencies and first aid assistance aid on the deck. Sports Medicine physician services will also be available for any medical attention required during the meet. This includes minor injuries such as scrapes/abrasions or cuts, concern for more significant injuries such as concussion, sprains, broken bones, worsening spasticity/dystonia, various other medical conditions/issues, or assistance with medical emergencies. Sports Medicine physicians will also be able to help with any COVID-19 questions.

6.3. Insurance

Each NPC must ensure that all members of their delegation are appropriately insured, including coverage for travel, liability, accidents and repatriation. All delegation members must have appropriate accident and health insurance accepted in order to compete. The LOC will provide only basic medical services in the venue.

No medical insurance will be provided to any of the participants. All participants are responsible for obtaining their own medical insurance (including Repatriation Coverage) and will be responsible for any medical expenses resulting from participation in the event.

6.4. Urgent/Emergency Medical Attention

Local Hospitals with Emergency Departments

1. Medical City Lewisville
500 W Main St
Lewisville, TX
469-370-2000
2. Texas Health Presbyterian Hospital
4400 Long Prairie Rd
Flower Mound, TX 75028
469-322-7000
3. Carrollton Regional Medical Center
4343 N Josey Ln

Carrollton, TX 75010
972-492-1010

4. UT Southwestern Medical Center
5323 Harry Hines Blvd
Dallas, TX 75390
214-648-3111

Local Urgent Care Facilities

1. CareNow Urgent Care – Lewisville
1559 W Main St
Lewisville, TX 75067
972-436-0333
Hours:
- Monday – Friday: 8am – 9pm CST
- Saturday: 8am – 8pm CST
- Sunday: 8am – 5pm CST
2. Today Clinic Primary & Urgent Care
1318-A W. Main St
Lewisville, TX 75067
214-222-0781
Hours: - 7 days/week: 10am – 4pm CST
3. PrimaCare Urgent Care
540 Surf St
Lewisville, TX 75067
972-420-9900
Hours:
- Monday – Friday: 8am – 8pm CST
- Saturday – Sunday: 8am – 5pm CST
4. Urgent Care of Texas Coppell
651 N Denton Tap Rd #100
Coppell, TX 75019
972-899-1911
Hours:
- Monday – Friday: 9am – 7pm CST
- Saturday: 10am – 6pm CST
- Sunday: 12pm – 6pm CST
5. 777 Urgent Care
3400 Long Prairie Rd Suite 102
Flower Mound, TX 75022

Hours:
- 7 days/week: 7am – 7pm CST

7. Lewisville 2021 WPS World Series Minimum Qualifying Times

Event	Class	Gender	MQS
50 Free	S3	Men	01:13.60
50 Free	S4	Men	00:58.01
50 Free	S5	Men	00:48.86
50 Free	S7	Men	00:40.42
50 Free	S9	Men	00:36.10
50 Free	S10	Men	00:34.38
50 Free	S11	Men	00:38.43
50 Free	S13	Men	00:34.49
100 Free	S4	Men	02:11.85
100 Free	S5	Men	01:48.94
100 Free	S6	Men	01:36.50
100 Free	S8	Men	01:23.42
100 Free	S10	Men	01:14.63
100 Free	S12	Men	01:18.23
200 Free	S2	Men	07:22.99
200 Free	S3	Men	06:23.00
200 Free	S4	Men	04:53.26
200 Free	S5	Men	04:06.01
200 Free	S14	Men	02:43.74
400 Free	S6	Men	07:36.93
400 Free	S7	Men	06:57.12
400 Free	S8	Men	06:31.84
400 Free	S9	Men	06:04.23
400 Free	S10	Men	05:51.61
400 Free	S11	Men	07:17.08
400 Free	S13	Men	06:10.72
50 Back	S1	Men	02:32.90
50 Back	S2	Men	01:40.64
50 Back	S3	Men	01:19.73
50 Back	S4	Men	01:11.10
50 Back	S5	Men	00:56.81
100 Back	S1	Men	05:16.74
100 Back	S2	Men	03:36.24
100 Back	S6	Men	01:54.67
100 Back	S7	Men	01:47.38
100 Back	S8	Men	01:38.25
100 Back	S9	Men	01:29.56

Event	Class	Gender	MQS
50 Free	S4	Women	01:04.58
50 Free	S6	Women	00:51.00
50 Free	S8	Women	00:45.37
50 Free	S10	Women	00:39.14
50 Free	S11	Women	00:45.52
50 Free	S13	Women	00:38.99
100 Free	S3	Women	03:27.60
100 Free	S5	Women	02:08.06
100 Free	S7	Women	01:45.27
100 Free	S9	Women	01:28.88
100 Free	S10	Women	01:25.20
100 Free	S11	Women	01:41.90
100 Free	S12	Women	01:31.87
200 Free	S5	Women	04:48.55
200 Free	S14	Women	03:06.58
400 Free	S6	Women	08:00.49
400 Free	S7	Women	07:48.17
400 Free	S8	Women	07:14.27
400 Free	S9	Women	06:50.49
400 Free	S10	Women	06:30.34
400 Free	S11	Women	08:02.64
400 Free	S13	Women	06:43.68
50 Back	S2	Women	02:33.90
50 Back	S3	Women	01:40.86
50 Back	S4	Women	01:25.24
50 Back	S5	Women	01:08.96
100 Back	S2	Women	04:52.86
100 Back	S6	Women	02:07.91
100 Back	S7	Women	02:01.58
100 Back	S8	Women	01:53.39
100 Back	S9	Women	01:42.94
100 Back	S10	Women	01:40.60
100 Back	S11	Women	02:00.27
100 Back	S12	Women	01:50.66
100 Back	S13	Women	01:38.59
100 Back	S14	Women	01:40.68
50 Breast	SB3	Women	01:32.33

100 Back	S10	Men	01:26.18
100 Back	S11	Men	01:46.58
100 Back	S12	Men	01:33.12
100 Back	S13	Men	01:27.18
100 Back	S14	Men	01:26.94
50 Breast	SB2	Men	04:27.80
50 Breast	SB3	Men	01:16.14
100 Breast	SB4	Men	02:39.56
100 Breast	SB5	Men	02:26.88
100 Breast	SB6	Men	01:59.56
100 Breast	SB7	Men	01:56.79
100 Breast	SB8	Men	01:46.42
100 Breast	SB9	Men	01:39.20
100 Breast	SB11	Men	01:55.48
100 Breast	SB12	Men	01:42.83
100 Breast	SB13	Men	01:40.09
100 Breast	SB14	Men	01:34.72
50 Fly	S5	Men	00:54.82
50 Fly	S6	Men	00:47.20
50 Fly	S7	Men	00:44.42
100 Fly	S8	Men	01:29.69
100 Fly	S9	Men	01:25.60
100 Fly	S10	Men	01:22.31
100 Fly	S11	Men	01:48.30
100 Fly	S12	Men	01:25.60
100 Fly	S13	Men	01:22.13
100 Fly	S14	Men	01:20.82
150 IM	SM3	Men	06:22.01
150 IM	SM4	Men	04:16.11
200 IM	SM6	Men	04:10.86
200 IM	SM7	Men	03:51.38
200 IM	SM8	Men	03:28.18
200 IM	SM9	Men	03:17.77
200 IM	SM10	Men	03:07.60
200 IM	SM11	Men	03:49.39
200 IM	SM13	Men	03:11.01
200 IM	SM14	Men	03:05.87

100 Breast	SB4	Women	03:15.06
100 Breast	SB5	Women	02:40.93
100 Breast	SB6	Women	02:28.18
100 Breast	SB7	Women	02:21.80
100 Breast	SB8	Women	02:04.86
100 Breast	SB9	Women	01:54.32
100 Breast	SB11	Women	02:16.50
100 Breast	SB12	Women	02:03.54
100 Breast	SB13	Women	01:55.65
100 Breast	SB14	Women	01:56.21
50 Fly	S5	Women	01:16.40
50 Fly	S6	Women	00:57.36
50 Fly	S7	Women	00:54.34
100 Fly	S8	Women	01:50.05
100 Fly	S9	Women	01:38.13
100 Fly	S10	Women	01:34.97
100 Fly	S13	Women	01:40.68
100 Fly	S14	Women	01:37.17
150 IM	SM4	Women	05:01.79
200 IM	SM5	Women	06:19.55
200 IM	SM6	Women	04:35.76
200 IM	SM7	Women	04:32.92
200 IM	SM8	Women	04:12.58
200 IM	SM9	Women	03:44.82
200 IM	SM10	Women	03:31.53
200 IM	SM11	Women	04:17.11
200 IM	SM13	Women	03:36.65
200 IM	SM14	Women	03:37.19

8. COVID PROTOCOLS FOR EVENT

***Note:** The following protocol may be updated as we approach the event dates as COVID-19 guidelines in the U.S. and in the Dallas Fort Worth region/Lewisville evolve.

These health and safety guidelines are for Athletes, Coaches, Officials, Staff, and Volunteers. To minimize the risk of spreading COVID-19, no spectators will be permitted.

Important Dates

1. Attendees for classification must arrive by Friday, April 9, 2021 at 5:00pm CST
 - a. Attendees for classification will be COVID-19 PCR tested on Sunday, April 11, 2021 on-site. Further details about testing location and time will be sent at a later date.
2. All other attendees must arrive by Monday, April 12, 2021 at 5:00pm CST
 - a. All other attendees will be COVID-19 PCR tested on Wednesday, April 14, 2021 on-site. Further details about testing location and time will be sent at a later date.

COVID-19 Testing Protocols Before and After Arrival to Dallas Fort Worth/Lewisville

1. All WPS World Series – Lewisville attendees must be in the Dallas Fort Worth region/Lewisville at least 72 hours prior to athlete check-in for classification or the meet.
 - a. This includes:
 - i. Athletes
 - ii. Coaches
 - iii. Officials
 - iv. Staff
 - v. Venue support staff (lifeguards, timers, etc)
 - vi. Volunteers
 - vii. Doping control
 - viii. Media
 - b. All attendees must submit their flight confirmation [HERE](#) prior to travel.
 - c. Attendees within 4 hours driving distance from the LISD Westside Aquatic Center in Lewisville, TX must be in the Dallas Fort Worth region in time for COVID-19 testing on-site (see bullet #2b).
2. All WPS World Series – Lewisville attendees who will be in the venues (listed in bullet #1) will need to have COVID-19 PCR testing both prior to (e.g. before flying to Dallas Fort Worth) and after arrival at Dallas Fort Worth.
 - a. TESTING PRIOR TO TRAVEL: All attendees (as listed in bullet #1a) traveling to the Dallas Fort Worth region/Lewisville must show proof of a negative COVID-19 PCR test performed within 72 hours PRIOR to traveling to Dallas Fort Worth. Test results will be uploaded [HERE](#).

- i. Attendees who are within a 4-hour driving distance do not need testing prior to travel and only need to perform the scheduled testing on-site before classification (if participating in classification) or the meet (see below in bullet #2b).
 - ii. Any attendee who tests positive for COVID-19 within 14 days of the WPS World Series – LEWISVILLE will not be permitted to travel to the competition or venue.
- b. TESTING AFTER ARRIVAL TO DALLAS FORT WORTH/LEWISVILLE:
On-site COVID-19 PCR testing before classification (if participating in classification) or the meet will be mandatory for all attendees (as listed in bullet #1a).
 - i. A schedule for testing dates, times, and location will be sent to each attendee prior to arrival. All attendees must obtain their testing from the on-site testing location arranged by the local organizing committee.
 - ii. Attendees who live locally in the Dallas Fort Worth region or within a 4-hour driving distance will need to be in the Lewisville/Dallas Fort Worth region for testing on-site no later than:
 - 1. Sunday, April 11, 2021 at 9am CST if they are participating in classification, OR
 - 2. Wednesday, April 14, 2021 at 9am CST if they are participating in the meet only.
 - iii. Any attendee who tests positive for COVID-19 on-site will not be permitted to attend the competition or venue.
 - 1. The attendee must provide a list of all individuals they have had sustained contact with (direct contact totaling more than 15 minutes within a 24-hour period) while in LEWISVILLE/DALLAS FORT WORTH.
 - 2. The attendee will be required to follow the CDC guidelines following a positive COVID-19 test and quarantine 14 days from the time of their last symptom.
- c. U.S. Paralympics Swimming, LISD Westside Aquatic Center, officials, staff, medical volunteers, and other volunteers will not be responsible for the costs of a COVID-19 positive test nor the 14-day quarantine an attendee must follow.
- d. ATTENDEES WHO HAVE HAD THE COVID-19 VACCINE: As COVID-19 vaccination is not 100% effective in preventing COVID-19 infection, attendees who have received the full COVID-19 vaccine series and show proof of their vaccination will be *encouraged but not required* to complete the same COVID-19 testing guidelines as those who have not been vaccinated. The exception is if an attendee begins to show signs and symptoms of COVID-19 infection – then they are required to follow the same testing guidelines as those who have not been vaccinated.
 - i. Proof of COVID-19 vaccination (full series) will be uploaded [HERE](#).

- e. ATTENDEES WHO HAVE HAD PREVIOUS COVID-19 INFECTION WITHIN 90 DAYS OF WPS WORLD SERIES – LEWISVILLE: Due to the likely presence of COVID-19 deceased virus that may remain in an attendee's mucus following infection, if any attendee had a confirmed positive COVID-19 test via PCR or antigen testing within 90 days of the competition, the attendee can be cleared without the need for a negative COVID-19 test if all the following criteria are met:
- i. It has been at least 14 days since the positive COVID-19 test, AND
 - ii. It has been at least 24 hours with no fever without the use of fever reducing medicine (e.g. Tylenol, Ibuprofen), AND
 - iii. Other symptoms of COVID-19 (difficulty breathing, cough, runny nose, muscle aches, diarrhea, etc. that are not present when the athlete is in their typical state of health) are resolved (except for loss of taste or smell, which may take longer to resolve), AND
 - iv. Have proof of the positive COVID-19 test including the date (please upload proof of positive COVID-19 testing and date [HERE](#)), AND
 - v. If the above applies to an athlete, the athlete needs to have written clearance to compete from their medical provider.
 - vi. The exception is if an attendee begins to show signs and symptoms of COVID-19 infection – then they are required to follow the same testing guidelines as all other attendees.
- f. AFTER ON-SITE TESTING:
- i. If anyone develops COVID-19 symptoms after on-site testing, they are required to quarantine immediately and let U.S. Paralympics medical staff know. U.S. Paralympics medical staff may require repeat COVID-19 PCR testing. Attendees who develop symptoms are not cleared to come into the venue until cleared by medical staff. Symptoms of COVID-19 include:
 - 1. Fever with temperature greater than 100.4° F / 38° C
 - 2. Fatigue
 - 3. Difficulty breathing, cough, sore throat, congestion
 - 4. Muscle aches/joint pain (not related to training/swimming) or chills
 - 5. Gastrointestinal symptoms such as nausea, vomiting, or diarrhea
 - 6. Loss of taste or smell
 - ii. If anyone is exposed to an individual with known COVID-19 infection (as identified by contact tracing or self-reporting), they must quarantine for 14 days and may not compete or enter the venue.
 - iii. If anyone is exposed to an individual with suspected but not confirmed COVID-19 infection, they must quarantine either for 14 days or until the individual they were exposed to demonstrates that their COVID-19 PCR test was negative.

General Guidelines for Traveling to and Staying in Lewisville/Dallas Fort Worth Region

1. Minimize community contact for 14 days prior to travel.
2. Follow COVID-19 mitigation travel recommendations outlined in the “Considerations for Participation in National or International Camps or Competitions document at teamusa.org/coronavirus-updates.
3. If possible, stay in a hotel room by yourself to minimize exposure to others.
4. Travel to and from the venue by yourself to minimize exposure to others.
5. Wear your face mask at all times except when eating/drinking, swimming, or in your hotel room by yourself.
 - a. When you are in areas that do not allow you to socially distance more than 6 feet (e.g. on the airplane), consider doubling up on face masks and also wearing eye protection such as goggles/safety glasses or a face shield to protect your eyes from respiratory droplets (*Remember, a face shield does not replace a face mask*).
6. Maintain at least 6 feet of physical distancing whenever possible.
7. Wash your hands with soap and water (for at least 20 seconds) or use hand sanitizer with 60-95% alcohol thoroughly after touching anything someone else may have touched, after coughing/sneezing, after blowing your nose, after going to the bathroom, or after eating.
8. Avoid touching your face, including your eyes, nose, or mouth.
9. Cover your mouth with a tissue or your elbow if you cough or sneeze. Throw the tissue in the trash, and then wash your hands.
10. Use an antiseptic wipe to clean and disinfect frequently touched surfaces regularly (e.g. airplane seat/armrests/seatbelts/tray table/video screens, door knobs, rental car surfaces, [hotel room surfaces](#), [suitcase](#), etc). Consider using an [EPA approved product](#) for COVID-19 using the [CDC’s cleaning guidelines](#) when possible.
11. Stay home if you are sick.
12. Monitor for signs and symptoms of COVID-19 when entering the venue. If you develop symptoms, immediately quarantine and contact U.S. Paralympics Swimming medical staff to figure out next steps.
13. Monitor the [WHO](#) and [CDC](#) websites for travel advisories and follow their recommendations.
14. **Avoid** the following behaviors:
 - a. Huddles, high-fives, fist bumps, handshakes, etc.
 - b. Sharing personal items (e.g., water bottles, other drinks, food, towels, tissues, etc.).
 - i. Label items so that they are not confused with other individuals’ items.
 - c. Cheering, chanting, or singing.
 - d. Spitting or blowing nose without a tissue. If you must sneeze or cough, please try to do so into a tissue or if possible, the inside of your elbow.
 - e. If using a tissue, please dispose of the tissue into a trash can immediately after use and then immediately sanitize your hands.
 - f. Congregating in spaces like the airport gate or baggage claim areas, etc.
 - g. Eating inside restaurants. If you are ordering food from a restaurant, either go through the drive-through (if available), order from a curbside restaurant, order

food to-go to eat in an isolated space, or eat in an outdoor area that allows you to socially distance from others by at least 6 feet.

15. If you are flying: since food service is not readily available on flights, be sure to bring your own food and water on the plane. The following is a checklist of supplies you should consider bringing with you on your trip:

- a. Face mask (see acceptable face mask criteria below in the “Guidelines for Acceptable Face Masks” section)
- b. Face shield/goggles/eye glasses
- c. Hand sanitizer that is 60-95% alcohol
- d. Antiseptic wipes
- e. Additional cleaning supplies for hotel room
- f. Food and water
- g. Medications to last your entire trip

Guidelines for Acceptable Face Masks

1. All face masks (whether disposable or reusable) must:
 - a. Be a medical-grade/surgical-grade mask, N95 mask, or a cloth mask.
 - i. Consider doubling up on medical-grade/surgical-grade or cloth masks for added protection.
 - ii. Face shields may be worn *in addition* to a face mask for added protection to the eyes from respiratory droplets, but face shields do NOT replace masks.
 - b. Fully cover the nose and mouth and be secured under the chin.
 - c. Fit snugly but comfortably against the side of the face.
 - d. Be secured with ties or ear loops and allow the individual to remain hands-free.
 - e. The following are NOT acceptable face coverings: neck gaiters, open-chin triangle bandanas, and face coverings containing valves, mesh material, or holes of any kind. Costume masks are also not considered appropriate and are prohibited from being worn.

Screening Upon Entry into Venue

1. All attendees must be wearing an acceptable face mask by the time they walk up to the venue entrance and are at the screening station.
2. All attendees will be screened with the following protocol PRIOR to entry into the venue:
 - a. Temperature will be measured with a thermometer.
 - i. Attendees with a temperature greater than 100.4° F / 38° C will not be permitted to enter the venue.
 - b. Attendees will need to show proof of their negative COVID-19 PCR test they had on-site in order to enter the venue.

- c. Each individual will be asked the following questions and if an individual answers “yes” to any of the below, they will not be permitted to enter the venue unless cleared by medical staff (these questions will either be asked verbally at the screening table or via a questionnaire, after which the attendee will have to show a screen on their mobile phone that shows they are cleared to enter the venue based on the questionnaire responses):
 - i. In the last 48 hours, have you had any:
 - 1. Fever of 100.4° F / 38° C or higher?
 - 2. Fatigue?
 - 3. New cough, sore throat, congestion, shortness of breath, or difficulty breathing?
 - 4. Chills, body aches, or joint pain not related to training/swimming?
 - 5. Loss of taste or smell?
 - 6. New gastrointestinal symptoms such as nausea, vomiting, or diarrhea?
 - ii. Have you had a positive COVID-19 test in the last 14 days?
 - iii. Are you waiting on a COVID-19 test result for reasons other than pre-procedure/surgery?
 - iv. Have you been exposed to anyone with known or suspected COVID-19 infection in the past 14 days?

Guidelines that Must be Followed While in the Venue

- 1. Everyone must wear a mask properly at all times.
 - a. The only exception is when eating a snack, hydrating, or when athletes are swimming or competing.
 - i. If you need to eat a snack or hydrate, you will need do so in an area at least 6 feet away from others. Best practice is to pull your mask down/up, take a bite or sip, and then immediately pull your mask back up/down to fully cover your mouth and nose between bites/sips while you chew/swallow food/drink.
 - ii. Note: There will NOT be a concession stand at the venue.
- 2. Upon arrival at the starting blocks/starting end of the pool, athletes may remove their mask and clothing and place all of their belongings in a designated location isolated from others' belongings.
 - a. After completion of the event and upon getting out of the pool, the athlete will need to retrieve their belongings immediately.
 - b. After drying off their face, each athlete must put their mask back on appropriately after retrieving their belongings.
- 3. Maintain a 6-foot distance from others at all times.
 - a. The only exception is when an athlete requires assistance or is actively swimming.

4. Attendees assisting athletes must wear a mask fully covering their nose and mouth and will clean their hands with hand sanitizer immediately prior to and after assisting an athlete.
5. No spectators will be allowed into the venue. A live feed will be available for spectators to watch the event remotely.
6. **Avoid** the following behaviors:
 - a. Huddles, high-fives, fist bumps, handshakes, etc.
 - b. Sharing personal items (e.g., water bottles, other drinks, food, towels, tissues, etc.).
 - i. Label items so that they are not confused with other individuals' items.
 - c. Cheering, chanting, or singing.
 - d. Spitting or blowing nose without a tissue. If you must sneeze or cough, please try to do so into a tissue or if possible, the inside of your elbow.
 - e. If using a tissue, please dispose of the tissue into a trash can immediately after use and then immediately sanitize your hands.
 - f. Congregating in spaces like registration tables, locker rooms, etc.
7. Limit your time as much as possible in the venue.
 - a. U.S. Paralympics Swimming will provide a schedule of when attendees are scheduled to warm-up for the meet. You will only be allowed in the venue to warm-up during your scheduled time to limit crowding and decrease risk for COVID-19 exposure.
 - b. When an athlete has completed all their events and collected any medals they have won, they are expected to leave the venue.
8. Hand sanitizer and wipes will be available at the venue entrance as well as other key locations throughout the venue.
9. Where possible (and safe to do so), gates and doors will be propped open to minimize contact with common surfaces and improve ventilation in indoor spaces.
10. All starting blocks and chairs will be cleaned with an [EPA approved product](#) for COVID-19 using the [CDC's cleaning guidelines](#) after each use.
11. Materials such as stopwatches, pens, clipboards, and other materials used by volunteers and officials will be cleaned with an [EPA approved product](#) for COVID-19 using the [CDC's cleaning guidelines](#) before and after each volunteer picks up and returns their materials, respectively.
12. If use of a whistle is required during the event, electronic whistles should be used instead of a blow whistle (blow whistles increase the risk of spreading an official's secretions in the venue).

Guidelines Post-Competition and Upon Traveling Home

1. It is recommended to obtain COVID-19 testing 3-5 days after travel and stay at home for 7 days after travel.
 - a. If testing is not possible, it is safest to stay home for 10 days after travel.

2. Entry and exit policies vary by nation and are frequently modified. Please visit the [Department of State's Country Specific Information](#) website for the latest information regarding your destination.
 - a. This is particularly important for individuals who intend to travel to, and compete or train in, another country following their departure from the U.S.
 - b. Quarantine requirements may apply to travelers who have recently been in the U.S. and can potentially impact an athlete's ability to compete in other countries.

9. Accommodation List

U.S. Paralympics has set up a room blocks at the following hotels. Please use the links below to view the available accommodations

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