



# 2019 CIF San Diego Section Para- Swim Contest Rules

## GENERAL GUIDELINES:

A Para- Swim Division is scheduled for the 2019 CIF San Diego Section and State Swim Meets. Both Divisions will include participants from CIFSDS member schools.

Each athlete will have the opportunity to compete in the 50, and 100 freestyle providing they achieve the qualifying standard.

- The meet order shall be determined by CIF staff and tournament directors.
- Each event is an unclassified event. Athletes do not need IPC classification in order to compete.
- In swim events, Athletes in the Para- Swim Divisions will compete in separate races from traditional athletes. Meet organizers may include athletes in a heat with traditional athletes. Para- athletes will be placed and recognized for awards separately.

Meet management reserves the right to combine genders into one race (if the number of entries is not adequate to fill the lanes and/or the number of races in the pool).

- The events are a pilot program and will be non- scoring; meaning these events will not count towards any team points.
- The top six athletes in each event (in both classes) will receive medals.

## ELIGIBILITY FOR PARTICIPATION IN THE PARA SWIM AND DIVE DIVISIONS:

Only high school students eligible under the CIF Constitution and Bylaws are eligible to compete.

- Any high school student may be eligible to participate in the Para- Athlete Division with a documented permanent physical disability. Each athlete's physical disability must be verified by a licensed physician and maintained on permanent file at the school (i.e. IEP, 504).
- Schools and athletes are responsible for all aspects of participation in the events. (See Bylaw 503)

## SWIMMING CLASSIFICATIONS:

Qualified Para- athletes will be divided into two classifications based on the following:

**Class I for Swimming-** Athletes in Class I will meet or better the entry standard for each event as listed in the table below.

**Class II for Swimming-** Athletes in Class II will meet or better the entry standard for each event as listed in the table below.

## QUALIFICATION STANDARDS:

Participants must meet the following standard for each event in order to submit an entry to the Section meet. School personnel are required to submit an official meet results document to verify the performance.

### Time Standards 2019:

Para- Athlete Event	Class I Range	Class II Range
Girls 50 Free	39.80 or faster	39.81 to 1:09.36
Boys 50 Free	33.98 or faster	33.99 to 54.60
Girls 100 Free	1:27.39 or faster	1:27.40 to 2:28.64
Boys 100 Free	1:20.85 or faster	1:20.86 to 1:58.91

## CIF- SDS CHAMPIONSHIP ENTRY REQUIREMENTS:

To qualify, coaches must submit times and scores to Vanessa Fowlkes at [vanessacifsds@gmail.com](mailto:vanessacifsds@gmail.com), no later than April 28, 2019 at 12:00 p.m. CIFSDS will determine proper seeding. Depending on the number of participants, athletes may not need to attend prelims.

- Coaches should follow the same procedures for their para- athletes as they do traditional athletes.
- Athletes must compete in their school uniform. Please see the event rules section on how to handle exceptions which may be necessary.
- A qualifying performance may be obtained from any high school dual meet, invitational, or championship during the 2019 season. Race entries must be FAT recorded.

## FREQUENTLY ASKED QUESTIONS:

### **Who is eligible in the Para- Swim Division?**

All athletes must have a permanent orthopedic, neuromuscular or other physical disability. This includes Visually Impaired, Cerebral Palsy, Dwarf, Amputees, and Spinal Cord injuries. Permanent orthopedic impairment must be verified by a licensed physician and maintained in permanent school file. All athletes must meet the San Diego Section athlete eligibility standards.

**Why have two different classifications?** Having two different classifications will allow athletes with varying degrees of disability the opportunity to compete. Athletes will be classified based on verified qualifying times.

**Where can athletes compete?** Swim Para-Athletes can compete at any CIF sanctioned meet. Meet directors will be encouraged to add these events. Coaches should always call ahead of time to confirm the events being offered. Coaches can also help by asking meet organizers ahead of time to please add an event if they have not placed on in the program. Athletes may also compete at Paralympic events and those marks will be accepted for the State meet entries provided the races are FAT and the performance can be officially documented.

**How does an athlete participate for their high school swim team?** The athlete must follow the same procedures at their school established for traditional athletes.

**Can athletes in different classifications compete against one another in the same heat?**  
Yes, athletes in different classifications may compete against one another. Boys and Girls heats may also be combined.

**How does a coach enter an athlete in the State meet?** The athlete must be entered into the State meet via the entry form available on the Swim and Dive page of the State CIF website.

**Can a parent represent a Para-Athlete at the State Championships?** Athletes must be represented by their high school coach. The coach must be hired/appointed by the school. Coaches must meet all coaching certification requirements.

**Can Para-Athletes obtain assistance from the coaches or other personnel?** When necessary, meet staff will be available to assist athletes in the competition area. Coaches may not enter the competition area.

**Are the NFHS uniform rules in place for Para-Athletes?** Yes, all uniform rules and regulations are in effect. Any exceptions/modifications may need to be considered and presented to meet officials prior to competition for clarification.

**Can Para- swim athletes compete against traditional athletes in the same race?**  
In school sanctioned swim meets para- athletes can compete with one another. Para- athletes in the 50, and 100 freestyle in CIF Championships will not compete with traditional athletes. Boys and Girls heats may be combined for competition and separated at the conclusion to determine places for each gender and/or division.

**Can the athlete score points for their team at Section Championships?**  
No. Athletes that compete in the Para- athlete events will be awarded individual honors.

#### RESOURCES:

UNITED STATES PARALYMPICS  
Paul Ackerman  
[paul.ackerman@usoc.org](mailto:paul.ackerman@usoc.org)

CHALLENGED ATHLETES FOUNDATION  
Patrick Lawrence  
[patrick@challengedathletes.org](mailto:patrick@challengedathletes.org)  
Travis Ricks  
[coachricks@me.com](mailto:coachricks@me.com)

ADAPTIVE SPORTS AND RECREATION ASSOCIATION  
Lindsay Holzhammer

[lholzhammer@asrasd.org](mailto:lholzhammer@asrasd.org)

(Revised 2/12/19)