



USADSS/AWL Open National Championships FAQ's

07/09/2024

Basic Meet Information

Q: What are the USADSS/AWL Open National Championships?

A: Athletes without Limits (AWL) and USA Down Syndrome Swimming (USADSS) are uniting to host America's first Open National Championships for swimmers who are intellectually impaired (II1, II2, and II3).

Q: Who can compete at the USADSS/AWL Open National Championships?

A: USA athletes must be registered with either Athletes Without Limits (**National or International Eligibility**) or USA Down Syndrome Swimming to compete. Individual international athletes are also invited to compete in the event, and they must be registered with either Virtus or the Down Syndrome International Swimming Organisation (DSISO).

Q: When are the USADSS/AWL Open National Championships?

A: [November 7-10, 2024](#)

Q: Where are the USADSS/AWL Open National Championships?

A: [Rosen Aquatic Center in Orlando, Florida](#)

Q: What is the cost of the USADSS/AWL Open National Championships?

A: \$175 per athlete registration fee covers all entries for the event.

Athletes are allowed one (1) on-deck support person that will allow access to the warm up pool ONLY. The fee for the on-deck support person is \$25 and this person must be Safe Sport Certified.

All registration fees are non-refundable.

Q: Where can I get Safe Sport Certified?

A: [Safe Sport Athlete Protection Training](#)



Athlete Protection Training

A comprehensive 90-minute overview of facts, principles, and strategies to help you provide safe and positive sport environments.

[VIEW INFO](#)

Choose 90 minute Athlete Protection

Minimum Qualifying Times (MQT's)

Q: Minimum Qualifying Times (MQT's)

A: MQT must be achieved between 10.1.23 and 9.30.24. Please use the chart below to determine if your athlete qualifies for the event. Be careful to note if your athlete was in a Short Course Yard (SCY), Short Course Meters (SCM), or Long Course Meters (LCM) event when submitting times.

USADSS/AWL 2024 OPEN NATIONAL CHAMPIONSHIPS												
MINIMUM QUALIFYING TIMES												
MEN						EVENTS	WOMEN					
II1, II3			II2				II1, II3			II2		
SCY	SCM	LCM	SCY	SCM	LCM		SCY	SCM	LCM	SCY	SCM	LCM
FREESTYLE												
:30.27	:34.30	:34.80	:52.20	:59.50	1:00.00	50m	:33.93	:38.02	:38.52	:57.26	1:04.50	1:05.00
1:21.60	1:11.23	1:21.60	1:38.64	1:52.10	1:53.00	100m	1:24.86	1:35.10	1:36.00	1:53.46	2:07.45	2:08.35
2:27.00	2:47.00	2:48.00	3:25.31	3:53.64	3:54.64	200m	3:02.45	3:25.40	3:26.40	3:56.91	4:27.00	4:28.00
7:25.55	6:35.80	6:39.60	9:06.79	8:06.60	8:10.40	400m	8:27.07	7:32.20	7:36.00	10:33.84	9:26.20	9:30.00
12:38.20	11:08.70	11:20.00	17:59.32	15:56.70	16:08.00	800m	15:49.20	13:48.70	14:00.00	19:26.16	17:00.70	17:12.00
20:28.50	20:40.00	21:00.00	28:16.50	28:40.00	29:00.00	1500m	26:35.70	26:40.00	27:00.00	29:33.00	29:40.00	30:00.00
BREASTSTROKE												
:43.49	:49.80	:50.40	1:07.31	1:17.40	1:18.00	50m	:51.56	:58.20	:58.80	1:10.16	1:19.40	1:20.00
1:33.52	1:46.50	1:48.00	2:09.49	2:29.45	2:30.05	100m	1:59.32	2:14.10	2:15.60	2:19.92	2:37.50	2:39.00
BACKSTROKE												
:34.76	:40.10	:40.80	1:01.57	1:11.57	1:12.27	50m	:46.98	:53.30	:54.00	1:06.38	1:15.60	1:16.30
1:13.87	1:24.90	1:26.40	1:55.42	2:13.50	2:15.00	100m	1:37.42	1:50.10	1:51.60	2:12.82	2:30.65	2:32.15
BUTTERFLY												
:34.65	:39.00	:39.60	:59.50	1:07.40	1:08.00	50m	:46.98	:53.30	:54.00	1:05.55	1:14.40	1:15.00
1:13.75	1:22.70	1:24.00	1:56.07	2:10.90	2:12.20	100m	1:35.79	1:46.70	1:48.00	2:15.71	2:31.70	2:33.00
IM												
2:51.66	3:09.90	3:18.00	3:30.68	3:54.90	4:03.00	200m	3:41.00	4:03.90	4:12.00	4:34.50	5:04.90	5:13.00
6:14.71	7:01.90	7:13.20	8:15.64	9:21.70	9:33.00	400m	7:21.50	8:12.70	8:24.00	9:20.64	10:28.70	10:40.00

- Athletes MUST have at least one (1) event meeting the MQT.
- 400m, 800m, 1500m Freestyle and 400m Individual Medley will all be Timed Finals

Q: Does my swimmer have to achieve the actual Minimum Qualifying Time, or can he/she be close?

A: MQT's are firm and must be achieved between October 1, 2023 and September 30, 2024.

Q: My swimmer is not affiliated with a team but swims with a Special Olympics team for a couple months every year where she meets MQTs for two events (I think not sure what SCY, SCM and LCM means). She swims about a 52-second 50-meter free, for example, but I don't know what SCY, SCM or LCM means or which one Special Olympics uses?

A: Most Special Olympics State Meets are Short Course Yards (SCY) or Short Course Meters (SCM). SCM, SCY, and LCM are abbreviations for three courses swim meets can be competed in: short course meters (SCM), short course yards (SCY), and long course meters (LCM).

Q: Just want to make sure my daughter's times qualify (II2 athlete). SCY of 50 Free 55.63 and 50 Fly 1:05.03

A: Yes. For a female swimmer who is classified as an II2 athlete (Down syndrome).

Q: Will there be a Virtus Swimming Championship in 2025? If yes, when/where and will the times from this meet be within the qualifying period time frame to be used as QTs?

A: Yes. There will be a 2025 Virtus World Championships. The location will be announced shortly. Yes, we will accept times from this meet for selection to that event.

Q: Does your swimmer need to be a perfect swimmer, or do they learn their skills there?

A: This is not a swim camp, but we do hope to have another camp in the future. This is a National Championship with minimum qualifying times. Please sign up for our Newsletter to make sure you are kept up to date on all opportunities for camps, clinics and competitions. <https://www.usadownsyndromeswimming.org/get-the-usadss-newsletter>

Meet Distance / Type

Q: What does it mean that the USADSS/AWL Open National Championships are Short Course Meters (SCM)?

A: SCM, SCY, and LCM are abbreviations for the three courses swim meets can be competed in: short course meters, short course yards, and long course meters. Meet entry packets and results should have one of those designations so you know what type of pool was used.

Short course meters (SCM): This is a 25 meter pool length that's used for international competitions, and some country club and neighborhood pools.

Short course yards (SCY): This is the most common pool length in the USA, and meets are usually held from September to March. Times achieved in short course meets are often marked with "Y" or "SCY" next to them.

Long course meters (LCM): This is the same length as an Olympic swimming pool, and meets are mainly held during the summer months. It's also known as "long course" or "L". During the "long course season" in the USA, which runs from April to August, LCM meets are held.

Q: How will athletes be classified at the USADSS/AWL Open National Championships?

A: This meet will group athletes based on the Virtus eligibility classes described below. Please indicate the **swimmer's eligibility (Paralympic Classification)**.

II1 (S14) – Intellectual Disability

1. Significant impairment in intellectual functioning defined as a Full-Scale IQ score of 75 or lower, **and**;
2. Significant limitations in adaptive behavior as expressed in conceptual, social, and practical skills, **and**;
3. Intellectual disability must be evident during the developmental period, which is from conception to 22 years of age.

II2 - Athletes with an intellectual disability **and** significant additional impairment defined as a lifelong condition that affects the functional capacity of the individual and substantially impacts on their sports performance such as Down syndrome. Athletes will be eligible for II2 if it can be demonstrated that they have significant functional impairment in addition to an intellectual disability. That is: 1. A formal diagnosis of Trisomy 21 or Translocation Down Syndrome. OR 2. Have a diagnosed intellectual disability (as defined by the II1 criteria)

II3 – Athletes with Autism are eligible with a formal diagnosis of Autism or ASD carried out by qualified practitioners, using accepted diagnostic techniques.

Coach / On Deck Support

Q: Who can be on deck in the warm up area with the swimmer? Can it be a Coach, Parent, club staff?

A: Swimmers are allowed one On Deck Supporter, and they must register and provide proof that they are Safe Sport Certified prior to the event to receive a credential. [Safe Sport Athlete Protection Training](#). The On Deck Supporter will only have access to the warm-up/warm-down pool with their athlete.

Choose 90 minute Athlete Protection



The graphic features a swimmer in a white cap and goggles, looking towards the right. Overlaid on the image is a blue rectangular box with the text "ATHLETE PROTECTION TRAINING" in white, bold, uppercase letters. Below the image, the text "Athlete Protection Training" is written in bold, followed by a description: "A comprehensive 90-minute overview of facts, principles, and strategies to help you provide safe and positive sport environments." At the bottom of the graphic is a red button with the text "VIEW INFO" in white, uppercase letters.

Athlete Protection Training

A comprehensive 90-minute overview of facts, principles, and strategies to help you provide safe and positive sport environments.

[VIEW INFO](#)

Q: Where can the On Deck Supporter get Safe Sport Training

A: Login to [Safe Sport Athlete Protection Training](#)

Choose Athlete Protection Training, A comprehensive 90-minute overview of facts, principles, and strategies to help you provide safe and positive sport environments. [Safe Sport Athlete Protection Training](#)

Q: What qualifications does my coach need?

A: Swimmers are allowed one On Deck Supporter that can be a coach, staff, or parent. They must register with the event and provide proof that they are Safe Sport Certified prior to the event to receive a credential. [Safe Sport Athlete Protection Training](#)

Q: Will the presence of the technician be mandatory? or can I travel only with club staff (doctor) (the father)?

A: Swimmers are allowed one On Deck Supporter that can be a coach, staff, or parent. They must register with the event and provide proof that they are Safe Sport Certified prior to the event to receive a credential. [Safe Sport Athlete Protection Training](#)

Q: Can parents be with their swimmers on deck?

A: No, parents will be required to watch from the bleachers. Each athlete has the option to have an on-deck support person, which allows access to the warm-up pool ONLY. This on-deck support person must pay the \$25 fee AND be Safe Sport Certified. The competition pool is closed.

Registration

Q: Are events grouped as mixed age groups?

A: Yes, all events will be mixed age groups. There will be a Junior (17 and under) and Open (18 and over) divisions for awarding all individual events.

Q: How many events can the swimmers do?

A: Athletes need 1 MQT, and then may compete in 3 individual events per day.

Q: When are registrations due for the USADSS/AWL Open National Championships?

A: Registrations are due September 30, 2024

Q: The swimmer is registered in DSISO and Virtus. Should he be also registered in USADSS or AWL to participate in the championships? What is the cost of participation in the championships? for swimmer ? for coach? Does the cost include accommodation and food? How many days you plan for competition?

A: If an athlete is from the USA, he/she must be registered with either USA Down Syndrome Swimming or Athletes Without Limits. If an athlete is from another country, then must be registered with either Virtus or the Down Syndrome International Swimming Organisation (DSISO).

A: Cost is \$175 per Athlete and \$25 for an On Deck Supporter

A: The event registration fee **does not** include accommodations or food.

A: There will be 3.5 days of competition.

Q: Swimmer has severe intellectual disability (IQ 53), autism diagnosis and severe receptive and expressive language disorder. With this combination of deficits, what is the appropriate classification?

A: Swimmers with Autism can register as II1 or II3 per their AWL/Virtus eligibility determination.

Q: I am a manager and coach of a Paralympic team of Italy. I would love to come, bringing our 4 best athletes, all with national classification and one international. Can those who have the national classification come? or does it necessarily have to have the international one?

A: Individual international athletes are also invited to compete in the event, and they must be registered with either Virtus or the Down Syndrome International Swimming Organisation (DSISO).

Q: Which foreign countries are interested in participating/planning to participate? When is the deadline for registration? How much is the participation fee? Do you offer a participation package where, for example, accommodation and meals are included in the price?

A: Several countries have inquired about participating.

A: Registration Deadline: September 30, 2024

A: Cost: \$175.00

A: No, accommodations and meals **are not** included.

Q: I am reaching out on behalf of Global Adaptive Aquatics. We have swimmers interested in attending this event. One of the swimmers is from Colombia, who attended the 2nd Trisome Games in Turkey in March. What is the best way to register him for this event? Thank you in advance for all your help!

A: Individual international athletes who registered with either Virtus or the Down Syndrome International Swimming Organisation (DSISO) are invited to compete.

Q: Within what timeframe do MQTs need to be met? For example, can MQTs met at a meet in December 2023 count toward this event or do they need to be more recent? Does a coach from the year-round team need to be on deck with the swimmer?

A: Yes, Times from December 2023 will be accepted. MQT's must be achieved between October 1, 2023 and September 30, 2024.

Swimmers are allowed one On Deck Supporter that can be a coach, staff, or parent. They must register with the event and provide proof that they are Safe Sport Certified to receive a credential..

<https://www.usaswimming.org/resource-center/athlete-protection-training>