



2021 VIRTUAL SWIM MEET – EVENT PROTOCOLS

NOTE:

- Athletes may enter in up to TWO events in ONE Ability Level
- Athletes competing in Level 4 are eligible to compete in either the 4x25 Relay OR 4x25 Unified Relay
- Enter Final Times in this format: Minutes : Seconds . Tenths

ABILITY LEVELS & EVENT OPTIONS:

LEVEL 1

15m Assisted, 25m Assisted

LEVEL 2

15m Flotation, 25m Flotation

LEVEL 3

15m Unassisted Swim

LEVEL 4

25m, 50m & 100m Freestyle
25m, 50m & 100m Backstroke
25m, 50m & 100m Breaststroke
25m, 50m, & 100m Butterfly
4x25m Traditional Relay
4x25m Unified Relay

FUNDAMENTAL EVENTS - In Pool Protocols:

15M Flotation – There should be at least ONE coach/observer for every athlete completing event (positioned on pool deck)

25M Flotation – There should be at least ONE coach/observer for every athlete completing event (positioned on pool deck)

15M Assisted Swim – To minimize close contact with athlete's coach/staff, assistant will position themselves on the pool deck. Athlete is allowed to use a flotation device for event

25M Assisted Swim - To minimize close contact with athlete's coach/staff, assistant will position themselves on the pool deck. Athlete is allowed to use a flotation device for event

15M Unassisted Swim - Athletes must swim the full distance with no physical assistance. Coaches may provide verbal encouragement from the pool deck

RELAY EVENTS – In Pool Protocols:

4 x 25M Traditional Freestyle Relay – Each athlete will swim ONE, 25m distance of the total relay. It is suggested that ONE, 25m distance is timed with a stopwatch and stopped when Athlete 1 finishes the first leg. Due to COVID protocols, we suggest all leg times are added for ONE complete/finished time. Total time for 4 athletes to complete each of their 25m distance swim, will be submitted as the team's FINAL time.

4 x 25M Unified Freestyle Relay – Each athlete/partner will swim ONE, 25m distance of the total relay. It is suggested that ONE, 25m distance is timed with a stopwatch and stopped when Athlete 1 or Partner 1 finishes the first leg. Due to COVID protocols, we suggest all leg times are added for ONE complete/finished time. Total time for 2 athletes/2 partners to complete each of their 25m distance swim, will be submitted as the team's FINAL time.