

Paralympic Committee of India

COVID-19 SOP & Guidelines for National Para Swimming Championship, 2020-21:

The Department of Sports, Ministry of Youth Affairs and Sports, Govt. of India (MYAS) has issued Standard Operating Procedures (SOPs) on opening of swimming pools and organizing competitions in the country which are to be strictly followed by all stakeholders while conducting sports competitions. The World Para Swimming (WPS) has also developed Guidelines to assist the National Paralympic Committees, Para swimmers and Officials for their safe return to Training and Competitions. The SOP and Guidelines provide a list of key measures to be observed in order to reduce the likelihood of spreading the COVID-19 virus upon resumption of Para swimming activities. However, please note that the Covid-19 situation is different in different parts of the country and hence, no single set of guidelines will fit into very situation. Therefore, it is very important that all individuals involved in National Para Swimming Championship should adhere to these guidelines and to the rules and regulations produced by your own State and by the Karnataka government. They should first consider their own individual health situation and environment. *No one should participate until they consider themselves safe. Keep away from the Championship if in the past 14 days you have been unwell, displayed any symptoms associated with COVID-19 or had contact with someone with a known or suspected case of COVID-19.* Particular care should be taken by swimmers with visual and intellectual impairments in reduce and/or avoid the touch points. *Please note that like any activity, there are some inherent risks involved while participating in Para swimming activities and that you are accepting those risks and you do so at your own risk and in no way the Paralympic Committee of India, the Para Swimming Association of Karnataka and the Para Sports Association of Karnataka or World Para Swimming will be held liable for any eventuality.*

Covid-19 appropriate behaviour and respiratory etiquettes:

Covid-19 appropriate behaviour and respiratory etiquettes are to be strictly followed by swimmers, support staff, officials and organizers. Spitting in and around the pool, open arena, during travel, in dining and residential areas is strictly forbidden. Downloading updated “Arogya Setu” App on mobile phones shall be compulsory for all involved in the competition.

Covid-19 Task Force:

All sorts of illness must be reported to the “Covid-19 Task Force” which is to be constituted by the Organising Committee. The Organizing Committee shall coordinate with the local health authorities to identify local Covid-19 and Non-Covid-19 treatment facilities and ambulance service. Whole area, particularly frequently touched surfaces are to be sanitized before, during and after the competition. Use sufficient covered dust-bins to dispose-off face covers, masks and papers etc. Sanitary staff shall use PPE Kit (mask, gloves, apron, and face shield). Provide multiple hand washing and sanitizing stations for all.

General hygiene measures:

- Observe and apply personal hygiene measures at all times.
- All must wear masks all the time, except while inside water.
- Wash or sanitize your hands thoroughly (minimum 20 seconds) before entering and after leaving the pool and its complex.
- Avoid at all times touching your eyes, nose and mouth with your hands.
- Sneeze and/or cough into a tissue or the internal crease of the elbow. However, anyone who would be lifting or physically assisting or guiding an athlete should only use a tissue and not sneeze or cough into their elbow.
- Be aware of which surfaces you touch and sanitize your hands regularly.

- In general, the World Health Organization (WHO) recommends keeping a minimum 1.00m distance from other person, however, keeping 2.00m distance is much safer before, during and after physical activity (except during race & relay change-overs).

Swimmers:

- Swimmers should strongly & strictly consider whether it is safe for them to participate and follow any applicable government or health authority advice specific to them.
- Wherever possible the swimmers should wear face mask.
- Swimmers need to be responsible for their own personalized equipment. Clean and disinfect personal mobility device(s) such as wheelchair, prostheses, mobility cane etc. before and after use.
- Do not share personal equipment and utility items like towel, soap, water bottle, mobile phone, kick boards, hand paddles, swim goggles, swim cap, starting devices and tappers etc.
- Should keep personal belongings inside their bag or in a sanitized plastic bin rather than leaving them in common areas.
- Follow the “get in, train and get out” process. Swimmers should arrive at the pool wearing their training trunk/costume underneath, ready to warm-up, compete and leave quickly after practice.
- Maintain physical distancing at all times in and outside the pool.
- Swimmers who require assistance should use their own help/support staff or have the same person guiding them at all times with masks put-on.
- For swimmers who have to be lifted in and out of the water, the assistants should wear a mask. The person who has to place the mask on the swimmer should clean the hands before and after. Also, consider as to whether the mask will interfere with the swimmer’s ability to breathe, particularly after a workout.

Pool management and maintenance staff:

- Have cleaning protocols in place and strictly follow them for the whole facility.
- Add physical barriers and outlining the routes to ensure physical distancing.
- Frequent touch points and surfaces require regular cleaning and disinfecting before and after each use, this would include things such as mats for entering and exiting the pool, ladders and starting blocks, door handles etc.
- Immediately clean and disinfect any surface which may contain body fluids.

Planning the safe flow of swimmers in the water during warm-up:

- Consider the swimmers in your group and how many can safely warm-up in each lane and in adjacent lanes while maintaining an appropriate distance from each other.
- Consider the flow (direction of the swimmer, see *Diagram-1*) in each lane as well as adjacent lanes to ensure appropriate distancing and the least amount of contact.
- Consider where and when swimmers in a lane will start and which end, they will start from.
- Consider the flow of entry and exit from the warm-up session or and specific drills where swimmers may exit, such as starts (see *Diagram-2*).

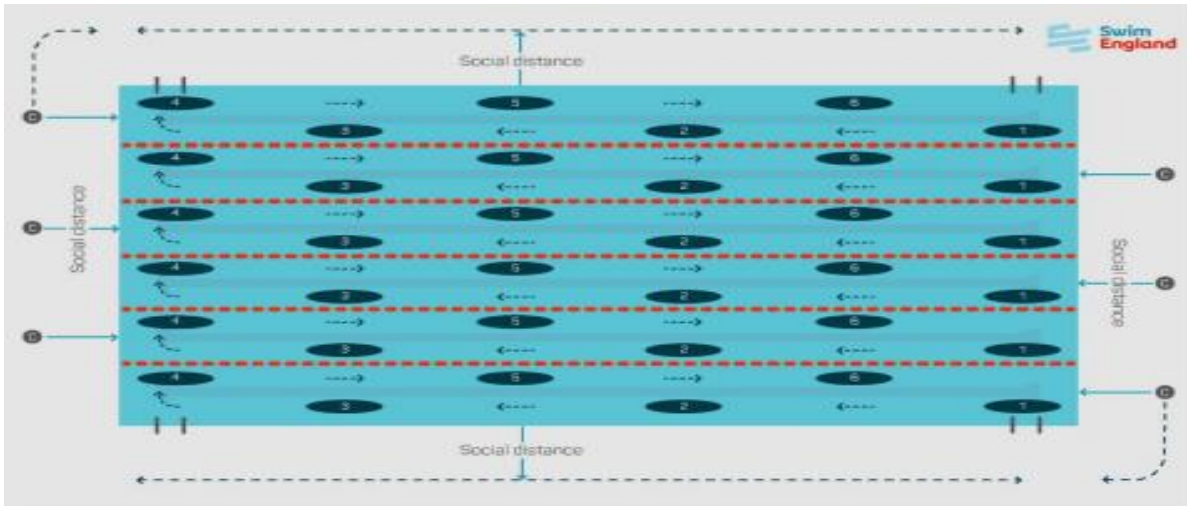


Diagram-1 showing the flow of swimmers always keeping the lane rope on their left, so that they are not beside a swimmer in an adjacent lane but are rather passing each other going in opposite directions, limiting the time or contact.

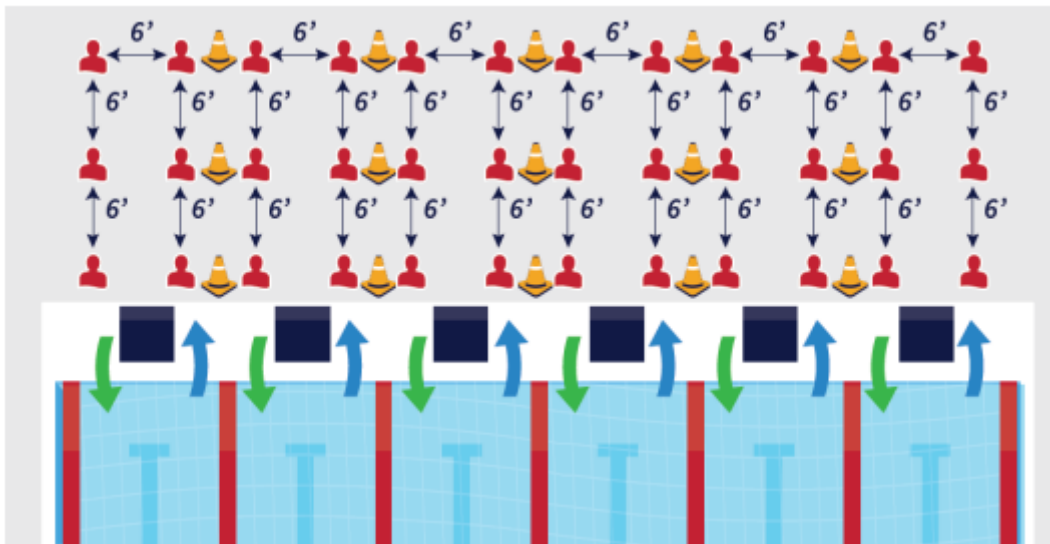


Diagram-2 showing swimmers lined up 2.0m (6 feet) apart to enter the water for warm-up: Swimming)

XX-National Para Swimming Championship, 2020-21
Swimming Classification Rules

Following Classification Rules shall be followed at XX-National Para Swimming Championship, 2020:

A. Swimmers with Physical Impairments (Classes 1-10):

1. S1, SB1, SM1:

Swimmers in this class have a significant loss of muscle power or control in their legs, arms and hands. Some swimmers also have limited trunk control, as it may occur with tetraplegia. These impairments may be caused by spinal-cord injuries or polio. Swimmers in this class usually use a wheelchair in daily life.

Profile:

- 1.1. Tetraplegia or polio comparable to a complete lesion below C5.
- 1.2. Very severe quadriplegia with poor head and trunk control and very limited movements of all limbs for propulsion.
- 1.3. Severe arthrogyrosis affecting all four limbs with severely restricted movement in the upper limbs and limited propulsion in the lower limbs.

2. S2, SB1, SM2:

Swimmers in this class are able to use their arms with no use of their hands, legs or trunk or have severe co-ordination problems in four limbs. As in class S1 SB1 SM1, athletes mostly compete in backstroke events.

Profile:

- 2.1. a. Tetraplegia or polio comparable to a complete lesion below C6.
b. Tetraplegia comparable to a complete lesion below C7 with additional plexus paralysis or restriction in one arm.
- 2.2. Very severe quadriplegia with very limited function in range of movements of the two upper limbs for propulsion.
- 2.3. Severe musculoskeletal impairment with very poor shoulder function comparable to complete tetraplegia below C6.

3. S3, SB2, SM3:

This class includes swimmers with amputations of all four limbs. Swimmers with reasonable arm strokes but no use of their legs or trunk and swimmers with severe co-ordination problems in all limbs are also included in this class.

Profile:

- 3.1. a. Tetraplegia or polio comparable to a complete lesion below C7.
b. Some incomplete tetraplegics below C6 or comparable polio.
- 3.2. a. Severe spastic quadriplegia with poor trunk control and asymmetrical movement of the upper limbs for propulsion.
b. Severe quadriplegia with spasticity and athetosis involving poor head and trunk control, limited co-ordination for propulsion in all four limbs.
c. Moderate quadriplegia, poor trunk control, spasticity and athetosis and/or ataxia with moderate propulsion in all four limbs.

- 3.3.
 - a. Severe dysmelia in all four limbs or amputation of all four limbs with short stumps.
 - b. Severe muscular atrophy of both upper and lower limbs.
 - c. Arthrogryposis affecting all four limbs with moderate to fair propulsion of the lower limbs only.

4. S4, SB3, SM4:

Swimmers who can use their arms and have minimal weakness in their hands, but cannot use their trunk or legs. Swimmers with amputations of three limbs also swim in this class.

Profile:

- 4.1.
 - a. Tetraplegia or polio comparable to a complete lesion below C8 with good finger extension.
 - b. Incomplete tetraplegia below C7 or comparable polio.
- 4.2. Severe diplegia with involvement of the trunk and limited propulsion in shoulders and elbows.
- 4.3.
 - a. Musculo-skeletal impairment comparable to complete tetraplegia below C8.
 - b. Severe dysmelia of three limbs.
 - c. Arthrogryposis affecting all four limbs with moderate to fair propulsion from the upper limbs with a possible restricted movement in the lower limbs.

5. S5, SB4, SM5:

Swimmers with short stature and an additional impairment, with loss of control over one side of their body (hemiplegia) or with paraplegia compete in this class.

Profile:

- 5.1.
 - a. Complete paraplegia or polio comparable to below T1-T8.
 - b. Incomplete tetraplegia below C8 with reasonable trunk function or comparable polio.
- 5.2.
 - a. Severe diplegia with fair trunk control and fair propulsion in shoulders and elbows.
 - b. Severe hemiplegia.
 - c. Severe to moderate athetosis/ataxia and spasticity.
- 5.3.
 - a. Musculo-skeletal impairment comparable to incomplete tetraplegia below C8.
 - b. Achondroplasia: not more than 130cm for women and 137cm for men with additional handicap that causes propulsion problems.
 - c. Moderate dysmelia in three limbs.
 - d. Arthrogryposis affecting all four limbs with moderate to fair propulsion in upper and lower limbs.

6. S6, SB5, SM6:

This class includes swimmers with short stature, amputations of both arms or moderate co-ordination problems on one side of their body.

Profile:

- 6.1. Complete paraplegia or polio comparable to below T9-L1 with no leg function suitable for swimming.
- 6.2.
 - a. Moderate diplegia with fair trunk control and fair to good propulsion in shoulders and elbows.
 - b. Moderate hemiplegia with severe restriction in the more affected upper limb.
 - c. Moderate athetosis and/or ataxia.
- 6.3.
 - a. Above elbow and above knee amputation of the same side.
 - b. Double above elbow amputation.
- 6.4.
 - a. Congenital amputations of three limbs.
 - b. Dysmelia with shortened arms [2/3 of normal] and above knee amputation.
 - c. Achondroplasia (Dwarf) not more than 130 cm for women and 137 cm for men.
 - d. Above knee amputation plus severely functionally restricted shoulder of the same side.

7. S7, SB6, SM7:

This profile is designated for swimmers with short stature, one leg and one arm amputation on opposite sides, double leg amputations or a paralysis of one arm and one leg on the same side. Moreover, swimmers with full control over arms and trunk and some leg function can compete in this class.

Profile:

- 7.1. Complete paraplegia or polio comparable to below L2-L3.
- 7.2. a. Moderate diplegia with some minimal upper body and trunk involvement.
b. Moderate hemiplegia.
- 7.3. a. Double below elbow amputation.
b. Double above knee amputation, shorter than 1/2.
c. Above elbow and above knee amputation on opposite sides.
d. Achondroplasia (Dwarf) not more than 137 cm for women and 145 cm for men.
- 7.4. One paralysed upper limb and severely restricted functions of the leg of the same side.

8. S8, SB7, SM8:

Swimmers who have lost either both hands or one arm are eligible to compete in this sport class. Also, swimmers with severe restrictions in the joints of the lower limbs could compete in this class.

Profile:

- 8.1. Complete paraplegia or polio comparable to below L4-L5.
- 8.2. a. Minimal diplegia with minimal trunk involvement.
b. Minimal evidence of hemiplegia.
c. Minimal spasticity in four limbs.
- 8.3. a. Double above knee amputation, stumps longer than 1/2.
b. Double below knee amputation, not longer than 1/3.
c. Single above elbow amputation or comparable functionally complete Brachial Plexus lesion.
d. Double hand amputation, 1/4 or palm inclusive.
- 8.4. Severe joint restriction in the lower limbs.

9. S9, SB8, SM9:

Swimmers in this class swim with joint restrictions in one leg, double below-the-knee amputations or an amputation of one leg.

Profile:

- 9.1. a. Walking paraplegia with minimal involvement in limbs.
b. Polio with one non-functional leg.
- 9.2. Slight overall functional co-ordination problems.
- 9.3. a. Single above knee amputation.
b. Single thru knee amputation
c. Double below knee amputation, stumps longer than 1/3.
d. Single thru elbow amputation.
e. Single below elbow amputation.
- 9.4. Partial joint restriction in the lower limbs, one side more affected.

Contd...4

10. S10, SB9, SM10:

This class describes the minimal impairments of eligible swimmers with physical impairment. It could be the loss of a hand or both feet and a significantly limited function of one hip joint.

Profile:

- 10.1. Polio and cauda-equina syndrome S1/2 minimal affective lower limbs.
- 10.2. Clear evidence of slight spasticity and/or ataxia in specific tests.
- 10.3. a. Paresis on one leg.
b. Severe restriction of one hip joint.
- 10.4. a. Single below knee amputation.
b. Double foot amputation.
c. Hand amputation, loss of 1/2 of the hand.

B. Swimmers with Visual Impairment (Classes S11& S12):

Swimmers with visual impairment will compete in classes S11& S12 (combined with S13). S11 swimmers shall be required to wear opaque goggles for each event for the full duration of the event. Swimmers whose facial structure will not support goggles shall be required to cover the eyes with an opaque covering. They shall be required to have their own tapper/s.

11. S11, SB11, SM11:

Profile:

- 11.1. The swimmer has complete or nearly complete loss of sight. He/she is unable to recognize the orientation of a 100M Single Tumbling E target (height: 145mm) at a distance of 250mm.
- 11.2. Within this class, the vision ability may range from no light perception to a Single Tumbling E visual acuity poorer than LogMAR = 2.60.

12. S12, SB12, SM12:

Profile:

- 12.1. Swimmer Visual acuity ranges from LogMAR 1.50 to 2.60 (inclusive), and/or;
- 12.2. The visual field is constricted to diameter of less than 10 degrees.

Note: It is the swimmer's responsibility to provide sufficient evidence of his/her Visual Impairment by submitting Medical Form from the Doctor.

14. S14, SB14, SM14:

Profile:

- 14.1. Swimmers with activity limitations due to Intellectual Impairment, IQ below 75.
- 14.2. **Should have Certification from INAS or from SIVUS India.**

* * * * *

XX-National Para Swimming Championship, 2020-21

CERTIFICATE FROM MEDICAL DOCTOR / OFFICER

**Note: This Form is for new / re-classification seeking swimmer only.
Do not e-mail this Form but, bring and submit it at the time of
Classification at Bangalore.**

**Affix here
swimmer's passport
size photograph and
get it attested by the
Doctor**

[FILL UP ALL NECESSARY COLUMNS AND STRIKE OUT WHICH ARE NOT APPLICABLE. DOCTOR IS REQUESTED TO CONDUCT MEDICAL EXAMINATION AND **FILL UP COLUMN NO. 5**, ONLY IF PROVIDED WITH "CLASSIFICATION RULES" (Annexure -2) BY THE SWIMMER].

(Please do not do any cuttings and over writing)

1. Certified that I, Dr. of
. Hospital / Clinic, Registration No. have done the Physical / Medical / Vision / IQ check-up of (name of swimmer) S/o / D/o / W/o
. on (date) at place

2. In my opinion his / her disability is permanent in nature as he / she is suffering from:

- 2.1: Post Polio Residual Paralysis of (limb):
- 2.2: Cerebral Palsy effecting:
- 2.3: Amputation of:
- 2.4: Hemiplegia / Paraplegia:
- 2.5: Congenital Anomaly:
- 2.6: Complete or near complete absence of sight in Left Eye / Right Eye / Both Eyes: with Visual Acuity is less than LogMAR = 2.60.
- 2.7. Swimmer Visual acuity ranges from LogMAR 1.50 to 2.60 (inclusive), and/or the visual field is constricted to a diameter of less than 10 degrees.. . . .
- 2.8: Dwarf (Acondroplasia) category swimmers having height not more than: **S-6** [130cm (Women) and 137cm (Men)]; **S-7** [137cm (Women) and 145cm (Men)]: cm
- 2.10: Any other physical disability:

3. In my opinion his / her percentage of disability is as follows:

- 3.1: Right Arm: %; 3.2: Left Arm: %; 3.3: Right Leg: %; 3.4: Left Leg: %; 3.5: Total Physical Disability: %; 3.6: Vision Impairment in Right Eye: %
- 3.7: Vision Impairment in Left Eye: %; 3.8: Total Vision Impairment: %.

4. The nature of his / her disability is permanent / progressive / non – progressive / temporary / likely to improve / not likely to improve. Re-assessment is not recommended / recommended after a period of months years.

5. After a through investigation and a careful reading of the Classification Norms of IPC/WPS Swimming, this person falls in S- . . . //SB-.... //SM-.... category (no cuttings and over writings please).

6. I have also attested the photograph of the swimmer pasted above.

7. I further certify that he/ she is fit for swimming independently without floats and the services of any Life Guard are not required.

8. Signature, Seal, Address and Phone No. of the Doctor:
.
.

Name of State / UT:

PARALYMPIC COMMITTEE OF INDIA

Proforma for Registration of Para Swimmers for National Data Base

To be filled by each swimmer separately. Get this proforma electro-stated
For want of more copies. **Do not e-mail** but, bring it along with all documents listed below
and submit it at the time of Classification / Managers' Meeting at Bangalore.

Affix here swimmer's
passport size
photograph
and
give another copy
for Permanent I/Card

1. Name in English (CAPITALS):
2. Name in Hindi:
3. Father's / Husband's name:
4. Mother's name:
5. Sex: Male / Female 6. D.o.B.//.....//..... 7. Age in completed years:
8. Age Group for participation in National Championship: Senior / Junior / Sub-Junior (Encircle the age group)
9. Class studying in: 10. Whether in service: Yes / No
11. If Yes, details of service (Post & Department etc.):.....
.....
12. Type of disability (Physical, Visual or Mental):
13. Percentage and details of disability (as per disability certificate):
14. Do you have IPC International Classification? If Yes, mention IPC Class: S- //SB-..... //SM-.....
15. If No, then Class of Disability in his/her last National Championship?: S- //SB-..... //SM-.....
16. IPC SDMS No. 17. Do you use wheelchair? YES / NO
18. If Yes, whether you can take care of yourself alone without any escort: YES / NO
19. Address:.....
.....Pin Code.....
20. Contact number/s: (Mob.).....Landline No.
21. Email ID of swimmer: 22. Blood Group and Rh Factor:

Contd...2

Annex...4, p.2

23. Aadhaar Number: 24. PAN:
25. Passport No. (if any):..... 26. Date of Expiry:
27. Bank Account No. 28. Name of Bank:
29. Branch Name: 30. IFS Code:
31. Best Swimming performance / achievements at State / National / International levels (past 3 years only):

S. No.	Specify Championship Name & Place (Venue)	Position Won	Month/Year	Event	Performance (Time)
1					
2					
3					
4					
5					
6					
7					
8					

32. Any State/National level Govt. award you received:

33. Any other Para Sport you play:.....

Date:

Signature of Swimmer:
(Thumb impression for Visually Impaired Swimmers)

Documents to be attached (only self-attested photocopies – originals to be shown when asked):

1. Birth Certificate (issued by Corporation/Govt. agency)
2. Aadhaar Card
3. PAN Card
4. Marks Sheet of last class/examination passed
5. Proof of Address (not required if Aadhaar or Passport copies submitted)
6. Disability Certificate, along with supporting medical documents and prescriptions, if any
7. IPC License Card copy, if any
8. Bank Passbook (first page and last transection page)
9. Passport (first and last pages)
10. Copy of Sport Merit/Participation Certificates
11. One extra Passport size coloured Photo.

XX-National Para Swimming Championship, 2020-21

Proforma for Team Details

To be filled up by State Para Sports Association, scan and e-mail to: drvkdabas@gmail.com

(Use only one proforma for one full State Team)

1. Name of the State/U.T.:

2. Name of Manager accompanying the team:

(Leave it blank if no Manager is accompanying)

3. His / Her Sex: Male / Female.

4. Name of Coach accompanying the team:

(Leave it blank if no Coach is accompanying)

5. His / Her Sex: Male / Female.

6. Arrival at Bangalore: Date.....Time:

7. Mode of Journey: By Road / By Rail

8. Bus / Train No..... Name of Bus / Train

9. Name of Station where you will disembark:

10. No. of Swimmers: Males:..... Females: Total:

11. No. of escorts: Males:..... Females: Total:

12. Total No. of members in the Contingent [Total (10+11)]:

Males:..... Females: Total:

Signature of President/Secretary:

His / Her name (signatory):

Mobile No.:

E-mail ID:

Office seal, if any, and full address:

.....
.....
.....

Name of State / UT:

XX-National Para Swimming Championship, 2020-21

Application for New / Re-Classification

(To be filled separately for each swimmer who is seeking Classification/Re-classification. Get this proforma electro-stated for want of more copies – **E-mail the scanned copy to drvkdabas@gmail.com as mentioned in the Letter.** Also, **bring this original copy to Bangalore for New Classification / Re-classification and submit it at the time of classification.**

Affix here swimmer's
passport size
photograph

1. Name of Swimmer in CAPITAL LETTERS:
2. Father's name in CAPITAL LETTERS:
3. Mother's Name in CAPITAL LETTERS:
4. Sex: MALE / FEMALE (Encircle)
5. Date of Birth: // // (DD//MM//YYYY)
6. Age Group for participation: Senior / Junior / Sub-Junior (Encircle the age group)
7. Class of Disability: S- //SB-.... //SM-.... (Class as per IPC classification – See Annexure-1).
8. In which Class of Disability the swimmer participated in previous National Championship?
S- ... //SB-.... //SM-.... (**For re-classification seeking swimmer only**).
9. Full Postal Address of the Swimmer:
.....
.....
10. Mobile number of the Swimmer: 11. Email ID
12. **I further certify that he/ she is fit for swimming independently without floats and the services of any Life Guard are not required.**
13. Name, designation and full address of the Team Manager:
.....
.....

NOTE: The proforma should be accompanied with **Original Date of Birth Certificates, issued by local Municipal Corporation** for checking at Bangalore. **10th Pass Certificate issued by Central or State Education Board may also be entertained.** Swimmers, not producing Original Date of Birth Certificates, shall be debarred from participation and asked to vacate the accommodation immediately.

.....
(Signature of the Swimmer)

.....
(Signature of the State Para Sports Association)

Annexure-7

Consolidated list of entries of State / U.T. :

Note: Get this proforma electro-stated for want of more copies. E-mail the scanned copy to drykdabas@gmail.com as mentioned in the Letter.

S. No.	Name of Swimmer	Date of Birth	Gender M / F	Wheel-chair Yes / No	Classification			Individual Events of Swimmer		
					S	SB	SM	Event-1	Event-2	Event-3
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										
16										
17										
18										
19										
20										
21										
22										
23										
24										
25										
26										
27										
28										
29										
30										

.....
(Signature of the State Para Sports Association)

Annexure-8

RELAY ENTRY FORM
(To be submitted at the venue)

For Relay / Medley Relay event, a State can enter only one team. There will be direct timed finals. Only classified swimmers can be used in 4x100m Free Style / 4x100m Medley Relay (34 pts). The names of the swimmers, along with their classification and order of swimming, must be submitted at least one (1) hour before the race. Only swimmers from S-1 to S-10 (up to SB9 for Breast Stroke portion in Medley Relay) classes should be entered with a total of not more than disability 34 points.

1. Name of State: 2. Men / Women:
 3. Name of Event: 4x100m Free Style / 4x100m Medley Relay (34 pts) (Fill up separate form for separate Relay).

Swim Order	Name of Swimmer	Stroke	Class	Timing
1.				(Office Use)
2.				
3.				
4.				
Total Points =				

Submitted by Manager (Name): Signature of Manager:
 Date: Time:
 Total Points Checked by Referee & his Signature:

Paralympic Committee of India

Minimum Qualifying Standard (MQS) for the XX-National Para Swimming Championship, 2020-21:

Event	Class	Men			Women		
		Senior	Junior	Sub-Junior	Senior	Junior	Sub-Junior
50m Free Style	S1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
	S2	02:10.00	02:15.00	02:20.00	02:30.00	02:35.00	02:40.00
	S3	02:00.00	02:05.00	02:10.00	02:20.00	02:25.00	02:30.00
	S4	01:50.00	01:55.00	02:00.00	02:10.00	02:15.00	02:20.00
	S5	01:40.00	01:45.00	01:50.00	02:00.00	02:05.00	02:10.00
	S6	01:30.00	01:35.00	01:40.00	01:50.00	01:55.00	02:00.00
	S7	01:20.00	01:25.00	01:30.00	01:40.00	01:45.00	01:50.00
	S8	01:10.00	01:15.00	01:20.00	01:30.00	01:35.00	01:40.00
	S9	01:00.00	01:05.00	01:10.00	01:20.00	01:25.00	01:30.00
	S10	00:50.00	00:55.00	01:00.00	01:10.00	01:15.00	01:20.00
	S11	01:10.00	01:15.00	01:20.00	01:30.00	01:35.00	01:40.00
	S12	01:00.00	01:05.00	01:10.00	01:20.00	01:25.00	01:30.00
100m Free Style	S1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
	S2	04:20.00	04:25.00	04:30.00	04:50.00	04:55.00	05:00.00
	S3	04:00.00	04:05.00	04:10.00	04:30.00	04:35.00	04:40.00
	S4	03:40.00	03:45.00	03:50.00	04:10.00	04:15.00	04:20.00
	S5	03:20.00	03:25.00	03:30.00	03:50.00	03:55.00	04:00.00
	S6	03:00.00	03:05.00	03:10.00	03:30.00	03:35.00	03:40.00
	S7	02:40.00	02:45.00	02:50.00	03:10.00	03:15.00	03:20.00
	S8	02:20.00	02:25.00	02:30.00	02:50.00	02:55.00	03:00.00
	S9	02:00.00	02:05.00	02:10.00	02:30.00	02:35.00	02:40.00
	S10	01:40.00	01:45.00	01:50.00	02:10.00	02:15.00	02:20.00
	S11	02:20.00	02:25.00	02:30.00	02:50.00	02:55.00	03:00.00
	S12	02:00.00	02:05.00	02:10.00	02:30.00	02:35.00	02:40.00
200m Free Style	S14	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
50m Back Stroke	S1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
	S2	02:25.00	02:30.00	02:35.00	02:45.00	02:50.00	02:55.00
	S3	02:15.00	02:20.00	02:25.00	02:35.00	02:40.00	02:45.00
	S4	02:05.00	02:10.00	02:15.00	02:25.00	02:30.00	02:35.00
	S5	01:55.00	02:00.00	02:05.00	02:15.00	02:20.00	02:25.00

Event	Class	Men			Women		
		Senior	Junior	Sub-Junior	Senior	Junior	Sub-Junior
50m Back Stroke	S6	01:45.00	01:50.00	01:55.00	02:05.00	02:10.00	02:15.00
	S7	01:35.00	01:40.00	01:45.00	01:55.00	02:00.00	02:05.00
	S8	01:25.00	01:30.00	01:35.00	01:45.00	01:50.00	01:55.00
	S9	01:15.00	01:20.00	01:25.00	01:35.00	01:40.00	01:45.00
	S10	01:05.00	01:10.00	01:15.00	01:25.00	01:30.00	01:35.00
	S11	01:25.00	01:30.00	01:35.00	01:45.00	01:50.00	01:55.00
	S12	01:15.00	01:20.00	01:25.00	01:35.00	01:40.00	01:45.00
100m Back Stroke	S1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
	S2	04:50.00	04:55.00	05:00.00	05:20.00	05:25.00	05:30.00
	S3	04:30.00	04:35.00	04:40.00	05:00.00	05:05.00	05:10.00
	S4	04:10.00	04:15.00	04:20.00	04:40.00	04:45.00	04:50.00
	S5	03:50.00	03:55.00	04:00.00	04:20.00	04:25.00	04:30.00
	S6	03:30.00	03:35.00	03:40.00	04:00.00	04:05.00	04:10.00
	S7	03:10.00	03:15.00	03:20.00	03:40.00	03:45.00	03:50.00
	S8	02:50.00	02:55.00	03:00.00	03:20.00	03:25.00	03:30.00
	S9	02:30.00	02:35.00	02:40.00	03:00.00	03:05.00	03:10.00
	S10	02:10.00	02:15.00	02:20.00	02:40.00	02:45.00	02:50.00
	S11	02:50.00	02:55.00	03:00.00	03:20.00	03:25.00	03:30.00
	S12	02:30.00	02:35.00	02:40.00	03:00.00	03:05.00	03:10.00
	S14	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
50m Breast Stroke	SB1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
	SB2	02:35.00	02:40.00	02:45.00	02:55.00	03:00.00	03:05.00
	SB3	02:25.00	02:30.00	02:35.00	02:45.00	02:50.00	02:55.00
	SB4	02:15.00	02:20.00	02:25.00	02:35.00	02:40.00	02:45.00
	SB5	02:05.00	02:10.00	02:15.00	02:25.00	02:30.00	02:35.00
	SB6	01:55.00	02:00.00	02:05.00	02:15.00	02:20.00	02:25.00
	SB7	01:45.00	01:50.00	01:55.00	02:05.00	02:10.00	02:15.00
	SB8	01:35.00	01:40.00	01:45.00	01:55.00	02:00.00	02:05.00
	SB9	01:25.00	01:30.00	01:35.00	01:45.00	01:50.00	01:55.00
	SB11	01:35.00	01:40.00	01:45.00	01:55.00	02:00.00	02:05.00
	SB12	01:25.00	01:30.00	01:35.00	01:45.00	01:50.00	01:55.00

Event	Class	Men			Women			
		Senior	Junior	Sub-Junior	Senior	Junior	Sub-Junior	
100m Breast Stroke	SB1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS	
	SB2	05:05.00	05:10.00	05:15.00	05:35.00	05:40.00	05:45.00	
	SB3	04:45.00	04:50.00	04:55.00	05:15.00	05:20.00	05:25.00	
	SB4	04:25.00	04:30.00	04:35.00	04:55.00	05:00.00	05:05.00	
	SB5	04:05.00	04:10.00	04:15.00	04:35.00	04:40.00	04:45.00	
	SB6	03:45.00	03:50.00	03:55.00	04:15.00	04:20.00	04:25.00	
	SB7	03:25.00	03:30.00	03:35.00	03:55.00	04:00.00	04:05.00	
	SB8	03:05.00	03:10.00	03:15.00	03:35.00	03:40.00	03:45.00	
	SB9	02:45.00	02:50.00	02:55.00	03:15.00	03:20.00	03:25.00	
	SB11	03:05.00	03:10.00	03:15.00	03:35.00	03:40.00	03:45.00	
	SB12	02:45.00	02:50.00	02:55.00	03:15.00	03:20.00	03:25.00	
	SB14	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS	
	50m Butterfly Stroke	S1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
		S2	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
S3		No MQS	No MQS	No MQS	No MQS	No MQS	No MQS	
S4		02:00.00	02:05.00	02:10.00	02:20.00	02:25.00	02:30.00	
S5		01:50.00	01:55.00	02:00.00	02:10.00	02:15.00	02:20.00	
100m Butterfly Stroke	S6	03:15.00	03:20.00	03:25.00	03:45.00	03:50.00	03:55.00	
	S7	02:55.00	03:00.00	03:05.00	03:25.00	03:30.00	03:35.00	
	S8	02:35.00	02:40.00	02:45.00	03:05.00	03:10.00	03:15.00	
	S9	02:15.00	02:20.00	02:25.00	02:45.00	02:50.00	02:55.00	
	S10	01:55.00	02:10.00	02:15.00	02:25.00	02:30.00	02:35.00	
	S11	02:35.00	02:40.00	02:45.00	03:05.00	03:10.00	03:15.00	
	S12	02:15.00	02:20.00	02:25.00	02:45.00	02:50.00	02:55.00	
	S14	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS	
150m Ind. Medley	SM1	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS	
	SM2	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS	
	SM3	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS	
	SM4	06:25.00	06:30.00	06:35.00	06:45.00	06:50.00	06:55.00	

Event	Class	Men			Women		
		Senior	Junior	Sub-Junior	Senior	Junior	Sub-Junior
200m Ind. Medley	SM5	06:20.00	06:25.00	06:30.00	06:50.00	06:55.00	07:00.00
	SM6	06:00.00	06:05.00	06:10.00	06:30.00	06:35.00	06:40.00
	SM7	05:40.00	05:45.00	05:50.00	06:10.00	06:15.00	06:20.00
	SM8	05:20.00	05:25.00	05:30.00	05:50.00	05:55.00	06:00.00
	SM9	05:00.00	05:05.00	05:10.00	05:30.00	05:35.00	05:40.00
	SM10	04:40.00	04:45.00	04:50.00	05:10.00	05:15.00	05:20.00
	SM11	05:20.00	05:25.00	05:30.00	05:50.00	05:55.00	06:00.00
	SM12	05:00.00	05:05.00	05:10.00	05:30.00	05:35.00	05:40.00
	SM14	No MQS	No MQS	No MQS	No MQS	No MQS	No MQS
Relays (34 points)	No MQS						

XX-National Para Swimming Championship, 2020-21

Dos and Don'ts for Swimmers, Escorts and Officials

The Dos:

1. Read the details of the championships carefully sent to you by PCI.
2. Enter of MQS meeting swimmers only after properly conducting State Championship / Selection Trails.
3. Ensure the total number of swimmers and officials permitted from one State, in each event and the events offered at the Championship.
4. Check the age-group of swimmers properly and make entries accordingly.
5. Swimmers who have been already classified in previous National Championship/s should bring their Identity Cards issued to them at that time.
6. All new swimmers should report for Classification as notified.
7. Swimmers should come in Costumes & carry all relevant Medical Documents for classification.
8. Check the equipment and other personal things the swimmers are supposed to bring.
9. Ensure that you upload/send your entries before the last date and time. Swimming entries to be uploaded on-line. Last date for swimming entries extended up to 13th March, 11.59 midnight.
10. Send and/or bring the documents as informed in detailed letter.
11. Swimmers to report for the event at prescribed assembly place at least 20 minutes before its start.
12. Keep looking at the notices put-up from time to time. There might be some changes in the programme due to administrative convenience.
13. Do attend the Managers' Meeting as notified.
14. Inform your arrival at Bengaluru to the people as notified.
15. PCI Licence Fee of Rs. 2,000/- for swimmer and Rs. 1,000/- for each team official is to be paid at the time of classification / Managers' Meeting.
16. Stay in your allotted room/place only.
17. Food arrangements (Breakfast, Lunch and Dinner) are at the ground only. Finish your food in time.

The Don'ts:

1. Do not change your allotted room and/or hotel once entered.
2. Do not remove any item from the Room/Hotel like towels, bed sheets, decorative items etc.
3. Do not bring any extra swimmers, escorts or official than the permitted strength. Every extra person shall be charged Rs. 1000/- per day.
5. Athlete/s should not miss any entered event. Non-reporting shall attract a penalty of Rs. 500/- per event.
6. Do not smoke, drink alcohol and/or use any banned drug/s at the place of accommodation and competition area. Any violation will lead to evacuation and suspension from Championship with further disciplinary action as per rules.
7. No manipulation of age in Sub-Junior and Junior Para Swimming Championships.
8. No manipulation of percentage of disability during Classification.
9. No Athlete/Official/Coach/Manager/Escort/Parent shall go/talk to the print/electronic/social media without prior and proper permission of PCI.
10. Personal photography at the Swimming Pool shall be permitted only under written permission from PCI and of those, involved in the photograph/video.