



2026 Fred Lamback Memorial Para-Swimming Open



Date(s): October 10-11, 2026

Sanction #:

Meet Director: Rebecca Pattillo meetdirector@swim-asl.com	Co-Meet Referees: Michael Groves mike.groves@swim-asl.com Glenda Orth glenda.orth@comcast.net	Admin Official: Kelly Tabb meet.entries@swim-asl.com
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SANCTION:	Held under the sanction of USA Swimming, through Georgia Swimming Inc. This is a World Para-Swimming Approved meet.																				
LIABILITY:	In granting this sanction it is understood and agreed that USA Swimming, Inc., Georgia Swimming, Inc., and Aiken-Augusta Swim League (ASL), shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.																				
FACILITY:	Augusta Aquatics Center 3157 Damascus Road Augusta, GA 30914 706-261-0424 The Competition Pool is an 8 lane, 50 meter pool with Colorado timing equipment and scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The certification is on file with USA swimming Inc. and Georgia Swimming Inc. The pool depth at the start end equals 7 feet and at the turn end equals 7 feet.																				
MEDICAL SUPERVISION:	Augusta Aquatics Center has a full staff of American Red Cross certified lifeguards trained in using backboards and AEDs. American Red cross trained police officers are on hand at every meet; EMT services are on standby and less than ten minutes away available to athletes in the meet.																				
SESSION SCHEDULE:	<table><tr><th>Session #</th><th>Date</th><th>Name</th><th>Warmup</th><th>Start</th></tr><tr><td>1</td><td>10/10/26</td><td>Open Saturday Morning</td><td>7:45AM</td><td>9:00AM</td></tr><tr><td>2</td><td>10/10/26</td><td>Open Saturday Evening</td><td>3:45PM</td><td>5:00PM</td></tr><tr><td>3</td><td>10/11/26</td><td>Open Sunday Morning</td><td>7:45AM</td><td>9:00AM</td></tr></table>	Session #	Date	Name	Warmup	Start	1	10/10/26	Open Saturday Morning	7:45AM	9:00AM	2	10/10/26	Open Saturday Evening	3:45PM	5:00PM	3	10/11/26	Open Sunday Morning	7:45AM	9:00AM
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MEET FORMAT:	This is a World Para-Swimming Approved Meet. World Para-Swimming Rules and Regulations will govern this meet. https://www.paralympic.org/swimming/rules Course Type: Long Course Meters Timing Format: All sessions will be conducted as Timed Finals Event Seeding: All events will be seeded by time regardless of sport class. All events will be seeded slow to fast. Lanes for Competition: 8 Warmup/Warmdown Lanes: 5 25-yard warm-up/warm-down lanes will be available in the diving well throughout the competition. Timeline Adjustments: Meet host reserves the right to add breaks as needed for timeline management. Meet information, athlete updates, psych sheets, heat sheets and results will be posted here: https://www.usparaswimming.org/fred-lamback-para-open-2026
MEET FEES:	Athlete Meet Entry Fee: \$150 USD (paid ONLINE) \$250 USD (paid cash-only at door with ON-TIME registration/event entry submission) Coach/Support Staff Deck Access Pass: \$20 USD (paid ONLINE with MAAPP completed) \$50 USD (paid cash-only at door with MAAPP certificate in-hand) There are no refunds for athlete entries or coach/personal assistant Deck Access Passes. Swimmer Online Registration and Event File Upload Link: <u>Click Here to Register and Submit Event Entries</u> Online Payment Links: <u>Athlete Meet Entry (Without Classification)</u> <u>Athlete Meet Entry Fee (With Classification)</u> <u>Coach/Support Staff Deck Access Pass Fee</u>

ELIGIBILITY:	ONLY swimmers with a physical impairment, visual impairment, or intellectual impairment are eligible to compete. All swimmers must be registered members of USA Swimming with membership in ‘Good Standing’ through 10/11/26 to participate. Please refer to your membership card to confirm before signing up. For international swimmers, it is the responsibility of each team/nation to ensure that the swimmers have the proper documentation to enter the United States. International swimmers should contact uspara.swiminfo@usopc.org before registering. Swimmers should enter the meet using their current World Para-Swimming sport class(es). Swimmers who have been internationally classified can find their current sport class(es) here: https://www.paralympic.org/swimming/classified-athletes Swimmers who have been nationally classified can find their current sport class(es) here: USOPC Classification Database.
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CLASSIFICATIONS:	For an overview and instructions for classification for Physical Impairment, Visual Impairment, and Intellectual Impairment, please visit the U.S. Paralympics Swimming site for current information here: https://www.usparaswimming.org/classification Athletes with Physical Impairment (PI): - National Classifications will only be offered for athletes who are U.S. citizens with physical impairment at this meet. Classifications will be on October 9, 2026. PI athletes without a National Classification or who have a National Provisional Classification must complete the National Medical Diagnostics Form. - This form must be returned to npcusaclassification@usopc.org by September 12, 2026 for a classification appointment to be scheduled. - NO accommodations will be made for specific classification time slots. Classification appointments will be assigned by U.S. Paralympics Swimming staff. You will receive an email from npcusaclassification@usopc.org with your appointment time. - If a swimmer has not been previously classified, he/she should enter his/her estimated classification, and adjustments may be made as necessary following the classification evaluation preceding the competition. Athletes with Visual Impairment (VI): Athletes with a vision impairment must submit the Visual Impairment Medical Diagnostics Form to npcusaclassification@usopc.org at least 4 weeks in advance of any Para sport competition where you expect to participate. Athletes with Intellectual Impairment (II): U.S. Paralympics has partnered with Athletes Without Limits for all intellectual Impairment Classifications. Athletes Without Limits is responsible for determining whether U.S. athletes with intellectual and developmental disabilities are eligible for Paralympic competitions. should complete the application at Athletes Without Limits to obtain a National Classification. Classifications through Athletes Without Limits typically take 4+ weeks to complete. If you are an National Paralympic Committee member or athlete coming from another country who doesn't have a US Para National Classification or USA Swimming membership, please contact uspara.swimInfo@usopc.org prior to registering for the meet.
EVENT ENTRIES:	Session Event Limit – 4 Events Meet Event Limit – 12 Events Event entry times must be submitted in the course swum (LCM, SCM, SCY) and will be converted by meet management for seeding purposes. Entries must be submitted online only (See Below). No deck entries will be accepted. To have your times considered for the USA Swimming database, please correctly include the USA Swimming registration information included in your online entry.

	If a swimmer has NOT been previously classified, he/she should enter at his/her estimated classification, and adjustments may be made as necessary following the classification evaluation preceding the competition. A fine of \$50.00 will be assessed for any event “no shows” that occur at the meet. Open Events are only for athletes who are being classified at the competition and receive a sport class of Not Eligible (NE).
EARLY CHECK-IN:	Early Athlete (entered/paid fees) arrivals may use the pool on Friday Oct 9th from 4:30-6:30PM. Two designated lanes will be available. For any time outside of the above time frame, athletes MUST pay at the front desk and use OPEN swim lanes- no exceptions!
CLERK of COURSE:	Scratches/changes must be taken care of prior to 9/30/26 via email to: meet.entries@swim-asl.com There will be no changes to the heat sheet after this deadline and any “no shows” will be assessed the penalty described above in “Event Entries”.
ENTRY SUBMISSION:	Registration and Event Entries must be received on or before: 09/21/2026 at 11:59PM Click Here to Register and Submit Event Entries All event entries MUST be submitted using Hy-Tek’s Team Manager. Entries must include the USA Swimming Club Code, and each swimmer’s USA Swimming number, first and last name, age, and seeding time for each event entered. To download TM Lite (a free, entry-level version of ACTIVE Hy-Tek’s Team Manager software) from the Hy-Tek website, please click here. All entries MUST be submitted via Hy-Tek Team Manager (TM). Hand-entry of events not submitted via Team Manager incurs a \$25.00 fee <u>per event</u>. Late entries after the above deadline may be accepted at the discretion of meet management and will be assessed a late fee of \$100 USD
RULES AND DECK ACCESS PASSES:	APT for 18&Over Athletes: All athletes ages 18 and older must complete Athlete Protection Training (“APT”) to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after the first day of competition who has not completed Athlete Protection Training will be prohibited from participating. Times achieved by an athlete who turns age 18 on or after the first day of competition, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually. SafeSport for Coaches, Officials, and Athlete Support Staff:

Only swimmers, coaches, support staff, and officials with current USA Swimming credentials are permitted on deck with a Deck Access Pass. Deck Access Passes for all coaches and/or support staff are at the discretion of Meet Management and must be for a proven need (e.g., tappers, personal care assistants, medical personnel, etc.) All coaches, officials, and support staff requesting a Deck Access Pass must complete, or have completed within the last calendar year, the U.S. enter for SafeSport's SafeSport™ Athlete Protection Training, or applicable Refresher training course if they have previously taken the core SafeSport™ Athlete Protection Training. The training must be completed prior to arrival at the event and must be valid through the conclusion of the event. Please note, USA Swimming membership with SafeSport training that is valid through the conclusion of the event will be accepted. If you are not in compliance with training, depending on the required course, it will take between 30 to 90 minutes to complete the training. Taking the SafeSport™ Athlete Protection Training Core or Refresher is free for registered event participants. You must submit proof of completion and expiration date of your most recent SafeSport training before receiving a Deck Access Pass at the meet. The USA Swimming app or a printed copy/screenshot of your completion certificate may be used for proof of compliance.

Parents not working the meet as a volunteer, official or other position are not permitted on deck, unless they are functioning as a personal assistant for their athlete. Athletes are allowed only one personal assistant on deck at a time. Personal assistants must complete APT/MAAPP training as detailed above. Deck Access Passes for personal assistants and other support staff can be purchased online at registration, or at the door.

Locker Rooms / Changing:

- Locker rooms are available for athletes changing before or after the meet.
- Deck changes are prohibited. Restrooms and deck changes will be monitored by Safety Marshals. Deck changing is defined as changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes). Swimmers participating in deck changing could be subject to removal from further competition in the meet.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, behind the blocks (Including warm-up, warm-down, and Competition), rest rooms or locker rooms.
- A Family/Handicapped restroom is available in the lobby.
- Handicap stalls are available in each locker/visitor rest room.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches' areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Program Operations Vice Chair, Program Committee Chair, or designee.

All referees, starters, administrative officials, chief judges, and stroke and turn judges, serving in an official capacity in a sanctioned event, must be non-athlete members of USA Swimming or members of other FINA-member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's

	“open border” policy, all persons acting in any coaching capacity in a sanctioned event must be coach members of USA Swimming. Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet. Flash photography is not permitted at the start of any race. Use of cameras, cell phones or any other recording device is not permitted immediately behind the starting blocks at either end of the racing course(s) during race starts, competition and warm-ups. By entering this meet, you are granting permission for the names of any or all of your team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.
ANTI-DOPING INFO	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 the USOPC National Anti-Doping Policy can be found at https://www.teamusa.org/Footer/Legal/Anti-Doping. More information about banned substances and doping control can be found by visiting: www.usada.org. All athletes who compete in the 2026 Fred Lamback Para Open 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.

COACHES MEETING:	Coaches Meeting will be held at 7:30AM on Saturday, October 10 th , 2026 at the Augusta Aquatic Center.
OFFICIALS:	ASL welcomes all USAS certified swimming officials as well as US Para Certified officials, to volunteer at this meet. Please click the Application to Officiate and contact the Co-Meet Referee, Glenda Orth glenda.orth@comcast.net with questions. • If you wish to be certified as a U.S. Paralympics Swimming official, you must complete the certification requirements, which include class instruction and an on-deck evaluation. (See https://www.teamusa.org/usparaswimming/officials for more information). • A certification/re-certification class and officials' evaluation will be available at this meet as an in-person course. Further information will be sent to those that apply. • Guests are welcome to the Friday class (as a review or for general knowledge) but those seeking certification/re-certification must attend and be accepted beforehand. • In addition to the Friday night in person class, an overview presentation will be given at the Saturday morning officials briefing for all officials. Therefore, unless you have been accepted for the certification class, you are not required to attend the Friday night class. An official's briefing will be conducted one hour before each session. Officials Sign-Up Sheet
AWARDS:	None
SCORING:	None
CONCESSIONS:	Concessions will be available for purchase during the meet.
WARM-UP POLICY:	World Para Swimming Warm-up Procedures will be followed.
MISC. INFORMATION:	Information about meet livestream and vendors will be posted on the host's Meet Info Page and at US Para Swimming website prior to the meet.

Event Schedule

Session 1: Saturday October 10, 2026

Warm-up Start: 7:45 AM; Warm-up End: 8:45AM; Meet Start: 9:00AM

Girls	ORDER OF EVENTS	Boys
1	50 Meter Freestyle	2
3	200 Meter Breaststroke	4
5	100 Meter Backstroke	6
7	200 Meter Butterfly	8
9	150 Meter Individual Medley	10
11	1500 Meter Freestyle (800 Meter Split)	12

Session 2: Saturday October 10, 2026

Warm-up Start: 3:45 PM; Warm-up End: 4:45PM; Meet Start: 5:00PM

Girls	ORDER OF EVENTS	Boys
13	100 Meter Freestyle	14
15	200 Meter Backstroke	16
17	50 Meter Breaststroke	18
19	100 Meter Butterfly	20
21	400 Meter Individual Medley	22

Session 3: Sunday October 10, 2026

Warm-up Start: 7:45 AM; Warm-up End: 8:45AM; Meet Start: 9:00AM

Girls	ORDER OF EVENTS	Boys
23	200 Meter Freestyle	24
25	50 Meter Backstroke	26
27	100 Meter Breaststroke	28
29	50 Meter Butterfly	30
31	200 Meter Individual Medley	32
33	400 Meter Freestyle	34

Appendix A: Local Hotel and Transportation Info

ASL Event Pipe Hotel Booking link for preferred hotel reservations -

[2026 Fred Lamback Memorial Para Swimming Open Hotel Booking Link](#)

Airport distance from Augusta Aquatics Center -

Augusta Regional Airport (AGS) www.flyags.com (12 miles)

Columbia Metropolitan Airport (CAE) www.flycae.com (71 miles)

Hartsfield-Jackson Atlanta International Airport (ATL) www.atl.com (147 miles) *Groome Transportation www.groometransportation.com

Charlotte Douglas International Airport (CLT) www.cltairport.com (169 miles)

Savannah/Hilton Head Airport (SAV) www.savannahairport.com (121 miles)

Appendix B:

Officials Training and Intro to Para-Swimming Presentation Info

Appendix C: Frequently Asked Questions

1. Can I get a refund? My plans changed/travel fell through/unable to complete my MDF in time/....

We are sorry, but we cannot provide refunds. We are a non-profit with limited resources and run a tight budget. Please work out your travel and other plans BEFORE registering for this meet.

2. How do I know if I'm USA Swimming Registered and/or register with USA Swimming?

If you swim for a USA Swimming organization, you are likely registered. Review your membership card to verify you meet the requirements BEFORE registering for the meet. Your card can be found online by logging into USA Swimming website and you will need your USA Swimming ID to register for our meet. Your coach can help.

If you swim for a YMCA organization, your team can help you also register with USA Swimming, if you aren't already.

If you are NOT a member of a USA Swimming team, you'll need to register with USA Swimming before you can compete with us if not already registered. You will need a link to register – please email our registration chair to get that link and help with this process. You will have a choice of a 'Premium' or 'Seasonal' membership, both are valid as long as your data is valid after our meet.

3. What is APT training and why is this required?

USA Swimming requires that athlete and adult members 18 & Over are current in Athlete Protection Training (APT) training.

You may not compete without this completion. Your registration information will show your expiration date.

Training may be found HERE: <https://www.usaswimming.org/resource-center/athlete-protection-training>

NOTE: MEMBERS WITH COGNITIVE DISABILITIES should click on this link and scroll down to the "Learn More" button for information about possible exemptions/accommodations.

In all cases: please make sure you screen shot and save your completion certificate in case it's needed to update your account.

4. I need a PI classification, OR I am renewing my previous one. What do I need to do?

- Register Early. (see deadline for early registration in the meet information). While all attempts are made to schedule everyone, slots are available on a first-come, first-served basis for applicants needing a classification to prepare and schedule appropriately.

- Submit your MDF. A request cannot be completed without the completed MDF and takes some time to be reviewed.

- Plan your travel to be available FRIDAY before the meet. The schedule is usually published about a week before the meeting. Special requests for time cannot be met.
- The USOPC team handles classifications.
- You may be required to enter/swim additional event(s) to finalize your evaluation. The Entry Chair will make those changes as provided by USOPC.

5. I'm with a team. Can my Coach attend?

YES! Coaches are welcome and permitted on deck with a deck pass. Please refer to the separate process found in the meet book) to request a Deck Pass.

If you are a coach that is willing to be a resource for athletes without a coach, please indicated that on your registration.

7. Will my times get into SWIMS?

YES! This meet is an observed USA Swimming meet competing under WPS rules.

8. I am NOT with a team, or my coach can't attend. May I still compete?

YES! At registration, please indicate that you will NOT have a coach attending.

USOPC members may be able to provide coaching assistance you need at the meet.

9. I'm new to US Para-Swimming. How can I learn more?

You'll find a lot of information on the USOPC website including online seminars. Please take the time to read, it is updated frequently. Consider attending the Developmental/Emerging Camp (parents/coaches may attend with their athlete) to learn from USOPC members who will provide coaching in the pool (if offered).

10. Do I need a classification to attend the meet?

YES! This meet is intended for para-swimmers ONLY and you must have a classification. If you are unsure if you meet the Visually/Mentally Impaired requirements, please apply for those early.