



About Swimming: Swimming is one of the most popular sports and unlike others swimming is a life skill that is taught first, to ensure safety and secondly, for sports and competition purposes. Swimming covers a great variety of swimming skills from short sprints to longer events and relays.

Established: Swimming was one of the first sports offered by Special Olympics Ireland when it was founded in 1978.

Differences of Special Olympics Swimming: The Meet Referee has the discretion to allow for certain modifications/interpretations of the current technical rules of aquatics. Standing on the bottom of the pool during freestyle events or during the freestyle portion of the medley events shall not disqualify a competitor, but he/she shall not walk.

By The Numbers:

In 2019, 2,539 Special Olympics Ireland athletes participated in swimming

Special Olympics has a close relationship with the Michael Phelps Foundation and the IM swimming program

In 2012, Special Olympics hosted 29 countries in San Juan, Puerto Rico for the first Special Olympics World Aquatics invitational

Swimming uses all the major muscle groups and water provides 12 times the resistance of air, which increases muscle strength

Associations/ Federations/ Supporters:

Swim Ireland <http://www.swimireland.ie/>

Events and Competitions :

Special Olympics offers over 41 aquatic events! These competitions vary in distance, type of stroke, individual and relay events. The newest addition to events is the Open Water Swimming event.

Divisioning at Special Olympics : Athletes in every sport and event are grouped by age, gender, and ability, giving everyone a reasonable chance to win. At Special Olympics there are no World Records because each athlete, whether in the fastest or the slowest division is valued and recognized equally. In every division, all athletes receive an award, from gold, silver, and bronze medals, to fourth through eighth place ribbons. This idea of equal ability groupings is the foundation for competition in Special Olympics and can be witnessed at all events, whether it's athletics, aquatics, table tennis, football, skiing, or gymnastics. All athletes are given an equal chance to participate, perform, and be recognized for doing their best by their teammates, family, friends, and fans.

www.specialolympics.ie