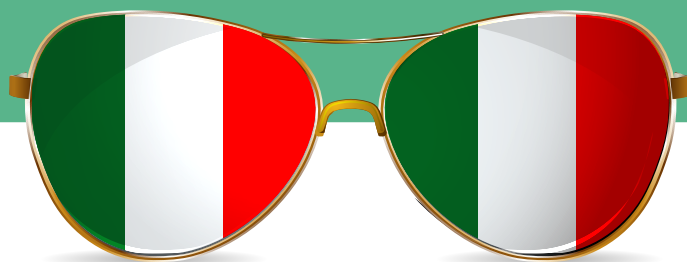


# Global Games

September 24–October 4, 2011

Liguria, Italy



**ATHLETES** WITHOUT LIMITS

Handbook for US Athletes, Coaches & Parents

# Contents

<b>BENVENUTI!</b> .....	<b>3</b>	<b>ATHLETICS (TRACK &amp; FIELD)</b> .....	<b>11</b>
Welcome from Athletes Without Limits .....	3	Technical Meetings (Managers & Coaches) .....	11
Welcome from the Organizers.....	3	Hotel .....	11
Team Guides.....	3	Venue.....	11
<b>ABOUT LIGURIA</b> .....	<b>4</b>	Medal Ceremony.....	11
The Italian Riviera .....	4	Athletics Regulations .....	11
Weather.....	4	Athletics Events, Qualification & Entry .....	12
Currency.....	4	<b>CYCLING</b> .....	<b>13</b>
Time Zone .....	4	Technical Meetings (Managers & Coaches) .....	13
<b>TRAVEL</b> .....	<b>5</b>	Hotel .....	13
Travel from US to Genoa .....	5	Venue (Courses) .....	13
Arriving at Genoa Airport .....	5	Medal Ceremony.....	13
Departure to Genoa Airport.....	5	Cycling Competition Schedule.....	13
Travel from Genoa Back to US .....	5	Cycling Regulations .....	14
Bus/Shuttle Transport.....	5	<b>SWIMMING</b> .....	<b>15</b>
Packing List.....	5	Technical Meetings (Managers & Coaches) .....	15
<b>ACCOMMODATION</b> .....	<b>6</b>	Hotel & Venue.....	15
Hotels by Sport.....	6	Venue.....	15
Meals.....	6	Pre Competition Training Days .....	15
Drinking Water.....	6	Pool Hours.....	15
<b>US TEAM SCHEDULE</b> .....	<b>7</b>	Medal Ceremony.....	15
Team Check-in (Entire Delegation).....	7	Swimming Regulations.....	15
Eligibility Check (All Athletes).....	7	Swimming Qualification Times & Entry.....	16
Head of Delegations Meeting (Team Manager) ...	7	Swimming Competition Schedule .....	17
Technical Meetings (Team Managers & Coaches).....	7	<b>TABLE TENNIS</b> .....	<b>18</b>
Opening Ceremony (Entire Delegation) .....	7	Technical Meetings (Managers & Coaches) .....	18
Closing Ceremony.....	7	Hotel .....	18
<b>TRIP COSTS</b> .....	<b>8</b>	Venue.....	18
Registration Fee.....	8	Medal Ceremony.....	18
Payment Schedule .....	8	Table Tennis Competition Schedule.....	18
Payment Method .....	8	Table Tennis Regulations.....	19
Incidentals .....	8	<b>ROWING</b> .....	<b>20</b>
Airfare.....	8	Technical Meetings (Managers & Coaches) .....	20
<b>MEDIA</b> .....	<b>9</b>	Hotel .....	20
Updates & Website.....	9	Venues.....	20
Media Accreditation .....	9	Rowing Competition Schedule.....	20
Athlete Photos & Interviews.....	9	Medal Ceremony.....	21
Local Press.....	9	Rowing Regulations .....	21
<b>MEDICAL/LIABILITY</b> .....	<b>10</b>	<b>OTHER SPORTS</b> .....	<b>22</b>
Medical Support .....	10	Basketball .....	22
Drug Testing .....	10	Futsal.....	22
Liability/Insurance.....	10	Tennis.....	22
<b>TECHNICAL</b> .....	<b>10</b>	Judo (Demonstration) .....	22
Start Sheets & Results .....	10	<b>HOW TO REGISTER</b> .....	<b>23</b>
Protests.....	10	Registration Forms & Checklist .....	23
		Questions?.....	23

★ Look for stars to indicate important dates & information.

# Benvenuti!



## WELCOME FROM ATHLETES WITHOUT LIMITS

**Dear Athletes, Parents and Coaches,**

We are very excited that you are considering joining Team USA at the 3rd INAS Global Games in Italy! At Global Games you'll be joining over 1,000 athletes from more than 50 countries competing in the world championships of seven sports (and two demonstration sports). In three sports — athletics, swimming and table tennis — athletes will be sizing up the competition they may face in the London 2012 Paralympics.

This will be the second time a US team competes at a Global Games. We had a fantastic experience two years ago in the Czech Republic. We expect this year's event will top it both on and off the field of play. The Liguria Region is spectacular. The Seaside is surrounded by majestic mountains and the historic cities and villages offer exceptional cultural and sight seeing opportunities. The event organizers have chosen outstanding sporting venues and accommodations. You will experience a truly first-rate international sports competition while staying in 3 and 4 star vacation hotels.

We hope you join us — we will have a strong US Team and want you to be part of it!

## WELCOME FROM THE ORGANIZERS

**Greetings from Mr. Claudio Burlando, President of Regione Liguria**

"It's with great enthusiasm as a sport man myself, as citizen and as public administrative person that I would like to express my personal welcome to the protagonists of the Global Games 2011 that will arrive in Genoa to give life to an important international event. 2011 Global Games will have an extremely important sport and social value because they will gather the best world athletes in sport for disabled and at the same time the Games will also be a fundamental occasion for these athletes to grow in their sport discipline and especially in their social everyday life. Applause and a special thanks goes to the Organizing Committee that has chosen our Region as the scenery of the Games, so that we feel honoured to welcome, among others, also this relevant and deserving event."

**Greetings from Italian Organizing Committee**

"The 2011 Global Games Organizing Committee is pleased to introduce you to the very first information about the Games. We will be honoured to have you here and welcome you in our sunny Region Liguria, which will surely provide you a comfortable stay."

## TEAM GUIDES

The Organizing Committee will allocate an assistant with a good knowledge of English to each Delegation, however English is the official language of INAS and will be spoken at all events & meetings.



# About Liguria

## THE ITALIAN RIVIERA

“...Liguria is a garden overlooking the sea, a landscape painted of palms, blooming seafronts, fishing boats and colorful houses. Its 340 km coast, better known as the Italian Riviera, is a continuous line of long beaches and cliffs which form coves. Cities and beach resorts are located along the entire coast, with names that have become famous throughout the world.

Genoa (“*Genova*” in Italian), the capital of the Region, is a large port but also a fascinating and little known historical city. The city has a glorious past (Christopher Columbus was born here), the great sights of which still remain and with a particular charm all its own.

Water sports reign along the coast: sailing, windsurfing, kite-surfing, kayaking, scuba diving and water skiing. Both the coast and inland area offer excellent conditions for hiking, mountain biking and horseback riding, and Liguria is home to seventeen protected areas, which offers landscapes and routes overhanging the sea and a priceless protected marine area. Not far off is the promontory of Portofino, with one of the highest concentrations of flora in the Mediterranean and some of the most famous scenery in the world. The park also contains the famous Marine Reserve, which attracts 5000 scuba divers to its waters every year.

Ligurian cuisine is basic and traditionally Mediterranean. The basis of all recipes is Ligurian olive oil, sweet and delicate and herbs. The most famous specialty in the world is pesto, a sauce made from olive oil, basil, pine nuts, garlic and parmesan, used as a sauce on various types of pasta like troffie and trenette...”

This description is from [http://www.travelplan.it/liguria\\_guide.htm](http://www.travelplan.it/liguria_guide.htm). You can find more about the area in English at travel sites like [www.virtualtourist.com/travel/Europe/Italy/Liguria/TravelGuide-Liguria.html](http://www.virtualtourist.com/travel/Europe/Italy/Liguria/TravelGuide-Liguria.html).



## WEATHER

Ligurian autumn offers a very mild and pleasant weather that favors athletes' sport performances. Temperature ranges from a min 64F° to a max 76F°, with an average temperature of 70F°.

## CURRENCY

Local Currency is the EURO (€). The approximate exchange rate with the US Dollar as of March 2011 is: **1 USD = 0.75 EUR.**

## TIME ZONE

In summer, Genoa is in the **Central Europe Summer Time (CEST) Zone**, which is **6 hours ahead** of US Eastern Time. Competition information will likely be in 24-Hour Time, which does not use am or pm. Morning hours are the same (ex 8am is 08:00, noon is 12:00) but 1pm is 13:00, 2pm is 14:00, etc.

# Travel

## TRAVEL FROM US TO GENOA

★ September 23, 2011: Departure City/Cities TBD

After we confirm our delegation, we'll be able to make decisions about group travel and rendezvous for flights from the US to and from **Cristoforo Colombo International Airport** in Genoa, Italy. Because of the time change, we will likely leave the US on the 23rd and arrive in Italy on the 24th of September.

## ARRIVING AT GENOA AIRPORT

★ September 24, 2011: **Cristoforo Colombo International Airport**

We will arrive Sept 24, 2011 between 10:00am and 11:00pm. After landing, collecting our baggage and clearing customs we will check in at the 2011 Global Games welcome desk. This may take some time so please be patient. After we've checked in we will take a shuttle to our hotels.

## DEPARTURE TO GENOA AIRPORT

★ October 4, 2011: Hotel to **Cristoforo Colombo International Airport**

Transportation will be provided back to the airport at the end of the Games.

## TRAVEL FROM GENOA BACK TO US

★ October 4, 2011: Departure City/Cities TBD

## BUS/SHUTTLE TRANSPORT

Transportation to hotels will be provided to and from the airport. Transportation will also be provided from the hotels to the various athletic venues. The transport schedule during the competition days will be given daily through information boards in the hotels, at venues, etc.

## PACKING LIST

(List will be updated closer to event.)

- Favorite sports drinks and bars
- Backpacks for gear (better than large shoulder bags)
- Travel laundry soap/tablets
- Water bottle with built-in filter. (We use WaterBottle.com bottles bought online or at Target, etc.)
- Small USA-themed items to trade (We'll provide some USA pins and flags for ceremonies & trading)

# Accommodation

## HOTELS BY SPORT

The accommodations for Global Games are outstanding and the Region Liguria offers stunning natural beauty from mountains to the sea! You will stay in 3 or 4 star resort hotels in one of the most popular vacation areas in Italy. Athletes, coaches and parents will be staying in different hotels by sport so they can be as close as possible to their sport's venue. Each hotel has the same standard of services and comfort, are surrounded by entertainment areas and they offer the best accommodation in the Ligurian territory. Single rooms, doubles and mini residences (apartments) will be available with bathrooms and fridge.

SPORT(S)	HOTEL	TOWN	WEBSITE
ATHLETICS	Castellaro Golf Resort*	Castellaro	<a href="http://www.castellarogolf.it/en">http://www.castellarogolf.it/en</a>
CYCLING	Villaggio del Ragazzo*	San Salvatore di Cogorno	(not available at this time)
BASKETBALL TENNIS SWIMMING	Loano2 Village*	Loano	<a href="http://www.loano2village.it/en">www.loano2village.it/en</a>
TABLE TENNIS	Residence Villa Beuca*	Cogoleto	<a href="http://www.residencevillabeuca.com/index_en.php">www.residencevillabeuca.com/ index_en.php</a>
JUDO	TBD*	TBD*	TBD*
FUTSAL	Aregai Marina Hotel	Santo Stefano Al Mare	<a href="http://www.aregaimarina.it/en">www.aregaimarina.it/en</a>
ROWING	TBD*	TBD*	TBD*

*\*depending on the number of entries in each sport, hotel assignment may change.*

## MEALS

The delegation participation fee covers full room and board with the following meal schedule:

- ★ 7:00am - 9:30am: Buffet style breakfast at the Hotel
- ★ 12:00pm - 2:30pm: Lunch at the Venue (warm meal or pocket lunch with 3 options)
- ★ 6:30pm - 9:00pm: Buffet style dinner at the Hotel

## DRINKING WATER

Water flowing from the water taps is perfectly fine and normally used for drinking. However, should there be special requests for bottled water, the Organizing Committee will provide it. You may also want to bring a bottle with a built in filter. We use **WaterBobble.com** bottles purchased online or at Target and other stores.

# US Team Schedule

## TEAM CHECK-IN (ENTIRE DELEGATION)

★ September 24, 2011: Cristoforo Colombo International Airport

The Team Manager will handle the Check-in/Accreditation for the entire Team at the Airport. The organizers recognize that *“this is probably the most boring moment of any event of this kind and we will do our best to make it quick and worthwhile.”* Please be patient as there will be dozens of countries checking in.

## ELIGIBILITY CHECK (ALL ATHLETES)

★ September 25-26, 2011: Location in Liguria TBD

Eligibility Check will take place all day September 25 and the afternoon of the September 26. The purpose of the check is to confirm the athlete's passport with his/her name on the Master List of registered athletes as of June 30, 2011. In case of any disputes between the team manager and the eligibility officer or in case of information discrepancy, the case will be referred to the Eligibility Committee for review at a meeting prior to the start of competition to resolve any pending issues. The Committee will be chaired by the INAS Officer.

## HEAD OF DELEGATIONS MEETING (TEAM MANAGER)

★ September 24, 2011 10:00pm: Villaggio Loano2 Hotel

More details will be provided by the Organizing Committee at a later date.

## TECHNICAL MEETINGS (TEAM MANAGERS & COACHES)

★ September 25, 2011: Time and Location TBD

First Technical Meetings will be held September 25 in each Sport Hall. Full details will be provided at the Head of Delegation Meeting on the September 24.

## OPENING CEREMONY (ENTIRE DELEGATION)

★ September 26, 2011: 10:00am Genoa Centre City

The ceremony generally includes a parade of flags, welcoming remarks and music and entertainment. We will coordinate US Team T-shirts and Warm Ups for the entire delegation to wear.

## CLOSING CEREMONY

★ September 26, 2011: 10:00am Genoa Centre City

Details of the Ceremony will be specified by the Organizing Committee at a later date.

# Trip Costs

## REGISTRATION FEE

**\$1,500 + Airfare Double Occupancy**

**\$1,950 + Airfare Single Occupancy**

The \$1,500 registration fee includes ten nights in 3- or 4-Star hotels, three meals per day starting from dinner September 24 through Breakfast October 4 and all in-country transportation. Cost also includes US Team clothing for athletes and a team shirt for other travelers. Parents and coaches traveling with the delegation will receive an all-access pass to all the venues at the Games.

## PAYMENT SCHEDULE

★ DEPOSIT 1	\$500/person	Due April 20, 2011
★ DEPOSIT 2	\$500/person	Due June 1, 2011
★ DEPOSIT 3	\$500/person	Due August 1, 2011
★ AIRFARES	TBD	TBD

## PAYMENT METHOD

Make checks payable to "Athletes Without Limits." It may be possible to pay for airfare by credit card, depending on group flight arrangements.

## INCIDENTALS

Cash is only needed for snacks, site-seeing, Global Games merchandise (hats, T-shirts, etc.), meals outside the hotel, etc. Note: entrance to all events as a spectator is free.

## AIRFARE

Fairs from eastern US cities are currently approximately \$1,300 round trip. Once we know the total number of travelers we will work on getting a reduced group rate but please budget for full fare. We will determine whether a group flight from one US City is feasible and/or how best to arrive in Genoa at the same time.



# Media

## UPDATES & WEBSITE

Athletes Without Limits will keep registered participants updated about the Games via email. We will also post press releases. You can find additional information at the Italian Organizing Committee's Official Global Games website.

Global Games official event website:

[www.globalgames2011.it](http://www.globalgames2011.it)

## MEDIA ACCREDITATION

Journalists from all over the world are welcomed at Global Games and will be accommodated by the Media Centre. Media will be accredited upon arrival and should inform the Organizing Committee prior to their arrival by providing a copy of their passport and proof of credentials as a journalist or photographer.

Media representatives who want to use our facilities, catering and accommodation will pay the same entry fee as other members of the delegation. If the media representative comes with a National Team, he/she can be included in the team's online entry by the Head of Delegation.

## ATHLETE PHOTOS & INTERVIEWS

Athletes will likely be photographed and videotaped during competitions. At the last Global Games the local and national television news covered the Games each night.

The Global Games will have official photographers that will visit every venue during the Games event to take some pictures that participants may be able also to buy on request.

If you are asked by a journalist for an interview, photograph or video it is your choice and you can decline, however, interviews are a great way to help promote of the Games and your Sport and appear in the news or on television.

## LOCAL PRESS

Athletes Without Limits will be writing press releases about the Games. We look forward to working together with each athlete to gain local coverage in his/her hometown.

# Medical/Liability

## MEDICAL SUPPORT

The Organizing Committee will provide a team of medical staff that will be present at all venues during competition. Cycling will have a dedicated ambulance. In case of an injury or a problem that cannot be treated immediately, the ambulance service available at each Sport Location will accompany you to the nearest hospital, not farther than 10 minutes.

## DRUG TESTING

Doping control will be carried out in all sports at the request of INAS. If you are using (for therapeutic reasons) a medicine or method prohibited according to the WADA 2010 Prohibited Substances and Methods List, you must inform Athletes Without Limits by submitting a **Therapeutic Use Exemption (TUE) form** available at: [www.athleteswithoutlimits.org/athletes/medication](http://www.athleteswithoutlimits.org/athletes/medication).

## LIABILITY/INSURANCE

The Organizing Committee will NOT be responsible for any material damage, injuries, loss of property, etc., should something like that happen to the participants during their stay in Italy.

Athletes Without Limits will NOT be responsible for any material damage, injuries, loss of property, etc., should something like that happen to the participants during their stay in Italy.

Athletes Without Limits requires all participants to sign a waiver releasing Athletes Without Limits of liability. The purchase of supplemental travel /medical insurance will be at the discretion of each registered participant.

# Technical

## START SHEETS & RESULTS

Start and results lists will be distributed at the teams' mailboxes in the venue, at the hotels and published on the website. The very first start list will be given to the Team Manager at the First Technical Meeting.

## PROTESTS

There will be a sports technical jury for each sport. These juries handle technical protests according to the rules of the relevant International Federation (e.g. the IAAF, FINA., etc.). The party filing the protest must do so in writing and will be charged EUR 100. In case the protest is approved, the fee is reimbursed. Should the protest be found irrelevant, the fee is withheld by the Organizing Committee, and the protest is filed with the relevant INAS Technical Delegate.

# Athletics (Track & Field)



## TECHNICAL MEETINGS (MANAGERS & COACHES)

★ Sept 25 (evening hours): First Technical Meeting; Location TBD

## HOTEL

Castellaro Golf Resort\* in Castellaro

[www.castellarogolf.it](http://www.castellarogolf.it)

*\*Hotels may change depending on number of entries. Distance from hotel to venue is 30 minutes.*

## VENUE

Campo Atletica Leggera or "Angelo Ligorio" in Imperia

[www.comune.imperia.it/drupal\\_6/node/302](http://www.comune.imperia.it/drupal_6/node/302)

The outdoor track surface at track surface at Campo Atletica Leggera is "Mondo." You don't need to bring any implements with you as everything will be available for you both for training and competition. Specifically these throwing implements will be provided:

- Hammer: 7.26 kg and 4 kg
- Discus: 2 kg and 1 kg
- Shot Put: 7.26 kg and 4 kg
- Javelin: 800 gr and 600 gr

## MEDAL CEREMONY

After the finals for each event, Bronze, Silver and Gold medals will be given to individuals and/or teams.

## ATHLETICS REGULATIONS

### INAS Athletics Technical Delegate: Mr. Jose Costa Pereira

- According the INAS guidelines and to encourage nations to participate, the 2011 Global Games will give out an Overall Best Team award for Male and Female Teams.
- Nations must have a minimum of 3 male athletes to be eligible to earn Male Team points. Nations must have a minimum of 3 female athletes to be eligible to earn Female Team points. Points will be based on the total number of participating teams, and will be given to only the top placing athlete from each country in each event.
- For example, If there are 12 countries participating in the Male Team Competition, for each event of the Games the top placing athlete from each country can earn the following points for his/her team: First Place earns 12 points; 2nd place earns 11 points; 3rd Place earns 10 points; etc. If a nation wins 1st and 2nd place in any event, only the 1st place finisher will earn points for the team. The nation that accrues the most points throughout all the events will win the team competition.

## ATHLETICS EVENTS, QUALIFICATION & ENTRY

**Competition Schedule TBD.** Athletes must qualify for most athletics events by achieving the standards below (ideally between January 1- June 30,2011.)



**Athletes Name:**

EVENT	MEN	WOMEN	MY TIME	DATE	EVENT NAME & VENUE
100m	12.00	14.50			
200m	24.30	30.50			
400m	55.20	1.14.00			
800m	2.10.00	2.45.00			
<b>1.500m*</b>	4.25.00	6.00.00			
3.000m	no event	14.00.00			
5.000m	17.30.00	<b>open</b>			
10.000m	<b>open</b>	no event			
100m Hurdles (0.84)	<i>no event</i>	<b>open</b>			
110m Hurdles (0.91)	<b>open</b>	<i>no event</i>			
400m Hurdles (0.76)	<i>no event</i>	<b>open</b>			
400m Hurdles (0.84)	<b>open</b>	<i>no event</i>			
3.000m Steeplechase	<b>open</b>	<i>no event</i>			
5.000m Race walk	<i>no event</i>	<b>open</b>			
10.000m Race walk	<b>open</b>	<i>no event</i>			
High Jump	1.65m	1.20m			
<b>Long Jump*</b>	5.80m	4.20m			
Triple Jump	11.00m	Open			
<b>Shot Put*</b>	9.90m	8.20m			
Discus	25.00m	16.00m			
Javelin	35.00m	18.00m			
Hammer	<b>open</b>	<b>open</b>			
4 x 100m Relay	1 team per country	1 team per country			
4 x 400m Relay	1 team per country	1 team per country			
Heptathlon	<i>no event</i>	open			
Heptathlon	open	<i>no event</i>			

*\*events included in the 2012 Paralympics; we encourage athletes who qualify to enter these events.*

# Cycling



## TECHNICAL MEETINGS (MANAGERS & COACHES)

- ★ September 25, 9:30pm: First Technical Meeting
- ★ Starting Sept 26, 09:30 pm: Daily meetings the night before each competition.

## HOTEL

Villaggio del Ragazzo\* in San Salvatore di Cogorno

*\*Hotels may change depending on number of entries.*

## VENUE (COURSES)

The surroundings of the city of Genoa and Coastline of Liguria.

## MEDAL CEREMONY

Ceremonies will be after every event with Bronze, Silver and Gold medals given to individuals and Teams.

## CYCLING COMPETITION SCHEDULE

DATE	TIME	EVENT/LOCATION	MEN	WOMEN
SEPT 27	TBD	Individual Time Trial Corso Italia, Genoa	10,800 km (3 laps)	7.2 km (2 laps)
SEPT 28	TBD	Criterium Corso Italia, Genoa	3,600 km lap 45' + 1 lap	3,600 km lap 30' + 1 lap
SEPT 29	TBD	Team Time Trial Corso Italia, Genoa	10,900 km	10,900 km
SEPT 30	Day Off/Training			
OCT 1	14:15 W 16:30 M	Road Race Cogorno/Sestri Levante	50 km	38 km

## CYCLING REGULATIONS

INAS Cycling Technical Delegate: Mr. Didier Simmons



- The competition will be organized according to the UCI rules.
- 35 to 50 athletes total are expected.
- Number of participants per country is limited to 3 riders per country per event.
- Athletes must be 18 or older In 2011 to participate in cycling per UCI rules. (UCI rule 16.2.001 and INAS regulations).
- INAS registered athletes are eligible to compete, however cyclist must have a valid UCI racing license.
- Each rider must report to the bike check at the least 15 minutes before the start (UCI Rules 2.5.009).
- For the Team Time Trial (TTT), a country may enter a maximum of 3 competitors. All must be from the same country. Each country can enter up to two teams for the TTT. Only one team's results will be factored into the overall team competition.
- For the team ranking, the particular rule of the race will specify which rider's time is taken when crossing the finishing line (UCI Rules 2.5.014).
- Official National Sport Suit (official national cycling jersey) and cycling helmet must be worn. During the ITT and the TTT a time trial helmet may be worn.)

# Swimming



## TECHNICAL MEETINGS (MANAGERS & COACHES)

★ September 25 (evening): First Technical Meeting at Loano2 Village in Loano.

## HOTEL & VENUE

Loano2 Village\*

[www.loano2village.it](http://www.loano2village.it)

\*Hotels may change depending on number of entries. Distance from hotel to venue is 5 minutes.

## VENUE

Piscina Comunale "Doria Nuoto" Pool, Loano (Savona)

This pool was previously used for INAS European Open Championships in Loano 2010. It is an outdoor Long Course (50m) with 8 lanes; Call room is at the start line.

## PRE COMPETITION TRAINING DAYS

TBD

## POOL HOURS

- |                     |                    |                        |
|---------------------|--------------------|------------------------|
| ★ Morning Heats:    | Warmup from 8:00am | Heats start at 9:00am  |
| ★ Afternoon Finals: | Warmup from 3:00pm | Finals start at 4:00pm |

## MEDAL CEREMONY

Medals will be presented at the pool at the end of each final. Bronze, Silver and Gold medals will be given for individual and team events.

## SWIMMING REGULATIONS

**INAS Swimming Technical Delegate: TBD**

- Maximum 3 entries per nation per event.
- For an event to take place there must be minimum 6 entries from 3 different countries.
- Swimmers must qualify by achieving the qualification standards that follow within the period from January 1, 2010 - June 30, 2011 at an INAS-sanctioned event. In case of other events, the results will need to be verified by the INAS Swimming Director. **[Because there are currently no INAS-sanctioned events in the US, we will need to verify all results (USA Swimming, Masters, etc.) with the INAS Swimming Director.]**

## SWIMMING QUALIFICATION TIMES & ENTRY

Swimmers must qualify by achieving the standards below between **January 1, 2010 and June 30, 2011**. Short course yards can be converted at: [www.swimmingworldmagazine.com/results/conversions.asp](http://www.swimmingworldmagazine.com/results/conversions.asp)



**Athletes Name:**

LONG COURSE METERS EVENT	MALE	FEMALE	MY QUAL. TIME	MEET NAME	MEET DATE	MEET VENUE
50 freestyle	32.00	39.00				
100 freestyle	1:08.00	1:36.00				
<b>200 freestyle*</b>	2:30.00	3:35.00				
400 freestyle	6:00.00	7:45.00				
800 freestyle	<i>no 800</i>	16:00.00				
1.500 freestyle	22:50.00	<i>no 1500</i>				
50 breaststroke	41.00	51.00				
<b>100 breaststroke*</b>	1:30.00	1:55.00				
200 breaststroke	3:30.00	4:25.00				
50 backstroke	37.00	55.00				
<b>100 backstroke*</b>	1:26.00	1:55.00				
200 backstroke	3:14.00	3:52.00				
50 butterfly	35.00	52.00				
100 butterfly	1:25.00	2:05.00				
200 butterfly	3:14.00	4:24.00				
200 medley	3:05.00	4:02.00				
400 medley	6:17.00	7:55.00				

*\*events included in the 2012 Paralympic Games; we encourage all swimmers who qualify to enter these events.*



# SWIMMING COMPETITION SCHEDULE

- Competition Days: **Sept 27, 28, 30 and Oct 1**
- Day Off: **September 29**
- Morning Heats: **Warmup from 8:00am Heats start at 9:00am**
- Afternoon Finals: **Warmup from 3:00pm Finals start at 4:00pm**



SEPTEMBER 27			
#	Event	My Time	Sex
1	4x50 Freestyle		M
2	50 Freestyle		F
3	100 Backstroke		M
4	800 Freestyle		F
5	400 Freestyle		M
6	100 Butterfly		F
7	50 Breaststroke		M
8	100 Breaststroke		F
9	400 Ind. Medley		M
10	4x100 Medley		F
11	4x200 Freestyle		M

SEPTEMBER 28			
#	Event	My Time	Sex
12	200 Butterfly		M
13	200 Backstroke		F
14	200 Breaststroke		M
15	200 Freestyle		F
16	1500 Freestyle		M
17	50 Butterfly		F
18	100 Freestyle		M
19	200 Ind. Medley		F
20	50 Backstroke		M
21	4x100 Freestyle		F
22	4x50 Medley		M

SEPTEMBER 30			
#	Event	My Time	Sex
23	4x50 Freestyle		F
24	200 Ind. Medley		M
25	100 Backstroke		F
26	100 Butterfly		M
27	400 Ind. Medley		F
28	50 Freestyle		M
29	400 Freestyle		F
30	200 Backstroke		M
31	50 Breaststroke		F
32	4x100 Medley		M
33	4x200 Freestyle		F

OCTOBER 1			
#	Event	My Time	Sex
34	200 Butterfly		F
35	50 Butterfly		M
36	50 Backstroke		F
37	200 Freestyle		M
38	100 Freestyle		F
39	100 Breaststroke		M
40	200 Breaststroke		F
41	4x100 Freestyle		M
42	4x50 Medley		F

*\*Parents can use this page to record times at the Games*

# Table Tennis



## TECHNICAL MEETINGS (MANAGERS & COACHES)

★ Sept 25 (evening hours): First technical meeting, location TBD

## HOTEL

Residence Villa Beuca\* in Cogoleto

[www.residencevillabeuca.com](http://www.residencevillabeuca.com)

\*Hotels may change depending on number of entries. Distance from hotel to venue is 30 minutes.

## VENUE

Vaillant Palace Sport Hall, Genoa

[www.stadiumrimini.net](http://www.stadiumrimini.net)

There will be 16 Butterfly Competition Tables, 8 Butterfly Training Tables and Butterfly Orange balls.

## MEDAL CEREMONY

At the competition venue, Bronze, Silver and Gold medals will be given for individuals and teams.

## TABLE TENNIS COMPETITION SCHEDULE

	WOMEN		MEN	
SEPT 25	Training Day	10am-6pm	Training Day	10am-6pm
SEPT 26	Training Day	(afternoon)	Training Day	(afternoon)
SEPT 27	Team Event Women	TBD	Team Event Men	TBD
SEPT 28	Women Finals Women's Singles Group Stage	TBD	Team Event Men Mens Singles Group Stage	TBD
SEPT 29	Single Event Women Women's Doubles (same Nation)	TBD	Single Event Men Mens Doubles (same Nation)	TBD
SEPT 30	Day Off		Day Off	
OCT 1	Women Singles Tournament Finals Doubles Tournament Women Finals	TBD	Men Singles Tournament Finals Men Doubles Tournament Finals	TBD
OCT 1	Doubles Mixed Tournament Group Stage Time TBD			
OCT 2	Doubles Mixed Tournament Qualifying Rounds and Finals Time TBD			

## TABLE TENNIS REGULATIONS

**INAS Table Tennis Technical Delegate: Mr. Yves Drapeau**



- Quota: There is no quota for entries by nation.
  - Referees and Umpires: Each delegation participating with 6 or more athletes is obliged to bring one professional national umpire, with traveling costs paid by the nation. The Organizing Committee will cover the cost of Accommodation, Meals and Daily Allowance. Nation who do not bring an umpire will have to pay a penalty of 800 EUROS. Nations with LESS than 6 athletes are NOT OBLIGED and will not pay the penalty.
  - Official Sport Suite: Teammates should wear the same T-shirt in Team Competitions.
  - Mixed Event: Must be Men/Women from same National Team.
  - Training Days: The Organizing Committee will provide only one package of four balls per delegation for training. If the Teams need more we kindly ask you to provide your own.
- ★ Please note the Table Tennis Competition at Global Games 2011 has NOT been sanctioned by ITTF. However athletes will be able to complete the second stage of their INAS/IPC classification "Observation in Sport.")

# Rowing



## TECHNICAL MEETINGS (MANAGERS & COACHES)

★ Sept 26: First technical meeting after training session in the boat; location TBD

## HOTEL

TBD

## VENUES

Indoor INAS World Championships:  
Demonstration Event On Water:

Sports Hall School, Genoa  
Rowing Centre Genoa Prà, Genoa

## ROWING COMPETITION SCHEDULE

OUTDOOR	MORNING	AFTERNOON
SEPT 24	Teams Arrival	Teams Arrival
SEPT 25	Fixing boats and training session at the Rowing Centre	Indoor training session on the ergometer at the School Hall
SEPT 26	Opening Ceremony Genoa	Training session in boat at the Rowing Centre Evening hours: Technical Meeting
SEPT 27	Outdoor Heats: Boat: 4+ LTA ID Mixed m.1000	Repechage (Losers Heat)
SEPT 28	Outdoor Finals: Boat: 4+ LTA ID Mixed m.1000	
INDOOR	MORNING	AFTERNOON
SEPT 29	Individual Ergometer Race 1 x m.500	Ergometer Mixed Relay 4 x m.500
SEPT 30	Individual Ergometer Race 1 x m.1000	
OCT 1	11:00am- 1:00pm Ergometers free for practice	3:00–5:00pm Competition for athletes racing in other sports
OCT 2	11:00am- 1:00pm Ergometers free for practice	3:00–5:00pm: Competition for athletes racing in other sports
OCT 3	11:00am- 1:00pm Ergometers free for practice	3:00–5:00pm: Competition for athletes racing in other sports

## MEDAL CEREMONY

At the competition venue, after each final, Bronze, Silver and Gold medals will be given for individuals and teams. At the end of all races, indoor and outdoor, the country who earns the most points will win best Overall Team.



## ROWING REGULATIONS

### INAS Rowing Technical Delegate: TBD

- Points earned per event toward Overall Team Competition:

1st place	10 points
2nd place	8 points
3rd place	7 points
4th place	6 points
5th place	5 points
6th place	4 points
7th place	3 points
8th place	2 points
9th place	1 point

All finishers after 10th place will get 1 point.

- For individual races, only the top-ranked athlete from each country will earn points for his/her National Team. e.g. If a nation wins 1st, 2nd, and 3rd place, all three athletes will get medals but only the first place athlete will earn points toward the Overall Team Competition.
- The number of individual athletes participating for each team in the ergometer race is unlimited.
- For the indoor mixed relay and the outdoor boat race, the crew is mixed 2 male, 2 female. Each delegation, both for indoor relay and boat race, can have a maximum of 1 mixed crew.
- For the mixed 4 boat race the Organizing Committee will provide “Coastal boats, which are comfortable, balanced and appropriate for less experienced athletes.
- Cox can be the coach of the team, or teams can inform the Organizing Committee if a cox is needed.

# Other Sports

Note: There are no US teams or athletes competing in the sports above, however you may be interested in viewing some of these other competitions while at the Games if time allows. Details and final schedules will be available on the Global Games website at [www.globalgames2011.it](http://www.globalgames2011.it)

## BASKETBALL

Hotel: Loano2 Village\*

Venue: Sports Hall PalaSport , Via Matteotti, Loano (Savona)



## FUTSAL

Hotel: Aregai Marina Hotel in Santo Stefano Al Mare\*

Venue: Sport Hall Palazzetto dello Sport di Imperia



## TENNIS

Hotel: Loano2 Village\*

Venue: Tennis Club Centre in Loano (SV). Via Aurelia 66 Loano (SV)



## JUDO (DEMONSTRATION)

Hotel: TBD\*

Venue: "PALADAMONTE", Via Della Gioventù, Cogoleto (GE)

*\*Hotels may change depending on number of entires.*



# How to Register

## REGISTRATION FORMS & CHECKLIST

Athletes must already be in the eligibility application process to be considered for Global Games. It is not necessary to mail this page, you can use it as a checklist. Registering is a 3-stage process that includes the steps listed below.

### By April 20, 2011

---

- Confirm with us that athlete will meet swim or track qualification times.
- Mail Entry Form A, all signed Release Forms, and \$500 deposit/traveller.
- Apply for US Passport if needed.

★ Note: Athletes still waiting on final eligibility confirmation from INAS do not have to make deposits until confirmed. But please do send other registration information by April 20.

### By June 1, 2011

---

- Mail *Entry Form B*, copies of Passports, and second deposit \$500 deposit/traveller.
- Email Qualification Times for & Track & Field (p12) or Swimming (p16) to [info@athleteswithoutlimits.org](mailto:info@athleteswithoutlimits.org).
- If athlete is taking medication banned by World Anti-Doping Assoc., mail Exemption Application to us. (See [athleteswithoutlimits.org](http://athleteswithoutlimits.org) under "Medication & Drug Testing")

### By August 1, 2011

---

- Mail *Entry Form C*, copies of *Emergency Medical Form* for each traveller and and \$500 deposit/traveller.
- Airfare payment TBD (air travel plans will be formed in May).

## QUESTIONS?

We appreciate your patience with emails and calls as Athletes Without Limits is run by an all-volunteer staff.

★ Julie Holman      202-544-0510      [info@athleteswithoutlimits.org](mailto:info@athleteswithoutlimits.org)

★ Barry Holman      202-544-0510      [barry@athleteswithoutlimits.org](mailto:barry@athleteswithoutlimits.org)

# Global Games Entry Form A: Due April 20, 2011

★ Note: If any travelers do not have a US Passport, please apply this month.

## TRAVELERS NAMES & CLOTHING SIZES:

<b>Athlete's Name:</b>						<b>Medications:</b>						
<b>T-shirt Size:</b>	Women's:	XS	S	M	L	XL	Men's:	XS	S	M	L	XL
<b>Warmup Jacket Size:</b>	Women's:	XS	S	M	L	XL	Men's:	XS	S	M	L	XL
<b>Shorts/Pants Size:</b>	Women Sizes 2-18: _____					Men's Waist/Length: (ex: 32/34): _____						
<b>Shoe Size:</b>	Women's Size: _____					Men's Size: _____						
<b>Swimsuit Size:</b>	Women's 28, 30, 32 etc.: _____					Men's: _____						

<b>Athlete's Name:</b>						<b>Medications:</b>						
<b>T-shirt Size:</b>	Women's:	XS	S	M	L	XL	Men's:	XS	S	M	L	XL
<b>Warmup Jacket Size:</b>	Women's:	XS	S	M	L	XL	Men's:	XS	S	M	L	XL
<b>Shorts/Pants Size:</b>	Women Sizes 2-18: _____					Men's Waist/Length: (ex: 32/34): _____						
<b>Shoe Size:</b>	Women's Size: _____					Men's Size: _____						
<b>Swimsuit Size:</b>	Women's 28, 30, 32 etc.: _____					Men's: _____						

**Other Traveller:** \_\_\_\_\_ T-shirt: Men's Women's XS S M L XL 2XL

**Other Traveller:** \_\_\_\_\_ T-shirt: Men's Women's XS S M L XL 2XL

**Other Traveller:** \_\_\_\_\_ T-shirt: Men's Women's XS S M L XL 2XL

## RELEASE FORMS:

Please complete a separate copy of the Release Form on the next page for each traveller.

## FIRST DEPOSIT:

Total Number of Travelers  x \$500 per person = \$

**Refunds:** Payments are refundable up until September 1, 2011 less \$400 per person, which the event organizers have declared as non-refundable. In the event that there is an issue of eligibility, qualification times not being met, injury, or family emergency we will do our best to negotiate a full refund, however we cannot guarantee it.

## PAYMENT METHOD:

Make checks payable to Athletes Without Limits and mail to:

ATHLETES WITHOUT LIMITS  
2000 M STREET NW SUITE 520  
WASHINGTON DC 20036



# Global Games Entry Form A: Release Form(s)

★ Please use a separate copy of this form for each traveller.

## LIABILITY RELEASE (REQUIRED):

(Name) \_\_\_\_\_ would like to travel with and/or participate in group trips or programs with Athletes Without Limits. I acknowledge the risks and potential for risks of travel and participating in various sports. However, I feel that the possible benefits to myself/my son/my daughter/my ward are greater than the risk assumed. I hereby intend to be legally bound, for myself, my heirs and assigns, executors or administrators, waive and release forever all claims for damages against Athletes Without Limits, its Board of Directors, Coaches, Aids, Volunteers and/or Employees for any and all injuries and/or losses I/my son/my daughter/my ward may sustain while traveling with Athletes Without Limits or while participating in, planning, or attending sporting, training and other events as part of Athletes Without Limits programming.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Athlete/Parent/Guardian/Coach/Volunteer or Other Involved Person)

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If person above is under 18 years old or requires guardian signature.)

## PHOTO/FILM/BIO RELEASE (OPTIONAL):

I hereby consent to and authorize the use and reproduction by Athletes Without Limits (and its media partners) of any and all photographs and other audiovisual materials (including film) taken of me/my son/my daughter/my ward for promotional, educational fundraising and any other use for the benefit of Athletes Without Limits and its mission and programs. Examples include an athlete photo and bio that will appear on athleteswithoutlimits.org website, press releases, Facebook and Twitter updates, fundraising materials, etc.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Athlete/Parent/Guardian/Coach/Volunteer or Other Involved Person)

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If person above is under 18 years old or requires guardian signature.)

# Global Games Entry Form B: Due June 1, 2011

## COPY OF PASSPORT:

Please provide a legible copy of each traveller's passport.

## ATHLETICS (TRACK & FIELD) EVENTS & QUALIFICATION TIMES:

**Please make a copy of page 12 to submit your qualification times and event selections for athletics.**

Most athletics events require meeting minimum qualifying times. However there are no qualifying times for the long distance events. We encourage all runners to compete in the 1500m since this is the only track event that will be included at the 2012 Paralympic Games.

## SWIM EVENTS & QUALIFICATION TIMES:

**Please make a copy of page 16 to submit your qualification times and event selection for swimming.**

Swimming is the only sport for which there are no open events, you must meet the qualifying times for each event you would like to compete in at Global Games. We encourage all swimmers to compete in the 200 Free, 100 Back and 100 Breast if you meet the qualifying time since these are the events that will be included at the 2012 Paralympic Games.

## OTHER SPORTS:

There are no minimum qualification times for other sports.

## SECOND DEPOSIT:

Total Number of Travelers  x \$500 per person = \$

**Refunds:** Payments are refundable up until September 1, 2011 less \$400 per person, which the event organizers have declared as non-refundable. In the event that there is an issue of eligibility, qualification times not being met, injury, or family emergency we will do our best to negotiate a full refund, however we cannot guarantee it.

## PAYMENT METHOD:

Make checks payable to *Athletes Without Limits* and mail to:

ATHLETES WITHOUT LIMITS  
2000 M STREET NW SUITE 520  
WASHINGTON DC 20036

# Global Games Entry Form C: Due August 1

## EMERGENCY MEDICAL FORMS:

Please use a separate copy of the **Emergency Medical Form** on the next page for each traveller. Send one copy to us and give one copy of your medical forms to your emergency contact at home for reference.

## FINAL DEPOSIT:

Total Number of Travelers  x \$500 per person = \$

**Refunds:** Payments are refundable up until September 1, 2011 less \$400 per person, which the event organizers have declared as non-refundable. In the event that there is an issue of eligibility, qualification times not being met, injury, or family emergency we will do our best to negotiate a full refund, however we cannot guarantee it.

## PAYMENT METHOD:

Make checks payable to *Athletes Without Limits* and mail to:

ATHLETES WITHOUT LIMITS  
2000 M STREET NW SUITE 520  
WASHINGTON DC 20036

---

## Airfare Payment TBD

Depending on how plans form with travel agent in May and whether or not there will be a group flight, airfare payment may be required before August 1. Also it may be possible to pay airfare with a credit card.

Total Number of Travelers  x \$  per person = \$

★ We will update the group on air travel plans, payment method and the flight refund policy at a later date.

# Global Games Entry Form C: Emergency Medical Form(s)

★ Please use a separate form for each traveller. Send one copy and give one to your emergency contact at home.

## NAME:

Legal name: \_\_\_\_\_ Nickname: \_\_\_\_\_  
Hotel In Italy: \_\_\_\_\_ Team: USA (Managers: Julie & Barry Holman)

## MEDICAL NOTES:

Date of birth: \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Date of last tetanus shot: \_\_\_\_\_  
Medication(s): \_\_\_\_\_

Atlanto Axial Instability (AAI):  Symptomatic AAI  Asymptomatic AAI  Clear

Other important medical notes: \_\_\_\_\_

## EMERGENCY CONTACT AT HOME:

Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Home phone: \_\_\_\_\_  
Work phone: \_\_\_\_\_  
Cell phone: \_\_\_\_\_  
Email: \_\_\_\_\_

## EMERGENCY CONTACT TRAVELING WITH US TEAM:

*Person in delegation who knows the traveller best.*

Name: \_\_\_\_\_  
Relationship: \_\_\_\_\_  
Method of contact during trip: \_\_\_\_\_

## TRAVELER'S MEDICAL INSURANCE:

Insurance company: \_\_\_\_\_  
Insurance company phone: \_\_\_\_\_  
Policy #: \_\_\_\_\_  
Name of primary insured: \_\_\_\_\_  
Physician name: \_\_\_\_\_  
Physician phone: \_\_\_\_\_  
Supplemental trip insurance provider: \_\_\_\_\_  
Policy #: \_\_\_\_\_  
Phone: \_\_\_\_\_