



Information about Swimming

Paralympic Swimmers compete in one or more of 5 events: Individual Medley, Butterfly, Backstroke, Freestyle and Breaststroke.

Although not all events are offered to all athletes, events at Paralympic Games are as follows

Freestyle:	50 metres	100 metres	200 metres	400 metres
Backstroke:	50 metres	100 metres		
Breaststroke:	50 metres	100 metres		
Butterfly:	50 metres	100 metres		
Individual Medley:	150 metres	200 metres		
Relays:	4x50 Freestyle	4x50 Medley	4x100 Freestyle	4x50 Medley

Equipment needed:

Swimsuit

Pair of goggles

Your nearest swimming pool- please find site below to locate your local swimming pool

Sites to Visit:

- Home of Paralympics Swimming for Great Britain www.paralympics.org.uk and search for swimming.
- A site to find your local pool www.swimming.org/get-involved/try-out-your-local-pool/
- Videos of Swimming www.paralympicsport.tv/

