



SWIMMING

Technical Manual



Introduction

On behalf of the Organizing Committee of the Lima 2019 XVIII Pan American Games and Sixth Parapan American Games, I would like to thank all the Pan American family, especially the National Olympic Committees, for their work in favor of sports in the continent.

I am pleased to introduce the competition technical manuals of each sport, which will be used during the Lima 2019 Pan American Games.

Each manual has been developed by the functional areas of the Lima 2019 Organizing Committee with the help of technical delegates from the different international federations and Panam Sports experts. This document will contribute to the success of the biggest sports event that has ever taken place in Peru.

In this document there is relevant information about every sport and discipline on the activity calendar of the XVIII Pan American Games.

You will also find the competition schedule, competition format and system, qualification system, information about delegation training sessions, accreditation, the Athletes' Village (accommodation venue), medical services, among others. This will be the best guide for competing in the Lima 2019 Games, where we are waiting for you with open arms.

Lima 2019 is an opportunity to transform and forge a better country based on sports' values (excellency, friendship, respect, courage, determination, equality and inspiration). Lima and all of Peru are getting ready to welcome you with the affection and hospitality we are known for.

We are sure that you will take home the best memories of your stay in our country during the largest sports event in the continent, which will be held in Peru for the first time.

Lima is ready to welcome you!

We are waiting for you!

CARLOS NEUHAUS

**President of the Lima 2019 Pan American Games and Parapan American Games
Organizing Committee**



Table of Contents

1	ABOUT THIS MANUAL	4
2	ABOUT LIMA AND PERU	4
	2.1 The City of Lima	4
	2.2 Lima's Cuisine	5
	2.3 Information about Peru	5
	2.4 Peru as Host of Major Events	6
	2.5 Currency	7
	2.6 Language	7
3	LIMA 2019	8
	3.1 Milco, Lima 2019 Official Mascot	8
4	KEY PERSONNEL	9
5	COMPETITION	10
	5.1 Date	10
	5.2 Venue	10
	5.2.1 Address	10
	5.2.2 Overview	10
	5.2.3 Services	11
	5.3 Competition Format	11
	5.3.1 Competition Draw	11
	5.3.2 Starting Positions	12
	5.4 Competition Schedule	12
	5.5 Training Schedule and Venue	14
	5.6 Qualification System	15
	5.6.1 Quota	15
	5.6.2 Eligibility	15
	5.6.3 Qualification System	16
	5.6.4 2020 Olympic Qualification	18
	5.6.5 Quota Places Confirmation	18
	5.7 Regulations, Protests, Appeals, Uniforms and Equipment	20
	5.7.1 Rules	20
	5.7.2 Protests	20
	5.7.3 Uniforms and Equipment	21
	5.8 Technical Officials	21
	5.9 Technical Meetings	21
	5.10 Medals and Diplomas	21

6	ACCREDITATION	22
	6.1 Accreditation Card Validation	22
	6.2 Eligibility Condition Forms	22
7	TICKETING AND ACCREDITED SEATING	23
	7.1 Games-time Ticket Sales	23
	7.2 Same- and Different-discipline Spectating Athletes	23
8	ATHLETES' VILLAGE	23
	8.1 Dates of Operation	24
	8.2 Village Overview	24
	8.3 Residences	24
	8.4 Resident Services	24
	8.5 Catering	25
	8.6 Dining Hall	26
	8.7 Meals for Athletes at Competition Venues	26
	8.8 NOC Services Center	26
	8.9 Resident Entertainment and Recreation Zones	26
	8.9.1 Gymnasium	27
	8.10 Village Plaza	27
	8.10.1 Village Plaza Cafe	27
	8.10.2 Peruvian Restaurant	27
	8.10.3 Laundry	27
9	MEDICAL SERVICES	28
	9.1 Athletes' Village Polyclinic	28
	9.2 Medical Services at Satellite Accommodations	28
	9.3 Medical Services at Venues	28
10	TRANSPORTATION	29
	10.1 Transportation System for Athletes and Team Officials	29
	10.2 Training and Competition Venue Services	29
	10.3 Athlete Transport Mall to Competition Venues	30
	10.4 Athlete Transport Mall to Training Venues	30
	10.5 Team Sport Vehicles	30
11	ACKNOWLEDGEMENTS	30

1. ABOUT THIS MANUAL

Published in 2018, the sports technical manuals provide detailed information on each sports competition and discipline at the Lima 2019 Pan American Games as well as operational information that may be of interest to participating teams. Each manual includes:

- An introduction to Lima and the Games.
- Sport-specific information, such as competition schedule and format, training and qualification criteria.
- Operational information on accreditation, ticketing, transportation, accommodation and medical services.

While this information is correct as of the date of publication, it may vary according to the updates provided by the Organizing Committee, the International Federation or Panam Sports. Therefore, National Olympic Committees (NOCs) should visit the official website extranet.lima2019.pe for updated information.

2. ABOUT LIMA AND PERU

2.1 The City of Lima

Before becoming a colonial capital, Lima was formerly populated by the Lima and Wari cultures. Later on, it became the capital of the Viceroyalty of Peru. The huacas and colonial houses of the city are an example of its historical greatness. Today, Lima is a cosmopolitan center that offers a variety of cultural and artistic options.

It overlooks the Pacific Ocean from a natural balcony that holds nearly 10 million people with thousands of stories and origins. Lima is a city with a past and a future, with innovators and entrepreneurs, and of art, craftsmanship and industry. A glorious city that knows how to celebrate life.

This city full of opportunities is located on the central coast of South America. It gathers all of Peru's diversity and complexity in a vibrant and captivating metropolis. Also, it is the only city in America that stretches from the Andes to the ocean. It has the privilege of being the only capital city of South America located on the shores of the Pacific Ocean.

Lima can refer to a region, a province and a city (Lima Metropolitan Area) as well as a district. It comprises 43 districts (divided into Northern, Southern, Eastern and Central Lima), in addition to the other seven districts that are a part of the province of Callao.

Throughout its history, Lima has been bolstered by immigrants from other provinces of the country and other regions of the world. It has the largest ethnic Chinese

community and the second largest *Nikkei* community in Latin America. It is safe to say it is a diverse city and that multiculturalism is its main resource.

When walking the streets of Lima, you can admire its churches, archaeological sites and colonial houses coexisting with modern buildings. Lima also offers a wide variety of cultural events and is recognized worldwide as the gastronomical capital of Latin America.

2.2 Lima's Cuisine

Lima is Peru's meeting point and, as such, it is a melting pot of cuisines enriched by the historic influx of migrants and products from other regions of Peru and the world. It is a huge pantry of fresh products, some of which are impossible to get elsewhere. This wide range of products is the secret to success of the current Gastronomical Capital of the Americas.

Lima gathers all of Peru's rich biodiversity in an exquisite metropolis: limes from the north that are used in cebiche, corn from Cuzco as a side dish for anticuchos and countless native potatoes of every color and texture. Also, Peru's main sources of flavor are its chili peppers; its popular and highly nutritious grains, like quinoa and kiwicha; and its coffee and cacao, which make city life sweeter and more enjoyable. Lastly, Peru is also known for its exotic Amazonian fruits, its aromatic spices from the Andes and its delicious pisco.

And, of course, its seafood. What would Lima's cuisine be without fish and traditional fishermen? But, also, what would Peru's cuisine be without its chefs, the guardians and creators of taste? They are the greatest collectors of historical and ancestral culinary knowledge, creators of new trends and flavors, innovative revolutionaries capable of bringing everyone together at the same table. Thus, Lima combines the knowledge and flavor of an entire country.

There are approximately 220 thousand restaurants in Lima, with several options inspired by the world's flavors and expertise.

Peruvian cuisine was declared "Cultural Heritage of the Americas" by the Organization of American States (OAS) in 2011.

Peru loves fusion cuisine, the abundance of its fields and the fruits of the sea. Its gastronomy is a fascinating combination of splendid climate, exotic —and sometimes spicy— products and a generation of chefs that are the best ambassadors of their cuisine around the world.

Peru has ten products with protected designation of origin such as pisco, Villa Rica coffee, Cuzco's giant white corn and Ica's lima bean. Moreover, it has over 3000 varieties of domesticated potato.

2.3 Information about Peru

Peru is located on the west side of South America and covers 1,285,215 km² of land and 200 nautical miles of the Pacific Ocean. With over 10 thousand years of history, it boasts great cultural richness, a delicious and award-winning cuisine, impressive archaeological sites, UNESCO World Heritage sites and vast nature reserves.

Peru has more than 31.5 million inhabitants. It can be divided into three major regions: coast, highlands and jungle, giving the country an immense multiplicity of landscapes. These regions comprise 11 ecoregions and 84 life zones of 117 that exist in the world. Due to its diverse geography, Peru has a wide variety of natural resources.

It has abundant forests, generous distances and ancient cultures. It is the third most megadiverse country on the planet thanks to its wide variety of orchids, birds and butterflies, and a lush Amazon, which has been recognized and awarded as one of the Seven Natural Wonders of the World.

Peru is also home to one of the seven wonders of the modern world: the citadel of Machu Picchu. In the region of Puno, over 3800 meters above sea level, you can visit the enchanting islands of Titicaca, the highest navigable lake in the world.

Peru has 12 World Heritage Sites and eight Intangible Cultural Heritage sites, awarded by UNESCO.

More than sixty native languages are spoken in the country, such as Aymara and Quechua. Also, it still preserves a musical scenery with native instruments like the quena and siku, melodies that feature joyful Afro-Peruvian beats and Andean music such as huayno and harawi.

Furthermore, it placed 9th in global entrepreneurship according to the 2015 Global Entrepreneurship Monitor report (GEM). Finally, it also won the World's Leading Meetings & Conference Destination in 2015 at the World Travel Awards (WTA).

Ancient Peruvians were skilled metalsmiths who turned silver and gold into precious jewels over 3000 years ago. They were also amazing craftsmen, who showed their vision of the world in clay pots and carved gourds. Their ancestral techniques were inherited by local entrepreneurs who now sell their products in the most demanding international markets.

Peru is a destination that shares its customs. Close to 3000 traditional festivals are celebrated nationally every year. Peruvian cities such as Lima, Cuzco and Arequipa were listed as UNESCO World Cultural Heritage Sites. Also, Peru was the home of ancient civilizations that grew cherishing the sand of the desert, the heavy rains of the Andes or the humid forests of the mountains.

Peru currently produces 80% of the world's alpaca clothing, an excellent Andean fiber that has become a symbol of elegance and exclusivity. Over 120 thousand families are involved in the supply chain of this valuable camelid fiber.

2.4 Peru as Host of Major Events

Peru has organized several sports events and international sports meetings over the years. The 2012, 2013 and 2018 editions of the Rally Dakar and the 131st International Olympic Committee (IOC) Session in 2017 are some examples that it is ready to house world-class events, considering it has both infrastructure and security.

Hosting the 2019 Pan American and Parapan American Games is very important for a city that is committed to promoting sports among its citizens. Lima is getting ready to welcome 6680 athletes from 41 countries of the Americas during the Pan American Games.

The Peruvian capital hosted the I Beach Bolivarian Games (from November 1 to 11 in 2012). A year later, the XVII Bolivarian Games took place in Lima and Trujillo between November 16 and 30, featuring close to 5000 athletes from 11 countries.

Peru has also hosted the "Copa América" on six occasions: 1927, 1935, 1939, 1953, 1957 and 2004. It was also the official venue of the FIFA U-17 World Cup in 2005 and the final was held at the National Stadium of Lima.

Furthermore, Peru had the privilege of hosting the FIVB Volleyball World Championship at the Coliseo Amauta (Lima), the Coliseo Gran Chimú (Trujillo) and the Coliseo Cerrado de Ica (Ica), between September 12 and 25, 1982. Additionally, the FIVB Volleyball Women's U-20 World Championship took place in Lima and Trujillo in 2011.

The South American Games were also held in Lima (from December 1 to 10, 1990). Later on, our country hosted the I South American Youth Games from September 20 to 29, 2013.

As mentioned previously, Peru was part of the Dakar Rally in 2012, 2013 and 2018. Four stages took place during the first year and the race ended in Lima. In 2013, five stages of the world's largest rally were contested in the Peruvian capital. In 2018, six and a half stages of the competition were contested in Peru, starting in Lima and passing through Puno to its final stop in Bolivia.

Moreover, the 131st IOC Session was held in September 2017 at the Lima Convention Center in Peru, with the presence of leaders of the National Olympic Committees. During this meeting, Paris and Los Angeles were chosen as host cities of the 2024 and 2028 Olympic Games, respectively.

In 2011, the 3rd FINA World Junior Swimming Championships was held in Peru. The competition venue was Campo de Marte.

A variety of sports events can be hosted in Peru due to its natural areas and its infrastructure. Off-road *races* across dunes and mountains, ultramarathons through the desert, triathlons on the shores of the Pacific Ocean and multi-sports games on different sports stages are some examples that show that Peru is an attractive place to organize high-impact competitions.

2.5 Currency

The national currency is the sol (PEN), but the American dollar (USD) and the euro (EUR) are also accepted.

2.6 Language

Spanish, the official language of Peru, is spoken by 84% of the population. In addition, 47 indigenous languages, including Quechua and Aymara, are spoken in the country.

3. LIMA 2019

Peru will be the host of the Lima 2019 Pan American and Parapan American Games for the first time in its history.

- **Opening Ceremony:**
Friday, July 26, 2019
- **Competitions:**
From Friday, July 26 to Sunday, August 11, 2019
- **Closing Ceremony:**
Sunday, August 11, 2019
- **Location:**
Lima, Peru
- **Participants:**
6680 athletes

Clusters: - 5 competition - 1 training	Venues: - 39 competition - 14 training	Sports program: - 39 sports - 62 disciplines
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3.1 Milco, Lima 2019 Official Mascot

Milco is a very cheerful, optimistic and friendly mascot, whose arms are always open, ready to welcome all visitors who arrive to the Lima 2019 Games.

Lima has a cultural background that makes us proud, and that is what our mascot highlights. One of Milco's favorite colors is red —also the color of our flag— because it represents passion! He wants to transmit this passion to all Lima 2019 participants, so that they give their best in each competition.

Milco is based on *cuchimilcos*, statuettes from the pre-Hispanic cultures of mid-western Peru such as Lima, Chancay and Chincha. This mascot was chosen by popular vote, when he obtained 19,895 votes. He beat two other candidates: Amantis, which represents the amancaes flower, and Wayqi, a gecko from the huacas of Lima.

A total of 44,514 people from Peru and abroad participated in selecting the Pan American and Parapan American Games mascot. With this number a new voting record was set, breaking that of Guadalajara 2011 and Toronto 2015.

Initially, over 1000 design proposals from across the country were submitted. From there, a specialized jury selected three finalists. They then entered an online popular vote on the Games' official website (www.lima2019.pe).

4. KEY PERSONNEL

President of the Fédération Internationale de Natation (FINA) [International Swimming Federation]	Julio Maglione	jmaglione.fina@cou.org.uy
President of Unión Americana de Natación (UANA) [Swimming Union of the Americas]	Dale Neuburger	dneuburger@tseconsulting.com
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International Technical Delegate	Sonia O' Neal	sonpat@caribsurf.com
Federación Deportiva Peruana de Natación (Peruvian Swimming Federation)	Carlos Eduardo Tabini Pareja	lalotabini@msn.com
Sport Group Manager Aquatics	Alvaro Del Pozo	adelpozo@lima2019.pe

5. COMPETITION

Events	
Men (17)	Women (17)
50 m freestyle	50 m freestyle
100 m freestyle	100 m freestyle
200 m freestyle	200 m freestyle
400 m freestyle	400 m freestyle
800 m freestyle	800 m freestyle
1500 m freestyle	1500 m freestyle
100 m backstroke	100 m backstroke
200 m backstroke	200 m backstroke
100 m breaststroke	100 m breaststroke
200 m breaststroke	200 m breaststroke
100 m butterfly	100 m butterfly
200 m butterfly	200 m butterfly
200 m individual medley	200 m individual medley
400 m individual medley	400 m individual medley
RELAY	RELAY
4 x 100 m freestyle relay	4 x 100 m freestyle relay
4 x 200 m freestyle relay	4 x 200 m freestyle relay
4 x 100 m medley relay	4 x 100 m medley relay
Mixed Relays (2)	
4 x 100 m medley relay	
4 x 100 m freestyle relay	

5.1 Date

From August 6 to 10, 2019.

5.2 Venue

Aquatics Center, National Sports Village (VIDENA).

5.2.1 Address

Canadá, cuadra 30 s/n, puerta 10, San Luis.

5.2.2 Overview

The new and modern aquatics center will welcome athletes participating in the Swimming competitions. It has one deck level and two upper levels.

At the deck level you can find the following indoor pools:

- One for warm-up: 50 m long, 25 m wide and 2 m deep.
- One competition pool: 50 m long, 25 m wide and 3 m deep.
- One diving pool: 21 m long, 25 m wide y 5.5 m deep.

Complementary services and access to stands for accredited persons are located on the first level. Complementary services and access to stands for spectators are located on the second level.

5.2.3 Services

The competition venue includes:

- Dressing rooms and showers.
- Athletes zone.
- Judges zone.
- First-aid station for athletes and spectators.
- Stands for spectators and accredited persons.
- Mixed zone (press and TV).
- Pan American Family lounge.
- Doping control facilities.
- Storage areas.
- Broadcast center.

5.3 Competition Format

The Swimming competition will consist of 36 events: 17 for men, 17 for women and two for mixed relays. The structure of the competition will be as follows:

- The competition will be conducted in eight lanes.
- The competition will feature preliminary heats, A finals and B finals in all events except for the 800 m freestyle (women and men), 1500 m freestyle (women and men) and relay events.
- The 800 m freestyle (women and men) and 1500 m freestyle (women and men) will be conducted as a timed final event with the fastest eight seeded swimmers competing in the evening finals session.
- Relay events will feature preliminary heats and A finals.
- Mixed relay events will comprise two men and two women.

5.3.1 Competition Draw

Start lists will be seeded according to Fédération Internationale de Natation (FINA) rules, based on the swimmers in the final entry list.

For preliminary heats, the fastest 24 swimmers—except 400 m freestyle and 400 m individual medley—will be distributed in the last three heats according to FINA rules, with the remaining swimmers then placed in earlier heats according to their qualification times. For the 400 m freestyle and 400 m individual medley events, the fastest 16 swimmers seeded will be distributed in the last two heats according to FINA rules, with the remaining swimmers then placed in earlier heats according to

their qualification times. For the 800 m freestyle and 1500 m freestyle, swimmers will be seeded in a timed final format with the slowest swimmers in the first heat and the fastest swimmers in the evening finals session. Start lists will be produced following the team leaders' meeting held one day prior to the start of competition.

5.3.2 Starting Positions

The starting positions for all Swimming events at the Pan American Games will be based on seeding as outlined in the FINA Handbook.

5.4 Competition Schedule

Date	Session	Time	Details	Gender	Phase
August 6	Session 1	10:30 - 13:45	400 m freestyle	Women	Preliminary heats
			400 m freestyle	Men	Preliminary heats
			100 m breaststroke	Women	Preliminary heats
			100 m breaststroke	Men	Preliminary heats
			200 m butterfly	Women	Preliminary heats
			200 m butterfly	Men	Preliminary heats
			4 x 100 m freestyle relay	Women	Preliminary heats
			4 x 100 m freestyle relay	Men	Preliminary heats
	Session 2	20:00 - 22:15	400 m freestyle	Women	A & B Finals
			400 m freestyle	Men	A & B Finals
			100 m breaststroke	Women	A & B Finals
			100 m breaststroke	Men	A & B Finals
			200 m butterfly	Women	A & B Finals
			200 m butterfly	Men	A & B Finals
4x100 m freestyle relay	Women	Final			
4x100 m freestyle relay	Men	Final			
August 7	Session 3	10:30 - 13:45	200 m freestyle	Women	Preliminary heats
			200 m freestyle	Men	Preliminary heats
			100 m butterfly	Women	Preliminary heats
			100 m butterfly	Men	Preliminary heats
			200 m backstroke	Women	Preliminary heats
			200 m backstroke	Men	Preliminary heats
			4 x 100 m freestyle relay	Mixed	Preliminary heats
			200 m freestyle	Women	A & B Finals
	200 m freestyle	Men	A & B Finals		
	Session 4	20:00 - 22:00	100 m butterfly	Women	A & B Finals
			100 m butterfly	Men	A & B Finals
			200 m backstroke	Women	A & B Finals
			200 m backstroke	Men	A & B Finals
			4x100 m freestyle relay	Mixed	Final

Date	Session	Time	Details	Gender	Phase
August 8	Session 5	10:30 - 13:45	100 m freestyle	Women	Preliminary heats
			100 m freestyle	Men	Preliminary heats
			200 m breaststroke	Women	Preliminary heats
			200 m breaststroke	Men	Preliminary heats
			100 m backstroke	Women	Preliminary heats
			100 m backstroke	Men	Preliminary heats
			800 m freestyle	Women	Slower heats
			800 m freestyle	Men	Slower heats
	Session 6	20:00 - 22:30	4 x 100 m medley relay	Mixed	Preliminary heats
			100 m freestyle	Women	A & B Finals
			100 m freestyle	Men	A & B Finals
			200 m breaststroke	Women	A & B Finals
			200 m breaststroke	Men	A & B Finals
			100 m backstroke	Women	A & B Finals
			100 m backstroke	Men	A & B Finals
			800 m freestyle	Women	Fastest heat
800 m freestyle	Men	Fastest heat			
August 9	Session 7	10:30 - 13:45	4x100 m medley relay	Mixed	Final
			50 m freestyle	Women	Preliminary heats
			50 m freestyle	Men	Preliminary heats
			400 m individual medley	Women	Preliminary heats
			400 m individual medley	Men	Preliminary heats
			4 x 200 m freestyle relay	Women	Preliminary heats
	Session 8	20:00 - 22:00	4 x 200 m freestyle relay	Men	Preliminary heats
			50 m freestyle	Women	A & B Finals
			50 m freestyle	Men	A & B Finals
			400 m individual medley	Women	A & B Finals
			400 m individual medley	Men	A & B Finals
			4x200 m freestyle relay	Women	Final
August 10	Session 9	10:30 - 13:45	4x200 m freestyle relay	Men	Final
			1500 m freestyle	Women	Slower heats
			200 m individual medley	Women	Preliminary heats
			200 m individual medley	Men	Preliminary heats
			1500 m freestyle	Men	Slower heats
	Session 10	20:00 - 22:00	4 x 100 m medley relay	Women	Preliminary heats
			4 x 100 m medley relay	Men	Preliminary heats
			1500 m freestyle	Women	Fastest heat
			200 m individual medley	Women	A & B Finals
			200 m individual medley	Men	A & B Finals
1500 m freestyle	Men	Fastest heat			
4x100 m medley relay	Women	Final			
4x100 m medley relay	Men	Final			

5.5 Training Schedule and Venue

Aquatics Center, National Sports Village (VIDENA).

Swimming training sessions will be conducted from August 1 to 5, 2019, at competition and training pools of the Aquatics Center in VIDENA. Both pools will be open from 8:00 to 22:00 (8:00 a.m. to 10:00 p.m.). Training will be an open format for all competitors without pre-assignment of lanes and times for specific teams. However, training in the competition pool is restricted 30 minutes before the start of diving competitions and up to 15 minutes after the conclusion. The alternate training pool will be available during operating hours. Team leaders are required to schedule training sessions accordingly.

August 1, 2, 4 and 5, 2019		
Time	Main pool	Alternate pool
08:00 - 09:30	Open	Open
09:30 - 12:30	Closed	Open
12:30 - 18:30	Open	Open
18:30 - 22:00	Closed	Open

August 3, 2019		
Time	Main pool	Alternate pool
08:00 - 09:30	Open	Open
09:30 - 15:00	Closed	Open
15:00 - 18:30	Open	Open
18:30 - 22:00	Closed	Open

Swimming training held from August 6 to 10 will follow the day's timetable.

Tuesday, August 6, 2019		
Time	Main pool	Alternate pool
07:30 - 10:10	Open	Open
10:10 - 10:30	Closed	Open
10:30 - 13:45	Competition	Open
13:45 - 19:40	Open	Open
19:40 - 20:00	Closed	Open
20:00 - 22:15	Competition	Open
22:15 - 23:30	Open	Open

Wednesday, August 7, 2019		
Time	Main pool	Alternate pool
07:30 - 10:10	Open	Open
10:10 - 10:30	Closed	Open
10:30 - 13:45	Competition	Open
13:45 - 19:40	Open	Open
19:40 - 20:00	Closed	Open
20:00 - 22:00	Competition	Open
22:00 - 23:30	Open	Open

Thursday, August 8, 2019		
Time	Main pool	Alternate pool
07:30 - 10:10	Open	Open
10:10 - 10:30	Closed	Open
10:30 - 13:45	Competition	Open
13:45 - 19:40	Open	Open
19:40 - 20:00	Closed	Open
20:00 - 22:30	Competition	Open
22:30 - 23:30	Open	Open

Friday, August 9, 2019		
Time	Main pool	Alternate pool
07:30 - 10:10	Open	Open
10:10 - 10:30	Closed	Open
10:30 - 13:45	Competition	Open
13:45 - 19:40	Open	Open
19:40 - 20:00	Closed	Open
20:00 - 22:00	Competition	Open
22:00 - 23:30	Open	Open

Saturday, August 10, 2019		
Time	Main pool	Alternate pool
07:30 - 10:10	Open	Open
10:10 - 10:30	Closed	Open
10:30 - 13:45	Competition	Open
13:45 - 19:40	Open	Open
19:40 - 20:00	Closed	Open
20:00 - 22:00	Competition	Open
22:00 - 23:30	Open	Open

5.6 Qualification System

5.6.1 Quota

The athlete quota for swimming is 350.

Quota per NOC	
Men	18
Women	18
Total	36

Quota per event and per NOC	
Individual events	2
Relay events	1 team of 4

5.6.2 Eligibility

Only NOCs recognized by Panam Sports whose national federations are affiliated with FINA and UANA may enter competitors in the Lima 2019 Pan American Games.

To be eligible to participate in the Lima 2019 Pan American Games, a competitor must comply with Panam Sports Regulations, FINA rules and must be entered by their NOC.

The minimum age for swimmers competing at the Lima 2019 Games will be the same minimum age for FINA world junior Swimming championships: 14 years old for women and 15 years old for men as of December 31, 2019. Younger competitors may participate in these championships if they have at least reached the "B" time standard in the corresponding event.

A competitor's nationality will be determined according to Panam Sports Regulations, Section IV, Item 3.

Athletes must have signed and submitted the Athlete Eligibility Condition Form.

5.6.3 Qualification System

Qualification period: from March 1, 2018 to April 30, 2019.**

**The following Swimming competitions being held outside the established qualification period have been specifically approved for qualification: 2017 Central American Games in Managua, Nicaragua; 2018 UANA Swimming Cup in Coral Springs, Florida; and 2018 Commonwealth Games in Gold Coast, Australia.

As host country, Peru will automatically qualify:

Men: 18 competitors.

Women: 18 competitors.

Each National Olympic Committee (NOC) may use the proven swim times attained during the qualification period of those swimmers who have met the qualification standards established by UANA for the Lima 2019 Pan American Games. This minimum standard must be achieved at a competition recognized by FINA from the official list of approved qualifying competitions for the 18th FINA World Championships in Gwangju, South Korea.

The priority order for qualification and selection for the Pan American Games will be:

- 1) All athletes who have achieved an "A" time standard (see table) will be invited to compete. For any NOC to enter two athletes in an individual event, both athletes from that NOC must have equaled or bettered the "A" time standard in that event. Universality athletes will be invited to compete. The universality rule applies to those NOCs that do not have athletes with either an "A" or "B" qualifying time, or NOCs that have no athletes selected for the Lima 2019 Pan American Games through the online selection process. These NOCs are entitled to enter one male and one female athlete in the Pan American Games. Universality athletes will be selected separately by gender.
- 2) An NOC that has qualified an athlete during the selection process with either an "A" or "B" time standard and who has been invited to compete may enter another swimmer of the opposite gender through the universality system via the UANA OME system.
- 3) Relay-only athletes will be invited to compete. NOCs entering relay teams may enter a maximum of two relay-only athletes per gender, as part of their team. Relay-only athletes will be considered as part of the per-team quota of 18 men and 18 women.
- 4) Athletes who have achieved a "B" time standard (see table) will be invited to compete until the athlete quota for the Lima 2019 Games is met. If more than 28 places remain after the addition of "A" qualifiers, "B" standard athletes will be selected by adding the next fastest "B" standard athlete to each event until less than 28 places remain. Additional "B" athletes will then be added one at a time to individual events based on the FINA point ranking, until the athlete quota has been met.

If a NOC has an athlete with a "B" qualifying standard, but that athlete is not invited to compete, then that NOC may be permitted to enter athletes via the universality rule (step 2, above).

Under the universality rule, each NOC is guaranteed an entry of one male and/or one female athlete, each of whom may enter a maximum of three individual events, without having a qualifying time for any event. Should an NOC not qualify any athletes during the selection process, it must identify which athletes are to be considered for the universality positions within the online meet entry system (OME). An NOC that

enters universality athletes in the Lima 2019 Pan American Games is not eligible to participate in mixed relays and, therefore, cannot enter relay-only athletes.

Once a swimmer has qualified in at least one individual event and has been invited to the Lima 2019 Games as an "A" or "B" athlete, that athlete may enter and compete in other individual events, up to a maximum of five individual events, without having a qualifying time in those other events, provided that the NOC has an opening in that specific event. The rule of maximum two entries per event per NOC still applies. Also, these athletes cannot enter an event that already has one athlete from that NOC in that event (unless both athletes have "A" qualifying times in that event).

These additional events must be entered during the OME process described in this document, and no additional event entries will be allowed after the entry deadline.

5.6.3.1 Relays

Each NOC may enter one team in each relay event, provided it has at least two athletes with an "A" or "B" standard who have been invited to compete in the Lima 2019 Pan Am Games. Each NOC will be allowed a maximum of two relay-only swimmers per gender. All other relay participants must be entered in at least one individual event. Any swimmer entered in an individual event may compete in any relay event and does not require a qualifying time in the particular style/distance of that relay in order to do so. Relay-only athletes are only eligible to swim in relay events and will not be permitted to swim in any individual events. A relay-only athlete must participate in at least one relay.

Each team may have two relay-only swimmers per gender within its team quota allocation, but each swimmer must compete in the heat or final of at least one relay event and must have an "A" or "B" qualifying time in the style/distance of that relay. If a relay-only swimmer does not compete, the respective team will be disqualified. Furthermore, if a relay-only swimmer does not compete in the heats of a relay in which the NOC fails to qualify for the finals, the relay will be disqualified. If a relay-only swimmer can swim in multiple relays, but does not compete in any for which they are eligible, the final relay for which they were eligible will be the relay that is disqualified.

If a relay-only swimmer is unable to compete due to medical reasons, they may be excused from the requirement to participate in a relay. A member of the Panam Sports Medical Commission or their designee will be present at heats and finals and will be the independent physician in charge of making decisions regarding relay-only athlete participation.

The physician assigned by the Medical Commission of Panam Sports and Lima 2019 has the authority to make the final decision regarding the participation of an athlete due to injury or sickness (especially, but not limited to, relay events) and about the allowed use of tape on competitors' bodies.

Competitors in relay events may be completely different in heats and finals, with up to eight different swimmers.

An NOC that enters universality athletes in the Lima 2019 Pan American Games is not eligible to enter mixed relays and, therefore, cannot enter relay-only athletes.

5.6.3.2 UANA Online Meet Entry System

Swimming entries to the Lima 2019 Pan American Games will first be processed by UANA through its OME system. UANA will provide each NOC with an OME system username and a password. It will also provide a user guide (in English and Spanish) for Lima 2019. This information will be distributed on January 15, 2019.

The OME system will open at noon (CT) on February 14, 2019 and will close at 23:59 (CT) on May 16, 2019.

5.6.4 2020 Olympic Qualification

The swimming competition at the Lima 2019 Pan American Games will serve as a qualifying event for the Tokyo 2020 Olympic Games.

5.6.5 Quota Places Confirmation

By June 24, UANA will provide Panam Sports and Lima 2019 with the list of athletes invited to compete at the Pan American Games, as specified in the schedule below.

Schedule	
March 1, 2018***	Qualification period begins
January 15, 2019	UANA online meet entry system user guide, username and password will be available
February 14, 2019	UANA online meet entry opens at uana-aquatics.org
February 14, 2019	Tutorial for online meet entry, available in English and Spanish
April 26, 2019	Lima 2019 entry by number deadline
April 30, 2019	Qualification period ends
May 16, 2019	UANA online meet entry closes at 23:59 (CT)
May 24, 2019	UANA invites universality athletes
May 30, 2019	NOCs confirm with UANA the participation of universality athletes
May 31, 2019	UANA sends invitations to NFs and a list of eligible athletes to be entered in the Lima 2019 Games
June 7, 2019	NOCs confirm with UANA which eligible athletes will be entered in the Lima 2019 Pan American Games
June 13, 2019	UANA to update list of athletes participating in the Lima 2019 Pan American Games
June 14, 2019	UANA sends invitations to NF for the athletes that were not previously invited on May 31, 2019 UANA will send a list of all eligible swimmers to be entered in Lima 2019
June 17, 2019	NOCs confirm with UANA the participation of athletes invited on June 14
June 24, 2019	UANA informs Panam Sports and Lima 2019 about athletes invited to the Lima 2019 Pan American Games swimming competition
June 26, 2019	Lima 2019 entry by name deadline

*** The following swimming competitions being held outside the established qualification period have been specifically approved for qualification. The 2017 Central American Games in Managua, Nicaragua; the 2018 UANA Swimming Cup in Coral Springs, Florida; and the 2018 Commonwealth Games in Gold Coast, Australia.

Table: Qualification Standards

Women		
Length of race	"A" time standard	"B" time standard
50 m freestyle	25.89	27.44
100 m freestyle	56.56	59.95
200 m freestyle	2:03.55	2:10.96
400 m freestyle	4:16.91	4:32.33
800 m freestyle	8:50.99	9:24.97
1500 m freestyle	16:50.89	17:51.54
100 m backstroke	1:03.36	1:07.17
200 m backstroke	2:18.45	2:26.76
100 m breaststroke	1:11.11	1:15.38
200 m breaststroke	2:34.43	2:43.79
100 m butterfly	1:01.25	1:04.93
200 m butterfly	2:14.13	2:22.19
200 m individual medley	2:19.99	2:28.92
400 m individual medley	4:57.99	5:17.99

Men		
Length of race	"A" time standard	"B" time standard
50 m freestyle	22.68	24.07
100 m freestyle	49.80	52.79
200 m freestyle	1:49.66	1:56.24
400 m freestyle	3:54.44	4:08.51
800 m freestyle	8:10.19	8:39.60
1500 m freestyle	15:43.36	16:39.97
100 m backstroke	56.49	59.99
200 m backstroke	2:02.89	2:10.26
100 m breaststroke	1:02.26	1:06.00
200 m breaststroke	2:17.52	2:25.79
100 m butterfly	53.73	56.95
200 m butterfly	2:00.54	2:07.77
200 m individual medley	2:04.43	2:11.90
400 m individual medley	4:27.69	4:43.79

5.7 Regulations, Protests, Appeals, Uniforms and Equipment

5.7.1 Rules

In accordance with Article 52 of the UANA Constitution, the FINA Handbook 2017-2021 will govern the competition, with such amendments as the UANA Executive Committee may consider to be necessary to adopt such rules and regulations to its continental championship, specifically including the following substitution for FINA GR 9.3.

(GR 9.3) Jury of Appeal

(GR 9.3.1) For the Lima 2019 Pan American Games, the Jury of Appeal shall be composed of the Executive Committee of UANA, the Honorary Members present and the FINA delegate present. The president of UANA or, in his absence, the vice president, will be the Chairman. Each member shall have one vote, except as provided hereunder. In case of equality of voting, the Chairman has a casting vote.

(GR 9.3.2) A jury member is allowed to speak, but not to vote, on a case in which the interest of his own Federation is involved. A jury member having acted as an official is not allowed to vote on a case if there is a protest against his decision or on his interpretation of a rule. In case of urgency, the jury may vote on a matter even if it has not been possible to call all the members. The decision of the jury is final.

5.7.2 Protests

Protests will be carried out according to FINA rules:

1. Protests are possible (GR 9.2.1):
 - a. if the rules and regulations for the conduct of the competition are not observed.
 - b. if other conditions endanger the competitions and/or competitors.
 - c. against decisions of the referee; however, no protest shall be allowed against decisions of fact.
2. Protest must be submitted (GR 9.2.2):
 - a. to the referee.
 - b. in writing on FINA forms.
 - c. by the responsible team leader.
 - d. together with a deposit of 500 Swiss francs or its equivalent.
 - e. within 30 minutes following the conclusion of the respective event or match.

If the conditions causing a potential protest are noted prior to the event, a protest must be lodged before the signal to start is given.

(GR 9.2.3) All protests shall be considered by the referee. If the referee rejects the protest, he must state the reasons for his decision. The team leader may appeal the rejection to the Jury of Appeal whose decision shall be final. The UANA Technical Commission in each discipline shall consider the protest and give recommendations to the Jury of Appeal.

(GR 9.2.4) If the protest is rejected, the deposit will be forfeited to the management body of the competition. If the protest is upheld, the deposit will be returned.

5.7.3 Uniforms and Equipment

Uniforms and sports equipment for the Lima 2019 Pan American Games Swimming competition must comply with the requirements detailed in the following documents, which will be in force during the Games:

- FINA Handbook 2017-2021.
- Panam Sports Regulations.

5.8 Technical Officials

For the 2019 Pan American Games, Technical Officials (TO) will include:

JUDGING STRUCTURE SWIMMING - SW	ITO	NTO
Referees	2	
Starters	2	
Stroke Judges	4	
Chief Inspectors of Turns	2	
Turn Inspectors	8	8
Clerks of Course	2	
Control Room Supervisor	1	
Call Room Officials (2 per gender)	2	2
Commission	3	
Reserve Officials	4	
Announcers (English / Spanish)	1	1
	31	11

5.9 Technical Meetings

The technical meeting will take place on Monday, August 5, 2019, with time and place to be determined.

5.10 Medals and Diplomas

Gold, silver and bronze medals will be awarded in all events of the Lima 2019 Pan American Games swimming competition. In accordance with Panam Sports regulations, diplomas will be given to all participating athletes.

6. ACCREDITATION

Accreditation is the process of identifying individuals and their roles at the Pan American and Parapan American Games. It also ensures that they are granted appropriate access to fulfill their roles. The role of the NOC is to register, as appropriate, every potential athlete, official, dignitary and journalist from its territory.

Lima 2019 must receive accreditation applications no later than April 26, 2019.

6.1 Accreditation Card Validation

The following table lists the level of accreditation services that will be provided at the various venues:

Venue	Location	Population	Service
Athletes' Village	Lima	NOC	Full service
Venue Accreditation Offices (VAO)	Competition venues	Workforce and Games Family	Validation
Uniform and Accreditation Center (UAC)	TBC	Workforce	Full service
Accreditation Center in Games Family Hotel	TBC	Games Family (Panam Sports)	Full service
Media Accreditation Center (IBC MPC)	MPC IBC	Media (press and broadcast)	Full service
Validation Counters (Airport)	Jorge Chávez International Airport	Games Family	Validation

Full service: card validation, card production, image capture, problem resolution, reissuing of lost or stolen cards, guest passes, day passes.

During the Lima 2019 Pan American Games, the official Accreditation Center in the Athletes' Village will be the only one to have full service for NOC delegations. Venue Accreditation Offices (VAO) in the competition venues will provide validation services.

6.2 Eligibility Condition Forms

As required by the Panam Sports statute, each athlete and team official must complete an Eligibility Condition Form acknowledging their participation in the Games and compliance with Games objectives. The form is mandatory and must be signed by participating athletes and officials before their arrival at the Games.

7. TICKETING AND ACCREDITED SEATING

7.1 Games-time Ticket Sales

During Games-time, available tickets can be purchased through the official Lima 2019 website or at any of these locations:

- Athletes' Village.
- Games Family Hotel.
- Competition venues.

7.2 Same- and Different-discipline Spectating Athletes

Athletes and officials may access the athletes' stands during their own discipline's competitions. However, in order to watch competitions at venues in disciplines other than their own, athletes and officials must request an additional complimentary ticket at the NOC Services Center.

NOC Services will implement a request process to order and assign complimentary tickets.

8. ATHLETES' VILLAGE

The Athletes' Village is located south of Lima, in the Parque Zonal Biotecnológico N° 26, in the district of Villa el Salvador. This area is currently enjoying extensive growth, with many new proposals that will benefit the district.

It should be noted that, after the Games, the Athletes' Village will become a public legacy that will benefit this district's population, making 1096 apartments available to citizens.

Lima 2019 aims to provide a safe, comfortable and inviting residential environment for athletes and NOC team officials, allowing them to relax and focus on training and competing in order to perform at their best. At the same time, they will be able to enjoy the Games experience and engage in cultural exchanges with participants from other countries.

8.1 Dates of Operation

Date	Event
From July 16 to 21, 2019	Pre-opening access to the Athletes' Village
July 21, 2019	Opening of the Athletes' Village
July 26, 2019	Opening Ceremony of the Lima 2019 Pan American Games
August 11, 2019	Closing Ceremony of the Lima 2019 Pan American Games
August 13, 2019	Closing of the Athletes' Village

8.2 Village Overview

The Athletes' Village will consist of three different zones: Village Plaza, residential zone and operations zone. The Village Plaza will have a retail and ceremony area available to residents and guests.

The residential zone will be a restricted area for residents and guests. Only authorized persons will have access, which will be authenticated with their Pan Am Identity and Accreditation Card (PIAC). The residential zone will include seven accommodation buildings, as well as recreation areas, dining hall, medical facilities, green areas and access to transportation links to competition and training venues.

The operations zone will include workforce entry, logistics warehouse, facilities services area, support services operation center and waste collection center. These areas will be located close to the northeastern limit of the Village to minimize any possible discomfort to residents.

8.3 Residences

Athletes and NOC team officials will stay in the residential towers of the Athletes' Village. These towers have between 19 and 20 stories with six-bed apartments.

The rooms are furnished and provide a comfortable stay, complying with past Games practices. All rooms will have free Wi-Fi access.

8.4 Resident Services

The Athletes' Village has seven resident centers located in each of the residential towers. The resident centers will cater to all the accommodation needs of the NOCs and Village residents from 06:00 to 21:00. There is also a 24-hour security guard service.

Each resident center will provide a hotel-like front desk service, which will assist with the resolution of issues relating to Village accommodation services, as described below:

Sports Information Desk	The Athletes' Village will provide a physical space where athletes and team leaders can ask for information about services related to various sports competition schedules.
Accommodation-related Requests	Cleaning requests and maintenance issues are to be received by resident centers and managed by the trained personnel of Lima 2019. Both requests and issues will be documented and the pertinent functional areas will do a follow-up (cleaning, maintenance, logistics, etc.).
Concierge Service	Each resident center will also serve as a concierge service desk. Resident center personnel and volunteers will be trained to provide useful information to residents about the Athletes' Village, Lima and areas of interest.
Lost Keys/ Replacements	If the resident requests assistance to access their room due to a lost key or a door lock problem, resident center personnel will solve the problem once the pertinent NOC Chef de Mission or Finance Agent has granted their authorization.
Internet Access	Wi-Fi access is available in each of the resident centers.
Lounge and Meeting Rooms	All resident centers will have comfortable lounge facilities with televisions broadcasting the Games and will be available to all residents.
Beverages	Vending machines with a variety of beverages will be available free of charge to residents.
Linen Exchange	Linen will be exchanged every four days. Residents will also be able to request linen exchange before the four-day period at the reception desk.
Ice Supply	There is free ice available for NOCs at each resident center.
Laundry Service	The laundry center will be open from 07:00 to 23:00 and it will be located between the dining hall and the residences. There will be personnel available to assist residents, as required.
Multi-faith Center	Lima 2019 will set up a Multi-faith Center for worship and meditation for all faiths. It will be managed by Lima 2019.

8.5 Catering

Athletes, Chefs de Mission and team officials will have unlimited access to the dining hall. Additional team officials and alternative athletes may acquire this benefit at an additional cost as part of their accreditation. However, they can also purchase individual meal vouchers through the Finance Center at the NOC Services Center.

Visitors with a guest pass will be able to purchase food and drinks at the Village Plaza Cafe or purchase a meal voucher for the dining hall, as established previously.

Keep in mind that Guest Pass holders will have to be accompanied by an authorized resident, which will be authenticated with their Pan Am Identity and Accreditation Card (PIAC).

8.6 Dining Hall

The dining hall will be located adjacent to the transport mall in the residential zone and will be operational from 05:00 to 03:00 of the next day. A diverse range of ethnic and cultural food options will be available. Menus will be developed in consultation with caterers and sports nutritionists and will be published early 2019.

During Games-time, menus will vary and a new one will be offered every day. People entering the dining hall will have their accreditation checked to ensure they are entitled to eat there or, alternatively, they will be required to present a meal voucher from the Finance Center at the NOC Services Center.

For health reasons, dining hall users may only retrieve one beverage, one fruit and any finger food they are eating at the time. A polyclinic certificate signed by the NOC team physician and countersigned by a physician from the precinct will be required for any resident who wants to take food from the dining hall due to being ill or unable to eat there.

8.7 Meals for Athletes at Competition Venues

A catering service will be available at competition venues through a Lunch Box system, which must be requested 48 hours in advance and for which each team leader will be responsible. This service will only be available for sports that, according to the competition schedule, will not enable athletes to return to the Athletes' Village dining hall.

8.8 NOC Services Center

The NOC Services Center will be located in the residential zone of the Athletes' Village. It will be in the center of the Village to facilitate communication and to coordinate issue resolution between Lima 2019 and NOCs.

The services available at reception will include mail distribution, bookable meeting room requests and distribution of participation certificates and medal boxes. The NOC Services Center will also have desks for arrivals and departures, transportation, logistics and rate card.

8.9 Resident Entertainment and Recreation Zones

The Entertainment Center in the Athletes' Village will have the following areas available for residents to relax in:

- Athletes' lounge
- Music area
- Video games room
- Board games area
- Outdoors activity area
- TV rooms

From July 16 to August 11, all recreational facilities will be open from 09:00 to 23:00.

The Athletes' Village and satellite accommodations will offer cultural and musical activities, which will take place in the afternoon so that the majority of athletes can participate. The Athletes' Village will have basketball courts and football fields. The area in charge of entertainment will also provide sports equipment.

8.9.1 Gymnasium

The Athletes' Village gymnasium will be open 24 hours a day and will have a wide array of cardiovascular equipment, resistance machines and free weights as well as space to stretch and warm up before and after working out. This service will be supervised from 06:00 to 22:00.

8.10 Village Plaza

The Village Plaza is the place where athletes, officials, guests and the press can interact. The main activities available are:

- Purchase of memorabilia and merchandising.
- Purchase of everyday items.
- Meetings between resident athletes and accredited guests.

8.10.1 Village Plaza Cafe

The cafe will be the main place to meet and relax. Residents will be able to enjoy hot and cold food as well as beverages. Products must be purchased by users.

8.10.2 Peruvian Restaurant

Typical Peruvian food and beverages will be sold at this restaurant.

8.10.3 Laundry

Teams requiring special clothing treatment such as dry cleaning and team uniform ironing will be able to use the delivery and collection service. This service will be paid at the Village Plaza.

9. MEDICAL SERVICES

Medical services during the Lima 2019 Games will be provided at all competition and training venues and non-competition venues, such as the Athletes' Village, satellite accommodations, the Games Family Hotel, the International Broadcast Center and the Main Press Center.

Medical services will be available for athletes, judges, referees and Games Family members for severe and aggravated conditions that require diagnosis and treatment.

9.1 Athletes' Village Polyclinic

The Polyclinic will be located in the residential zone of the Athletes' Village and will be available from July 16 to August 13, between 07:00 and 23:00. It will provide the following services:

- General and/or family medicine.
- Sports and orthopedic medicine.
- Physical therapy.
- Diagnostic imaging.
- Laboratory.
- Pharmacy.
- Specialty services such as cardiology, otorhinolaryngology, nutrition and psychology, by appointment.

Emergency services will be available 24 hours a day and, if necessary, patients will be referred to hospitals or clinics with better problem resolution capabilities.

9.2 Medical Services at Satellite Accommodations

Satellite accommodations will have a medical clinic that will provide general medical consultations, orthopedics and physical therapy services from 07:00 to 23:00. Emergency services will be available 24 hours a day and, if necessary, patients will be referred to hospitals or clinics with better problem resolution capabilities.

9.3 Medical Services at Venues

There will be medical facilities at competition, training and other official venues. Athlete and spectator services will have the appropriate equipment, supplies and medication, and will be staffed with experienced medical personnel. Ambulances will be available at competition venues and some non-competition venues.

Competition and Training Venues

Emergency services and sports therapy will be available at each competition and training facility. These services will be provided by physicians and therapists, who will be available two hours before the competition and up to one hour after.

Field-of-play Response

Physicians and health professionals will be available at the FOP to provide emergency and first-aid services to all active athletes and officials. If necessary, they will be evacuated from the field of play and transported to the athlete medical room, polyclinic or hospital, as appropriate. Field-of-play response will abide by International Federation rules.

10. TRANSPORTATION

10.1 Transportation System for Athletes and Team Officials

The bus system will provide the following transportation services for athletes and accredited team officials, including their accompanying baggage and sports equipment:

- Arrival and departure services between the Jorge Chávez International Airport and Lima 2019 accommodation sites.
- Training and competition services between Lima 2019 official accommodation sites and official competition and training venues.
- Services for ceremonies.
- Connectivity between the Athletes' Village and satellite accommodation sites.

10.2 Training and Competition Venue Services

Athlete and team official training and competition transportation services are being planned and developed in consultation with Pan American Sports Confederations/ International Federations (IFs). Service is planned to enable:

- Arrivals at the venue for warm-up and preparation pre-session.
- Transfers to and from the venue and the Athletes' Village during the session time.
- Departures immediately after the session.

10.3 Athlete Transport Mall to Competition Venues

Venue transportation services will depart from the Athletes' Village with a 30-minute frequency in order for athletes to arrive two hours prior to the competition start time. The last vehicle will leave the venue two hours after the competition.

10.4 Athlete Transport Mall to Training Venues

Regular transportation services will be scheduled with a 60-minute frequency to transfer athletes to designated training venues. Leaving the Athletes Village from the transport mall, the service will enable athletes and team officials to be at the venue one hour prior to training and leave up to one hour after.

The service will begin according to the training schedule, a maximum of five days prior to the first day of competition, and will continue until the conclusion of each sport's individual training session.

10.5 Team Sport Vehicles

Each team will be assigned one bus with driver(s) on a pre-arranged schedule for use during training and competition periods and it will conclude upon returning to the Athletes' Village after the team's final competition. Team sports for which a bus will be provided include baseball, basketball, hockey, football, handball, rugby-7, softball, volleyball and water polo.

These buses will be available to assist training and competition movements only. Team buses will be equipped with a vehicle access and parking permit, which will allow them to access the Athletes' Village and the respective sport's training and competition venues.

Teams will first meet their bus at the athlete transport mall. Bus services will be arranged through the team's host, and all schedule changes must be communicated to the transport desk in the NOC Services Center by 16:00 for the following day's requirements.

11. ACKNOWLEDGEMENTS

The Lima 2019 Pan American and Parapan American Games Organizing Committee would like to thank the team that collaborated in preparing this publication.



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