

**2025 VIRTUS
WORLD SWIMMING
AUGUST 20-30
BANGKOK, THAILAND
USA  TEAM GUIDE**



ATHLETESWITHOUTLIMITS



USA TEAM GUIDE



About US Team Travel

Athletes Without Limits, the US Member of Virtus, is seeking qualified swimmers to compete as part of our US National Team at the 2025 Virtus Swimming World Championships for athletes with intellectual impairments including Autism, Down syndrome, and Intellectual Disability.

The event is being hosted by the Virtus Member from Thailand and will take place at the **Assumption University Aquatic Centre** in Bangkok.

Athletes Without Limits has attended many previous Virtus Swimming events dating back to 2009... most recently with our largest team to date at the 2023 Virtus Global Games in France!

US Team Leadership

Julie Holman

*AWL Co-founder & US Eligibility Director
Head of US Delegation in Thailand*

Coach Wilma Wong

AWL National Team Swim Coach

Coach Bill Ewell

AWL National Team Swim Coach

Coach Leslie Cichocki

*AWL National Team Swim Coach
Former Virtus Medalist and
U.S. Paralympic Team S-14 Swimmer*

Team Trainer/Medical Support

Additional Support Staff

Parent Liaison

Key Dates Before Event

- APR 20 US Team Interest Form Due for those with MQS Time(s)
- APR 21 SAVE THE DATE: Zoom Meeting
- APR 21-30 Selection Letters will be sent
- MAY 21 US Team Event Registration Form and Payment Due \$3,500

Other Action Items:

- ✓ Book Flights to BKK Airport
- ✓ Apply for new/replacement Passport if needed!
- ✓ Confirm no Visa needed to travel to Thailand for family members w/special circumstances.

JUL 5-14 Virtus posts 'non-viable' events (without enough athletes) so others can sign up to make viable.

JUL 29: Athletes impacted by non-viable events offered alternatives.

AUG 20: Teams Arrive in Thailand

AUG 21-23: International Paralympic Classification Appointments for select Virtus II-1 (S-14)

AUG 30: Teams Depart

Important Links



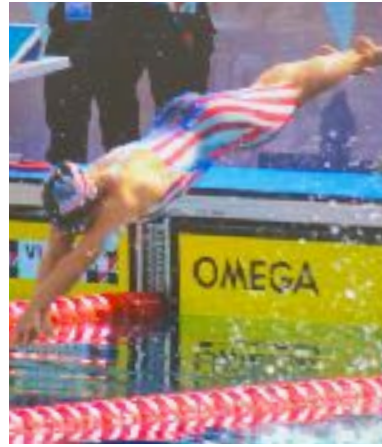
US Team Event Page with Interest & Reg Forms:

<https://www.athleteswithoutlimits.org/event/2025-virtus-swimming>





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US Team Selection

In addition to meeting MQS qualifying standards in their sport, and being age 16 or older, US National Team athletes should be able to stay with US Team coaches, staff and other athletes in a separate hotel from parents during the competition dates Aug 20-30th. Because most families come to the event, US Athletes typically fly with their own family to and from the host city.

Virtus Eligibility

Athletes must meet **Virtus International Level** eligibility criteria and appear on Virtus Master List in one of the three competitions groups below:

- **Virtus II1:** Intellectual Disability ID Includes athletes w/Autism and ID IQ 75 or Lower & Significant Limitations in Adaptive Behavior
- **Virtus II2:** Intellectual Disability with Tri21/Translocation Down Syndrome (or ID w/similar Additional impairments)
- **Virtus II3:** Autism

Learn more or check the status of your eligibility (National vs International):
www.athleteswithoutlimits.org/eligibility

Medications/Anti-Doping

Virtus follows the World Anti Doping Agency (WADA) Code and athletes may be subject to random drug testing. We'll review medications you enter in the US Team Reg Form to confirm if paperwork for a *Therapeutic Use Exemption (TUE)* is needed — most athletes do not need one.

Trip Costs

\$3,500 Event Registration Fee (+ Airfare)

The event registration fee covers all athlete expenses in Thailand from Aug 20-30th (except airfare). This includes: Team Hotel, ground transportation to/from airport and venues, meals, event credentials & registration, Virtus annual license fee, Opening and Closing ceremonies, US Team Coaching, US Team uniforms and gear.

Payment Schedule

Athlete Reg Fee due MAY 21, 2025

Athlete fees for confirmed team members can be paid online by ACH Bank Transfer or Credit Card when you complete the US Team Event Reg Form.

Alternatively a check can be made payable to "Athletes Without Limits" and mailed to: 740 NE 3RD ST, STE 3-332, BEND, OR 97701).

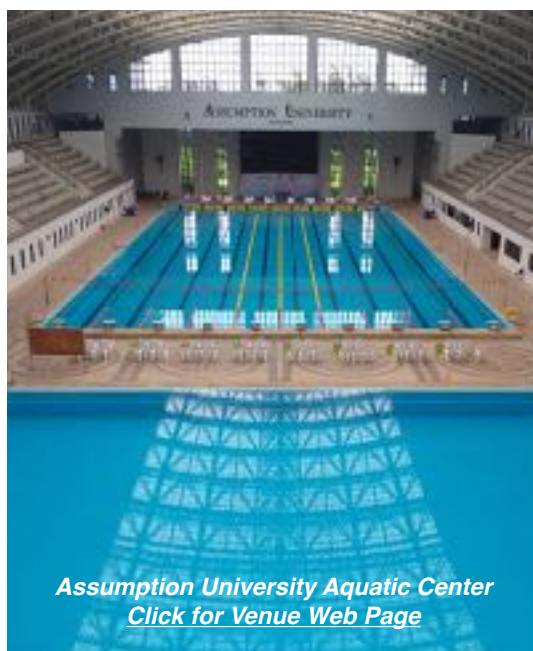
Payment Policies

1. *Once event fees have been passed along to the host organizer they are non-refundable.*
2. *Partial refunds due to illness/injuries may be considered on a case-by-case basis and depend upon payment timeline..*
3. *Athletes with outstanding invoices for any previous events with Athletes Without Limits will be required to pay outstanding balance and upcoming event participation fee in full to be considered for Team selection.*





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Assumption University Aquatic Center
[Click for Venue Web Page](#)



TRAVEL

Flights to Bangkok

The airport in Bangkok is **BKK Suvarnabhumi International Airport**.

Most athletes fly with parents/family members coming to watch the event.

*We will assist booking flights if an athlete does not have a parent/guardian coming and needs to be met by Athletes Without Limits Staff.

Once you complete the US Team Reg Form we encourage you to book flights

Airport Transportation

US Team members (athletes and staff) who arrive at BKK airport on Aug 20 and depart on Aug 30 can use the Virtus Buses between the airport and Team Hotels provided by the Organizers.

The airport is only 15 miles from the hotel (@20-25 minute drive) however event buses may not leave immediately after you arrive if they are waiting for other teams.

Parents and spectators should arrange their own transportation from the airport to their hotels.

Team Hotel & Venue

The Green View Hotel

[Click to view on Expedia.com](#)

As arranged by the event organizers, US Team Athletes, Coaches and Staff will be staying together with other National Teams in the Team Hotel.

The team hotel is less than 4 miles (@ 10 min drive) from [Assumption University Aquatic Center](#).

Parents and family members coming to spectate should plan to stay in a nearby hotel or Airbnb of their choosing.

We will discuss travel arrangements more in our Team Zoom :)





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Passports & Travel Visas

Check your Passports to make sure they don't expire **for at least 6 months after your arrival date in Thailand** as advised by the US State Department.

Most US Passport holders don't need a Visa to travel to Thailand as a tourist for less than 60 days but you should check for any special circumstances you may have (such as parents with a Passport from another country, or Emergency passport holder, etc.)

<https://travel.state.gov/content/travel/en/international-travel/International-Travel-Country-Information-Pages/Thailand.html>

Travel Health & Safety

The CDC page below provides guidance for **routine vaccinations** that should be up to date before any International travel as well as the **any** other health guidelines for traveling to Thailand:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/thailand>

Health & Travel Insurance

Athletes must have medical insurance and/or trip insurance that covers any medical costs while traveling in Thailand.

This is required by the Virtus event organizers; Virtus & Athletes Without Limits assumes no financial responsibility for medical expenses while traveling.

Parents/Spectators

Parents, guardians and family members are encouraged to attend so the US Team is represented in the pool and in the stands!

We'll have a **US Team Parent Liaison** who will help families navigate making their own accommodation and transportation arrangements as well as help coordinate supporter social opportunities in Thailand :)

Like the Olympics or Paralympics parents won't have access to team hotel rooms, shuttles, meals or on-deck coaching areas at the competition venue, however there will be ample opportunity for visiting with athletes whenever the schedule allows :)

Our Parent Liaison will be in close touch with team leaders throughout the event to help keep families informed as the week unfolds!

Athlete Safesport & Concussion Awareness

For athlete safety all AWL Coaches and Staff complete Safesport & Concussion Awareness training. We recommend athletes also complete free trainings.

To access Safesport course offerings sign up for an account then select the free *Safesport for Youth Athletes* course:

<https://safesporttrained.org/#/signup-form>

Free Concussion Awareness course:

www.train.org/cdctrain/course/1089862

NEXT STEPS?

Swimmers with MQS times should complete the event **Athlete Interest Form** by April 18 to receive in invite for our team informational Zoom April 21, 2025.



2025 Virtus Swimming World Championships

USA National Team Trip | August 20-30th | Bangkok Thailand



Minimum Qualifying Standards (MQS)

Swimmers must have at least one MQS to qualify for the Championships

MALE/OPEN		Long Course Meters (LCM)*		FEMALE	
II2	II1, II3	Freestyle	II1, II3	II2	II2
00:37.00	00:27.00	50m	00:32.10	00:45.00	
01:22.00	01:02.00	100m	01:15.00	01:36.00	
03:10.00	02:20.00	200m	02:42.00	03:30.00	
07:00.00	05:20.00	400m	06:05.00	07:15.00	
13:45.00	10:00.00	800m	13:00.00	15:00.00	
26:00.00	20:00.00	1500m	25:00.00	30:00.00	
		Breaststroke			
00:50.00	00:42.00	50m	00:50.00	00:56.00	
01:40.00	01:30.00	100m	01:45.00	02:00.00	
03:45.00	03:17.00	200m	03:58.00	04:25.00	
		Backstroke			
00:44.00	00:34.00	50m	00:45.00	00:56.00	
01:40.00	01:16.00	100m	01:38.00	01:55.00	
03:37.00	03:01.00	200m	03:25.00	04:18.00	
		Butterfly			
00:38.00	00:31.00	50m	00:40.00	00:58.00	
01:30.00	01:10.00	100m	01:25.00	01:48.00	
03:30.00	02:41.00	200m Individual	03:35.00	04:15.00	
		Medley			
03:25.00	02:38.00	200m	03:10.00	04:10.00	
06:50.00	06:00.00	400m	06:50.00	08:15.00	

Minimum Entry Times (MET) for Additional Events

Swimmers with 1 MQS can compete in additional events where an MET is met.

MALE/OPEN		Long Course Meters (LCM)*		FEMALE	
II2	II1, II3	Freestyle	II1, II3	II2	II2
00:41.00	00:30.00	50m	00:35.00	00:50.00	
01:30.00	01:08.00	100m	01:23.00	01:45.00	
03:15.00	02:34.00	200m	02:58.00	03:51.00	
07:00.00	05:20.00	400m	06:05.00	07:15.00	
13:45.00	10:00.00	800m	13:00.00	15:00.00	
26:00.00	20:00.00	1500m	25:00.00	30:00.00	
		Breaststroke			
00:55.00	00:46.00	50m	00:55.00	01:00.00	
01:50.00	01:39.00	100m	01:55.00	02:12.00	
04:00.00	03:36.00	200m	04:21.00	04:51.00	
		Backstroke			
00:48.00	00:37.00	50m	00:49.00	01:01.00	
01:50.00	01:23.00	100m	01:48.00	02:06.00	
03:50.00	03:19.00	200m	03:45.00	04:43.00	
		Butterfly			
00:42.00	00:34.00	50m	00:44.00	01:03.00	
01:39.00	01:17.00	100m	01:33.00	01:58.00	
03:50.00	02:57.00	200m Individual	03:56.00	04:40.00	
		Medley			
03:45.00	02:53.00	200m	03:29.00	04:53.00	
06:50.00	06:00.00	400m	06:50.00	08:15.00	



ATHLETES WITHOUT LIMITS (USA Member of Virtus) will post a USA Team Guide for this event with National Team selection criteria and trip details for US swimmers. Visit our US Team page at: www.athleteswithoutlimits.org/event/2025-virtus-world-swimming-thailand

***CONVERSION TO LCM:** Times earned at events that are SCM (Short Course 25 Meter) or SCY (25 Yards) can be converted to LCM (Long Course 50 Meter) times using the online conversion tool at SwimSwam: swimswam.com/swimming-times-conversion-tool

QUALIFICATION PERIOD: Times must have been earned since June 1, 2023 at officially timed events.