Athletes Without Limits National Team Trip

NEW REGIONAL EVENT!

We're excited to share Virtus Mexico has launched the 1st Pan Am Games to provide a new opportunity for athletes from the Americas Region to compete following the cancellation of the October 2026 Americas Regionals that had been scheduled for Peru. As the US Member of Virtus, Athletes Without Limits (AWL) is recruiting a National Team of top US athletes with intellectual impairments to represent the United States at this exciting new Virtus Regional event.

LOCATION: **Zinacantepec, Mexico** (Airport is MEX)

DATES: **November 21-27, 2026** (Thanksgiving Week)

SPORTS & QUALIFYING STANDARDS:
Schedules & Qualifying Standards are attached for each sport:

SWIMMING **TAEKWONDO**
TABLE TENNIS **TRACK & FIELD**

WHO'S ELIGIBLE?
With the more limited timeline for this new event athletes with International Eligibility (or those with National able to confirm International by November) who currently meet event qualifying standards in their sport are invited to apply for Team Selection.

For International events AWL requires US Team members to be **16 or older** and able to stay separately at the Team Hotel.

TRAVEL: Many athletes fly with their family though other flight arrangements can be discussed. All athletes then stay together with Staff and a teammate/roommate at the designated Teams Hotel.

Parents & Spectators stay in nearby hotels booked by their own arrangement and can meet up with athletes each day at the venues.

This event is unique with all sports competing at the same sports complex which will be a great opportunity for US athletes, families and fans to meet and support each other across sports!

U.S. TRIP FEES: **$1,650 per Athlete + Airfare to Mexico**
Includes Entry, Team Hotel, Meals, Coaching, Sports Medicine, USA National Team Uniforms & Transportation/Shuttles.

Steps for Interested Athletes from our Event Page at:

www.athleteswithoutlimits.org/event/2026-virtus-panamgames-mexico

1. Review this **PDF Event Flyer & Sport Qualifying Standards**
2. Complete **US Team Interest Form by September 15th** showing eligibility, times or other entry standards met.
3. Attend **US Team Zoom** with AWL Staff, Date Pending.
4. AWL will contact athletes to confirm selection for this event.
5. Complete Registration & Payment Form by **September 28, 2026.**
6. Book Athlete & Family Airfare (and separate Parent Hotel nearby)

Athletes Without Limits National Swim Team
2026 Virtus Pan Am Games Qualifying Standards

SWIM VENUE:

Juan Fernandez Albarrán Sports Complex Aquatic Center
**Venue is at high altitude, above 8,700 feet*
Address: Calle Hacienda de Barbosa 103, Irma Patricia Galindo de Reza, 51350 San Miguel Zinacantepec, State of Mexico, MEXICO

SWIM SCHEDULE:

Nov 21: Teams Arrive & Opening Ceremony
Nov 22: Swim Training Day
Nov 23: Swim Training Day
Nov 24: Swim Competition Day 1
Nov 25: Swim Competition Day 2
Nov 26: Swim Competition Day 3 & Closing Ceremony
Nov 27: Teams Depart

SWIM EVENTS & QUALIFICATION:

To be considered for US Team Selection **swimmers must have at least 1 MQS and additional MET times** from the tables on the next page. Times can be achieved at any officially timed event in the past year (since Sept 1, 2025). Be sure to convert short course yards or meters to **Long Course Meter** times using the converter tool at SwimWorld.

Remember that event winners are much faster than these minimum times so we want to be sure developing swimmers will be competitive enough in several events throughout the week to have a positive experience.

SWIM TECHNICAL INFORMATION:

- This is a Long Course Meters (LCM) event governed by World Aquatics; starts, turns, strokes, swimsuits, and automatic timing follow the same standards as the Olympics (with adaptations recognized by Virtus.sport).
- Minus-One Rule applies. For example, in events with only 3 swimmers awards only go 1st & 2nd place.
- If an athlete has a hearing impairment, starter may use a flag or a strobe light.
- There may be Youth Awards (Under 18) in some events.
- Additional details, including the daily competition event schedule, will be confirmed soon.

*PARALYMPIC CLASSIFICATION:

Virtus II1 athletes with MQS in a Paralympic Swim Event may have an opportunity to have an S14 International Classification by appointment.

This event is unique with all 4 sports competing at the same sports complex – a great opportunity for USA athletes, staff, families and fans to meet and support each other across sports!

US TEAM LEADERS & COACHES:

All members of our leadership, medical, support and coaching staff have experience leading teams at previous Virtus World Championships and are *Safesport and Concussion* trained. Which Staff below attend this trip will depend on the number of athletes who qualify and are selected to ensure teams are well-supported.

Barry & Julie Holman
AWL Co-founders and Head of US Delegations

Shawn Roseman
US National Team Manager

Molly Meade
US National Team Support

Dr. Amy Berglund
US National Team Medical Support

Dr. Rachel Bryant
US National Team Medical Support

Wilma Wong
US National Swim Coach

Aaron Helander
US National Swim Coach

Bill Ewell
US National Swim Coach

Leslie Cichocki
US National Assistant Coach 4 Paralympian

Plus US Coaches and Staff from Other Sports

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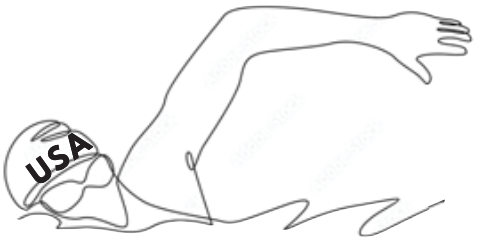

WOMENS & MENS SWIM QUALIFYING TIMES WORKSHEETS (LCM)

To be considered for US Team Selection swimmers must have **at least 1 MQS & several additional MET times** achieved at any officially timed event in the past year (since Sept 1, 2025).

Relays Teams will be decided at the event for: **4x50, 4x100 Freestyle, 4x100 Medley, Mixed**

(LCM) Long Course Meters Events	YOUR BEST TIME SINCE SEPT 1, 2025 Convert any Short Course Times to LCM at SwimmingWorld)	**WOMEN II1/II3 MQS**	WOMEN II1/II3 MET	**WOMEN II2 MQS**	WOMEN II2 MET
50M FREE		**37.00**	41.00	**50.00**	54.00
100M FREE		**01:24.00**	1:29.00	**1:44.00**	1:49.00
200M FREE		**2:52.00**	2:57.00	**3:40.00**	3:44.00
400M FREE		**6:25.00**	6:31.00	**7:15.00**	7:21.00
800M FREE		**14:00.00**	14:10.00	**19:50.00**	20:00.00
1500M FREE		**28:00.00**	28:20.00	**40:00.00**	40:20.00
50M BACK		**52.00**	56.00	**1:03.25**	1:07.25
100M BACK		**1:49.00**	1:54.00	**2:09:00**	2:15.00
200M BACK		**3:47.00**	3:54.00	**4:28.00**	4:35:00
50M BREAST		**54.25**	48.25	**59.50**	1:04.50
100M BREAST		**1:54.00**	2:00.00	**2:08.75**	2:14.50
200M BREAST		**4:05.00**	4:13.00	**4:32.00**	4:41.00
50M FLY		**50.00**	55.00	**1:06.00**	1:11.00
100M FLY		**1:45.00**	1:51.00	**2:17.00**	2:24.00
200M FLY		**4:41.00**	4:50.00	**4:42.00**	4:50.00
200M IM		**3:25.00**	3:32.00	**4:22.00**	4:30.00

(LCM) Long Course Meters Events	YOUR BEST TIME SINCE SEPT 1, 2025 Convert any Short Course Times to LCM at SwimmingWorld)	**MEN II1/II3 MQS**	MEN II1/II3 MET	**MEN II2 MQS**	MEN II2 MET
50M FREE		**00:34.00**	00:37.00	**00:40.00**	00:44.00
100M FREE		**1:11.00**	01:15.00	**01:35.00**	01:39.00
200M FREE		**2:35.00**	02:39.00	**03:30.00**	03:34.00
400M FREE		**05:35.00**	05:42.00	**07:30.00**	07:35.00
800M FREE		**12:00.00**	12:10.00	**16:42.00**	16:50.00
1500M FREE		**24.00.00**	24:20.00	**33:24.00**	33:40.00
50M BACK		**38.00**	42.00	**48.50**	52.50
100M BACK		**1:22.00**	1.26.00	**1:46.00**	1:50.00
200M BACK		**3:12.00**	3:17.00	**3:45.00**	3:50.00
50M BREAST		**45.00**	49.00	**53.00**	57.00
100M BREAST		**1:34.00**	1:39.00	**1:44.00**	1:48.00
200M BREAST		**3:25.25**	3:33.25	**3:54.00**	3:59.00
50M FLY		**40.00**	44.00	**43.50**	47:00
100M FLY		**1:25.00**	1:29.00	**1:36.00**	1:40.00
200M FLY		**2:58.00**	3:02.00	**3:25.00**	3:29.00
200M IM		**2:46.00**	2:50.00	**3:47.00**	3:52.00
400 IM		**6:11.00**	6:15.00	**7:45.00**	7:50.00

Athletes Without Limits National Table Tennis Team
2026 Virtus Pan Am Games Qualifying Standards

TABLE TENNIS VENUE:
Juan Fernandez Albarrán Sports Complex
**Venue is at high altitude, above 8,700 feet*

Address: Calle Hacienda de Barbosa 103, Irma Patricia Galindo de Reza, 51350 San Miguel Zinacantepec, State of Mexico, MEXICO

TABLE TENNIS SCHEDULE:
Nov 21: Teams Arrive & Opening Ceremony
Nov 22: TT Training Day
Nov 23: TT Training Day
Nov 24: TT Competition Day 1
Nov 25: TT Competition Day 2
Nov 26: TT Competition Day 3 & Closing Ceremony
Nov 27: Teams Depart

TABLE TENNIS EVENTS:

Mens & Womens Singles	Virtus II1, Virtus II2, Virtus II3
Mens & Womens Doubles	Virtus II1, Virtus II2, Virtus II3
Mixed Doubles	Virtus II1, Virtus II2, Virtus II3

QUALIFYING STANDARDS:
Table Tennis is a developing sport for US athletes with Intellectual Impairment and the event does not provide specific selection standards. Level of play and ability to have a positive experience while staying with the team throughout the competition week is something we look forward to discussing with interested players.

U.S. athletes must be **16 and older** for Athletes Without Limits International Team trips and be able to stay in a separate hotel with the Team throughout the competition week.

Due to the shorter timeline we have for this new event, athletes must already have **International Eligibility (or have National able to confirm International before Nov)** in a Virtus II1, II2 or II3 group.

TABLE TENNIS TECHNICAL INFORMATION:
This event will follow ITTF Rules & Regulations (www.ittf.org) plus any adaptations recognized by Virtus.sport. Additional details will be confirmed prior the event and at the Coaches Technical Meeting.

*PARALYMPIC CLASSIFICATION:
Virtus II1 athletes who compete in *Class 11 Singles* may have an opportunity to further their International Class 11 ITTF/Para Classification by appointment at this event.

This event is unique with all 4 sports competing at the same sports complex – a great opportunity for USA athletes, staff, families and fans to meet and support each other across sports!

US TEAM LEADERS & COACHES:
All members of our leadership, medical, support and coaching staff have experience leading teams at previous Virtus World Championships and are *Safesport and Concussion* trained. Which Staff below attend this trip will depend on the number of athletes who qualify and are selected to ensure teams are well-supported.

Barry & Julie Holman
AWL Co-founders and Head of US Delegations

Shawn Roseman
US National Team Manager

Molly Meade
US National Team Support

Dr. Amy Berglund
US National Team Medical Support

Dr. Rachel Bryant
US National Team Medical Support

TBA
US National Table Tennis Coach

Plus US Coaches and Staff from Other Sports

Athletes Without Limits National Taekwondo Team
2026 Virtus Pan Am Games Qualifying Standards

TAEKWONDO VENUE:

Juan Fernandez Albarrán Sports Complex
**Venue is at high altitude, above 8,700 feet*
Address: Calle Hacienda de Barbosa 103, Irma Patricia Galindo de Reza, 51350 San Miguel Zinacantepec, State of Mexico, MEXICO

TAEKWONDO SCHEDULE:

Nov 21: Teams Arrive & Opening Ceremony
Nov 22: Taekwondo Training Day
Nov 23: Taekwondo Competition Day 1
Nov 24: Taekwondo Competition Day 2
Nov 25: *Taekwondo Free Day TBD*
Nov 26: Closing Ceremony
Nov 27: Teams Depart

TAEKWONDO US TEAM QUALIFICATION:

AWL National Coaches are familiar with most athletes from US events and look forward to discussing ability levels with interested athletes, since the event does not have formal standards other than ability to complete the required forms.

U.S. athletes must be **16 and older** for Athletes Without Limits International Team trips and be able to stay in a separate hotel with the Team throughout the competition week.

Due to the shorter timeline we have for this new event, athletes must already have **International Eligibility (or have National able to confirm International before Nov)** in a Virtus II1, II2 or II3 group.

TAEKWONDO EVENT INFORMATION:

Event follows World Taekwondo (WT) rules plus any adaptations recognized by Virtus.sport.

Mens & Womens Para Poomsae (no Kyorugi)

Age Groups: U30 (Age 16-29) and Over 30

Virtus II1 (P21) Virtus II2 (P22) Virtus II3 (P23)

[Note AWL Coaches are working with event hosts to clarify technical details which will be shared with TKD athletes.]

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US TEAM LEADERS & COACHES:

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Amy Berglund
US National Team Medical Support

Rachel Bryant
US National Team Medical Support

Johnny Birch
National Taekwondo Coach

Pamela Beas
National Taekwondo Coach

Plus US Coaches and Staff from Other Sports

Athletes Without Limits National Track & Field Team
2026 Virtus Pan Am Games Qualifying Standards

TRACK & FIELD VENUE:

Juan Fernandez Albarrán Sports Complex Stadium

**Venue is at high altitude, above 8,000 feet*

Address: Calle Hacienda de Barbosa 103, Irma Patricia Galindo de Reza, 51350 San Miguel Zinacantepec, State of Mexico, MEXICO

TRACK & FIELD SCHEDULE:

Nov 21: Teams Arrive & Opening Ceremony

Nov 22: Track Training Day

Nov 23: Track Training Day

Nov 24: Track Competition Day 1

Nov 25: Track Competition Day 2

Nov 26: Track Competition Day 3 & Closing Ceremony

Nov 27: Teams Depart

TRACK & FIELD EVENT INFORMATION:

See next page for Qualifying Standards Table

- Event is governed by *World Athletics* for all track specifications, implement weights, false starts, wind rules, take off boards, throwing circles, and call room procedures (with adaptions recognized by Virtus.
- No guides are used. Athletes compete independently.
- Extra time is permitted in the call room, with clear, simple, visual and/or verbal instructions for the start.
- One false start is allowed without immediate disqualification for II2/II3; for II1/Para strict T20 *World Athletics* rules apply.
- Officials may use pictograms and demonstrations to explain the attempt order in field events.
- Equipment must meet standard *World Athletics* specifications– no wheelchairs or prosthetics.
- Shoes may have up to 11 spikes, per the general rules.
- If an athlete has hearing difficulty, the starter may use a flag or a tap on the back to signal the start.
- Heats may be by time not Virtus Group; so athletes in II1, II2 and II3 may compete together.
- On the track, lane and break-line rules follow World Athletics: in the 800m, one curve in lanes; in the 4x400m, the first lap is run in lanes or by lane.
- Minus-One Rule applies. For example, in events with only 3 participants awards only go to 1st & 2nd place.
- There may be Youth Awards given in some events for 18 & Under [We're confirming details & daily event schedule.]

PARALYMPIC CLASSIFICATION:

Virtus II1 athletes with MQS in a Paralympic Event (400m,1500m, Shot Put or Long Jump) may have an opportunity for T20/F20 International Classification appt.

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US National Team Medical Support

Dr. Rachel Bryant
US National Team Medical Support

Scott Brinen
US National Track & Field Coach

Jim Bluemond
US National Track & Field Coach

Calvin Sullins
U of Michigan National Track & Field Coach

Anthony Bertoli
USATF National Para Coach

Plus US Coaches and Staff from Other Sports

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TRACK & FIELD EVENTS & QUALIFYING WORKSHEET:

EVENTS	MEN II1 MQS	WOMEN II1 MQS	MEN II2 MQS	WOMEN II2 MQS	MEN II3 MQS	WOMEN II3 MQS	YOUR BEST RESULT SINCE SEPT 1, 2025
100 M	12.50	14.99	16.80	22.00	14.85	16.00	
200 M	27.30	32.50	35.30	47.00	29.60	34.00	
400 M	59.00	1:15.00	1:20.00	1:40.00	57.00	1:13.00	
800 M	2:30.00	2:59.00	4:35.00	6:00.00	OPEN	OPEN	
1500 M	4:30.00	6:30.00	8:10.00	12:00.00	OPEN	OPEN	
5000 M	18:30.00	24:00.00			OPEN	OPEN	
10,000 M	45:00.00						
110 M HURDLES	22.00						
100 M HURDLES		23.50					
400 M HURDLES	1:15.00	1:35.00					
5,000 M RACE WALK	Open						
3,000 M RACE WALK		Open					
4X100 RELAY	Open	Open			Open	Open	
4X400 RELAY	Open	Open			Open	Open	
MIXED 4X400 RELAY	Open	Open			Open	Open	
HIGH JUMP	1.25 M	1.10 M			Open	Open	
LONG JUMP	5.30 M	4.00 M	2.90 M	1.75 M	5.50M	4.15M	
TRIPLE JUMP	10.00 M	8.00 M			Open	Open	
SHOT PUT	8.00 M (7.26 KG)	7.30 M (4 KG)	7.00 M (4 KG)	5.50 M (3 KG)	8.00M (7.260 KG)	7.10M (4.00 KG)	
DISCUS	20.00 M (2 KG)	12.90 M (1 KG)	18.00 M (1 KG)	13.00 M (.750 GR)	23.00M (2.00 KG)	26.00M (1.00 KG)	
JAVELIN	30.00 M (800 G)	17.00 M (600 G)	20.00 M (.600 GR)	14.50 M (.400 GR)	25.00M (.800GR)	14.50M (.600GR)	
HAMMER THROW	21.00 M	22.00 M					
II2 “TRIATHLON” 100 M RUN LONG JUMP SHOT PUT			Open	Open			