

Swimming

Paralympic swimming is one of the historical sporting competitions that have taken place since the first Paralympic Games in Rome in 1960. Athletes swim using their entire body according to their impairments. It's fascinating to see the unique ways in which they swim, epitomising the Paralympic spirit of "making the most of what is left".

Rules:

Basically the same rules as for regular swimming.

There are various ways to start according to the impairment. For visually impaired swimmers, a "Tapper" uses a stick to tap the swimmer as they approach the end of the pool to prevent them hitting the wall when turning or touching the wall at the finish.

Classification & Events:

Athletes with physical, visual and intellectual impairments are eligible for the Tokyo 2020 Paralympic Games. A total of 146 events are held in 14 classes, including 76 men's, 77 women's and 3 mixed-gender events.

Column:

Athletes work hard to develop various swimming styles!

There are many different swimming styles that athletes can use, so they need to practise in order to perfect their own form. It is essential for athletes to establish their form in any sport, but swimming requires more individual effort than any other sport. Japan has maintained a strong global presence by winning medals over ten consecutive years and is expected to deliver even better results at the Tokyo 2020 Games.

Trivia:

The result will still be valid if a visually impaired athlete with a Tapper accidentally encroaches on another lane and then finishes the race in that lane.

Venue:

At the Tokyo 2020 Paralympic Games, swimming will be held at the Tokyo Aquatics Centre.