



ISCA SCY NATIONAL CLUB CHAMPIONSHIPS 2023

HAMPTON, VA | January 20th – January 22nd, 2023

HAMPTON VIRGINIA AQUAPLEX
1908 Coliseum Dr. | Hampton, VA 23666

<u>SANCTION:</u>	Held under Approval of USA Swimming/Virginia Swimming Approval #VS-23-05A. "In granting this approval it is understood and agreed that USA Swimming/Virginia Swimming and the Hampton VA Aquatic Facility shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event."
<u>CONDITION OF SANCTION:</u>	The competition course has been not certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Any swimmer entered in the meet, unaccompanied by a USA-S member coach, must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Use of audio, visual, or cell phone recording devices is permitted only in designated areas. Changing into or out of swimsuits, except in locker rooms, is strictly prohibited. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the USA-S Vice President of Program Operations. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. In applying for this sanction, International Swim Coaches Association and Hampton Virginia Aquaplex agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming LSC, the State of Virginia, and Hampton, VA.

<u>IMAGE AUTHORIZATION:</u>	All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authorized by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions.
<u>TYPE OF MEET:</u>	Short Course Yards, Prelims-Finals on Friday, Saturday, and Sunday. Two eight Lane course pools may be used for prelims and one eight lane pool for finals. There will be a 25 yard pool for constant warm up.
<u>LOCATION:</u>	Hampton Virginia Aquaplex 1908 Coliseum Dr Hampton, VA 23666
<u>SCHEDULE:</u>	Preliminaries (Fri, Sat, Sun) General Warm Up7:30-8:20AM Specific Warm Up8:20-8:50AM Meet Start.....9:00AM Finals – Fri, Sat General Warm Up4:00-4:50PM Specific Warm Up4:50-5:20PM Meet Start 5:30PM
<u>POOL & FACILITY SPECS:</u>	The Hampton Virginia Aquaplex is host to a 50-Meter competition pool with bulkheads. Competition pool has a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Two 25 yard pools with non-turbulent lane lines and a maximum of 8 racing lanes per course will be used. will be used. Constant warm down lanes are available in the additional 8 lane 25 yard programming pool.
<u>TIMING SYSTEM:</u>	A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used as well as manual back up watches.
<u>ELIGIBILITY:</u>	Must be a 2023 USA Swimming, YMCA, AAU, and/or a FINA registered athlete.
<u>FORMAT:</u>	Please submit entry times in Short Course Yards – DO NOT SUBMIT CONVERTED TIMES. (Example: If the time was swum in short course yards, submit the short course time.) Non-conforming yard times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. All yard times will be seeded for prelims fastest to slowest within the age groups order. (Example: All 13-14 yards times will be seeded fastest to slowest) Friday & Saturday events, unless otherwise noted, will be run as Prelims/Finals. All Sunday events are Timed Finals. <u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u> <u>Relays:</u> 1. All Relays are Mixed Relays (2 Boys/2 Girls) 2. Each Team May Enter An “A” and “B” Relay for Each Event. 3. Top 16 “A” Relays will Swim in the Finals Session. Remaining Relays will swim in the prelims session. <u>Individual Events:</u> Senior, 13-14 400IM and 500 Free (Timed Finals Event):

	1. Top 16 Seeded Swimmers will swim in the Finals Session on Friday & Saturday. The remaining swimmers will swim in the prelims session. 12-UNDER 500 Free (Timed Finals Event): 1. Top 8 Seeded Swimmers will swim in the Finals Session. The remaining swimmers will swim in the Prelims Session. All Senior & 13-14 50's, 100's and 200's: 1. The Top 16 qualifiers from Prelims, in each event, will return for Finals. All 11-12 50's, 100's and 200's: 1. The Top 8 qualifiers from Prelims, in each event, will return for Finals.
<u>RULES:</u>	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. (Safety rules as outlined by USA Swimming will be in effect during all warm-up and warm-down time frames and areas.) No parents will be allowed on the pool deck unless they have 2023 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, they MUST go directly to the meet Referee to receive a deck pass and/or a coaching assignment. Age as of the first day of the meet (January 20, 2023) will determine the swimmer's age group for competition. Qualifying times must have been achieved between January 1, 2021 – January 6, 2023 The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swimsuits. Swimmers participating in the practice of deck changing can be subject to removal from further competition.
<u>AWARDS</u>	Individual Custom Medals 1st through 8th Relays Custom Medals 1st through 3rd
<u>TEAM AWARDS:</u>	• TOP COMBINED TEAM • TOP MEN'S TEAM • TOP WOMEN'S TEAM
<u>SCORING:</u>	Scored to 16 places in each age group For Individual Events. Relays Scored Double to 8 Places Individual Event Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Points: 40-34-32-30-28-26-24-22
<u>WARM-UP:</u>	Enclosed warm-up schedule will be used. Warm-up will be <u>60 minutes</u> prior to the start of each session.
<u>SCRATCHES:</u>	Prelims/timed finals: <i>Scratches for events are due at 5:00pm the evening before the race.</i> All Preliminary events will be pre-seeded, with the exception of distance events (30-33, 67-70, 98-101), which will require check-in with the Clerk of Course. There will be no penalty for missed Preliminary events that do not require check-in, but there will be no refunds for the missed event and the athlete will NOT be able to make up the event in subsequent heats. Deck entries will be allowed during the Prelims sessions -- No new heats will be created and will be treated on a first come, first serve basis.
<u>FINALS:</u>	Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals unless the swimmer announced his/her intention to scratch from the event within 30 minutes of the announcement of the qualifiers for that event. Any swimmer not reporting to a final event in which the results were posted for his/her swim will be

	barred from further competition. Barred athletes may opt back into the meet by paying a \$50 re-entry assessment.
<u>ENTRY LIMIT:</u>	Swimmers will be limited to three events per day and a total of 9 events for the entire meet. If a swimmer is over-entered in a session, any events entered over the three event limit will be dropped at the point of over-entry (based on event enumeration in the Table of Events)
<u>ENTRY FEES:</u>	Fee will be \$5,000 per Team. Each team is able to bring 50 swimmers however they see fit. <i>Checks Should be Made payable to ISCA (International Swim Coaches Association) Please Bring Payment to MEET</i>
<u>ENTRY DEADLINE:</u>	All entries must be received by 11:59 a.m., Friday, January 6, 2023. Late entry must be submitted by deadline the evening prior to event (s) contested.
<u>ENTRIES</u>	Entries Must be submitted in short course yards (SCY) times using Commlink-2 software Teams Submit entries via email A printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries. Coach Time (CT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA swimming, sanctioned, approved, or observed competition. "No Time" (NT) entries will NOT be accepted in this meet. Swimmers may enter a maximum of 9 individual event(s), with a maximum of 3 per day, not including relays. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Virginia Swimming policies & procedures. Email Entries to: Tom Himes at coachtom@comcast.net
<u>FOREIGN ATHLETES</u>	Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with FINA or USA Swimming. Entries for foreign teams can be submitted through a HY-TEK file. To receive the entry file, please send a request to info@swimisca.org.
<u>OFFICIALS:</u>	Head Referee John Stanley (jfstanley@cox.net) Admin Referee/Official Bryan Wallin (thewallin5@comcast.com) Meet Director Doug Fonder(dougfonder@gmail.com) Volunteer Officials will be needed in all positions for this meet. Volunteers may sign up online at: 2023 ISCA Short Course-Hampton January 20-22, 2023 - Google Forms
<u>COACHES/OFFICIALS:</u>	Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2023 coaching member of USA Swimming must supervise each swimmer participating in a Virginia Swimming approved/sanctioned meet during warm-up and competition. An unattached athlete, without a team affiliation and not escorted by a coach member, must check in with the meet referee upon arrival at the meet. Such athletes will be assigned to a substitute coach who will supervise the swimmer (s) during warm-up and competition.

<u>MEET VOLUNTEERS:</u>	As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.		
<u>TEAM REPRESENTATIVE:</u>	Prior to the start of the meet, the name of one person for each team other than the coach may be given to the meet referee. The meet referee will only recognize the coach and that designated person relative to matters pertaining to the meet.		
<u>INFORMATION:</u>	<u>Meet Director</u> Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com	<u>Meet Referee</u> John Stanley Cell: 540-354-9856 jfstanley@cox.net	<u>Meet Entries</u> Tom Himes coachtom@comcast.net
<u>NOTE:</u>	**Events/heats may be combined at the discretion of the meet referee.		





ISCA SCY NATIONAL CLUB CHAMPS

WARM-UP SCHEDULE:

First 1/2 hour will be warm-up as follows: Last hour of warm-ups will be as follows:

Lane 1 pace 50 & 100 circle swimming
Lane 2 push off 25s one way only
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 swim & pulling, push off
Lane 9 push off 25s, one way only
Lane 10 pace 50 & 100 circle swimming

Lane 1 pace 50 & 100 circle swimming
Lane 2 racing starts 25s one length
Lane 3 swim & pulling, push off
Lane 4 swim & pulling, push off
Lane 5 swim & pulling, push off
Lane 6 swim & pulling, push off
Lane 7 swim & pulling, push off
Lane 8 racing starts 25s one length
Lane 9 racing starts 25s one length
Lane 10 pace 50 & 100 circle swimming

NO EQUIPMENT TO BE USED DURING WARM-UP

NO RACING STARTS IN WARM-UP OR COOL DOWN LANES DURING MEET

Swimmers must enter the water feet first with at least one hand on the pool deck.

Friday, January 20th, 2023

Prelims/ Finals

GIRLS	EVENT	BOYS
1	12-UNDER Mixed 200 FR Relay	1
2	13-14 Mixed 200 FR Relay	2
3	Senior Mixed 200 FR Relay	3
4	12-UNDER 100 Fly	5
6	13-14 100 Fly	7
8	Senior 100 Fly	9
10	12-UNDER 50 Back	11
12	13-14 50 Back	13
14	Senior 50 Back	15
16	12-UNDER 200 Free	17
18	13-14 200 Free	19
20	Senior 200 Free	21
22	12-UNDER 100 Breast	23
24	13-14 100 Breast	25
26	Senior 100 Breast	27
28	12-UNDER 100 IM	29
30	13-14 400 IM	31
32	Senior 400 IM	33
34	12-UNDER Mixed 200 Medley Relay	34
35	13-14 Mixed 200 Medley Relay	35
36	Senior Mixed 200 Medley Relay	36

*****10 Minute Break Before Mixed 200 Medley Relays at Finals*****



Saturday, January 21, 2023

Prelims/Finals

GIRLS	EVENT	BOYS
37	12-UNDER 200 IM	38
39	13-14 200 IM	40
41	Senior 200 IM	42
43	12-UNDER 50 Free	44
45	13-14 50 Free	46
47	Senior 50 Free	48
49	12-UNDER 200 Fly	50
51	13-14 200 Fly	52
53	Senior 200 Fly	54
55	12-UNDER 100 Back	56
57	13-14 100 Back	58
59	Senior 100 Back	60
61	12-UNDER 50 Breast	62
63	13-14 50 Breast	64
65	Senior 50 Breast	66
67	12-UNDER 500 Free	68
69	Senior 500 Free	70
71	12-UNDER Mixed 400 Medley Relay	71
72	13-14 Mixed 400 Medley Relay	72
73	Senior Mixed 400 Medley Relay	73

BOYS

*****10 Minute Break Before Mixed 400 Medley Relays at Finals*****

Sunday, January 22, 2023

Timed Finals

GIRLS	EVENT	BOYS
74	12-UNDER 50 Fly	75
76	13-14 50 Fly	77
78	Senior 50 Fly	79
80	12-UNDER 200 Breast	81
82	13-14 200 Breast	83
84	Senior 200 Breast	85
86	12-UNDER 100 Free	87
88	13-14 100 Free	89
90	Senior 100 Free	91
92	12-UNDER 200 Back	93
94	13-14 200 Back	95
96	Senior 200 Back	97
98	13-14 1650 Free	99
100	Senior 1650 Free	101
102	12-UNDER Mixed 400 Free Relay	102
103	13-14 Mixed 400 Free Relay	103
104	Senior Mixed 400 Free Relay	104

*****15 Minute Break Before Mixed 400 Free Relays and 1650 Frees*****

Order of Events After Break will be 102, 103, 104, 98, 99, 100, 101

