

2023 ISCA OPEN  
Liberty University Natatorium  
Lynchburg, VA



**November 29-December 2, 2023 (Wed-Sat) Long  
Course Meters**

**Liberty University Natatorium**

**Lynchburg, VA**

**Approval # VS-24-04A**

**The entry deadline is Tuesday, November 21, 2023 at Noon  
Eastern Time**

## IMPORTANT FACTS ABOUT THE MEET

- ◆ This event has been approved by World Aquatics as a qualifying event for the Doha 2024 World Aquatics Championships.
- ◆ Session times for this competition are 9:00 a.m. for prelims and 6:00 p.m. for finals. The Wednesday distance session will also begin at 6:00 p.m.
- ◆ The qualification period for this event is November 1, 2022 through the entry deadline.
- ◆ Enter the ISCA Open online by logging into your USA Swimming account at [hub.usaswimming.org/landing](http://hub.usaswimming.org/landing) beginning at 10:00 a.m. Monday, November 6, 2023 and no later than Noon Eastern Time on Tuesday, November 21, 2023.
- ◆ All swimmers entered in the 800 and 1500 Freestyle events must positively check-in prior to the scratch deadline to compete in the event.
- ◆ There will be bonus events at these championships for all swimmers. Any athlete who qualifies for one or more individual events will be permitted to enter and swim in up to three bonus events.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the Technical Meeting.
- ◆ In the Finals, the C (bonus) heats will swim first, followed by the B (consolation) heat followed by the A (championship) heat.
- ◆ The scratch deadline for Wednesday events shall be at the start of the Technical Meeting (Wednesday, November 29 at noon.). The scratch deadline for Thursday's preliminaries shall be thirty (30) minutes after the beginning of the distance session on Wednesday. Coaches who cannot attend the Technical Meeting are encouraged to text their scratches to the Administrative Referee before these deadlines.
- ◆ This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:
  - Being barred from all further events of that day as prescribed in section 207.11.6, or
  - Payment of a fine of \$200
- ◆ LCM Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session. Time Trial entries will only be taken on-site at the Clerk of Course.
- ◆ Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition and will be permitted in the Championship (“A”) Finals including timed final events. In addition to entry fees, a \$35.00 additional fee will be assessed per each foreign (i.e. non-members of USA Swimming) credentialed athlete, coach, and/or team support. Please refer to page 7 for foreign entry instructions.
- ◆ Swimmers’ and Coaches’ Responsibility – It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all of the information contained in this meet information book and any information or changes announced at the Technical meeting.
- ◆ Session times for this competition are 9:00 a.m. for prelims and 6:00 p.m. for finals. The Wednesday distance session will also begin at 6:00 p.m.
- ◆ The qualification period for this event is November 1, 2022 through the entry deadline.
- ◆ Enter the ISCA Open online by logging into your USA Swimming account at [hub.usaswimming.org/landing](http://hub.usaswimming.org/landing) beginning at 10:00 a.m. Monday, *November 6, 2023* and no later than Noon Eastern Time on Tuesday, November 21, 2023.
- ◆ All swimmers entered in the 800 and 1500 Freestyle events must positively check-in prior to the scratch deadline to compete in the event.
- ◆ There will be bonus events at these championships for all swimmers. Any athlete who qualifies for one or more individual events will be permitted to enter and swim in up to three bonus events.
- ◆ At the discretion of the Meet Referee, the preliminary sessions may be conducted using “Flyover” starts and/or in an A/B flighted format. Details of any changes to normal meet operations protocol will be announced at the Technical Meeting.
- ◆ In the Finals, the C (bonus) heats will swim first, followed by the B (consolation) heat followed by the A (championship) heat.

## ORDER OF EVENTS

| <b><u>Women's Events</u></b>        | <b><u>Day 1– Wednesday, November 29</u></b> | <b><u>Men's Events</u></b>          |
|-------------------------------------|---|-------------------------------------|
| <i>Timed Finals Begin at 6:00pm</i> |   | <i>Timed Finals Begin at 6:00pm</i> |
| 1                                   | 800 Freestyle                               | 2                                   |
| <i>Heats Begin at 9:00am</i>        | <b><u>Day 2– Thursday, November 30</u></b>  | <i>Finals Begin at 6:00pm</i>       |
| 3                                   | 400 Freestyle                               | 4                                   |
| 5                                   | 200 Individual Medley                       | 6                                   |
| 7                                   | 50 Freestyle                                | 8                                   |
|                                     | <b><u>Day 3 - Friday, December 1</u></b>    |                                     |
| 9                                   | 400 Individual Medley                       | 10                                  |
| 11                                  | 100 Butterfly                               | 12                                  |
| 13                                  | 200 Freestyle                               | 14                                  |
| 15                                  | 100 Breaststroke                            | 16                                  |
| 17                                  | 100 Backstroke                              | 18                                  |
|                                     | <b><u>Day 4 - Saturday, December 2</u></b>  |                                     |
| 19                                  | 1500 Freestyle*                             | 20                                  |
| 21                                  | 200 Backstroke                              | 22                                  |
| 23                                  | 100 Freestyle                               | 24                                  |
| 25                                  | 200 Breaststroke                            | 26                                  |
| 27                                  | 200 Butterfly                               | 28                                  |

*\*Only the fastest (single) seeded heat of Women's 1500 Freestyle and Men's 1500 Freestyle will swim in the Finals session. All other heats will swim slowest to fastest, alternating women and men beginning at a predetermined time so the second-fastest seeded heat of the Men's 1500 Freestyle concludes 60 minutes before the evening finals session is scheduled to begin*

### Safe Sport Information

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy ([www.usaswimming.org/maapp](http://www.usaswimming.org/maapp)) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833- 587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without

limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

### **Broadcast Statement and Image Authorization:**

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.

## **GENERAL INFORMATION**

### **Facility Address**

Liberty University Natatorium  
1521 Liberty Mountain Drive  
Lynchburg, VA 24515

### **Meet Director**

Doug Fonder  
[dougfonder@gmail.com](mailto:dougfonder@gmail.com)

### **Meet Referee**

John Stanley  
[jfstanley1@gmail.com](mailto:jfstanley1@gmail.com)

### **Deck Referee**

Dana Covington (World Aquatic Representative)  
[danacov@comcast.net](mailto:danacov@comcast.net)

### **Meeting Schedule**

|   |                        |           |  |
|---|------------------------|-----------|--|
| Technical Meeting:  | Wednesday, November 29 | Noon      | Wet classroom just off Competition pool. |
| Officials Meeting:  | Wednesday, November 29 | 4:30 p.m. | Liberty Natatorium                       |
| <i>(All subsequent officials' briefings will be held one hour prior to the start of each session at the pool)</i> |                        |           |  |

- ◆ The Liberty University facility provides a 9-lane, 50-meter competition pool with moveable bulkhead and supporting amenities including hospitality.
- ◆ Indoor 9-lane 50-meter racing course with 7 ft. continuous depth; overflow gutters with non-turbulent lane markers. Indoor 8-lane 25-yard diving well for continuous warm-up and cool down.
- ◆ Paddock starting blocks with track plates, Colorado backstroke wedges, and Omega/Swiss timing system.
- ◆ Spectator wrap-around three-sided seating for 1,400.
- ◆ Two video boards allow for two simultaneous course displays plus the ability to scroll preliminary results.
- ◆ The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.
- ◆ It is understood and agreed that USA Swimming, Virginia Swimming, ISCA, and Liberty University shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

## GENERAL INFORMATION cont.

### Tickets

Tickets for individual sessions of preliminaries and finals will be available on site.

All Session:

Adult - \$70.00

Youth (12 and Under) and Seniors (60+) - \$30.00

Single Days (either prelims or finals each day):

Adult - \$20.00

Youth (12 and Under) and Seniors (60+) - \$10.00

**Parking: FREE**

### Hotels

For up to date hotel information, please refer to

<https://www.swimisca.org>

### Medical Assistance:

Meets at the Liberty University Natatorium will be fully staffed with American Red Cross certified Lifeguards at all times. There are also 2 AEDs on site as well as first aid supplies located in the Lifeguard office. The Lifeguard Office has a full first aid kit. The Athletic Training room will have ice. There will also be several ice packs in the Lifeguard Office. The closest hospital is Lynchburg General Hospital, 6.2 miles away, Located at 1901 Tate Springs Road, Lynchburg, VA

### Pool Hours

Tuesday, November 28 Noon - 8:00 p.m.

Wednesday, November 29 8:00 a.m. - 1 hour after finals

Thursday, November 30 7:00 a.m. - 1 hour after finals

Friday, December 1 7:00 a.m. - 1 hour after finals

Saturday, December 2 7:00 a.m. - 1 hour after finals

### Credential Pick-Up

Credentials can be picked up at the Aquatics Center.

### Team Banners

Team banners will not be allowed at these Championships.

### Credentials

Restricted access to the facility will be strictly enforced. Please wear your credential at all times. There is a \$100 replacement charge for lost credentials. Team Massage Therapist credentials can be purchased through ISCA at \$100. Massage Therapist credentials will have restricted access and will not allow access to coach hospitality.

### Hospitality:

Coach's and Official's hospitality will be available throughout the meet in the room adjacent to the competition pool.

## ENTERING THE MEET

All Event Entry questions should be directed to: Mary Turner at [myturner525@gmail.com](mailto:myturner525@gmail.com) or 434-390-4456.

All individual entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time. All individual entry times must be proven in the SWIMS Database, prior the scratch deadline, even if scratched.

- ◆ Enter the ISCA OPEN online by logging into your USA Swimming account at [hub.usaswimming.org/landing](http://hub.usaswimming.org/landing) beginning at 10:00 a.m. Monday, November 6, 2023 and no later than Noon Eastern Time on Tuesday, November 21, 2023.
- ◆ Payment will be made in-person at the meet.
- ◆ OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
- ◆ Once you have submitted your entries you can only modify your entry online by adding to the original entry.
- ◆ Once you complete your online entry, you will be sent confirmation via email. Please keep these emails and bring them with you to the meet (just in case).

### Qualifying Period

The qualification period for this event is November 1, 2022 through the entry deadline.

### Number of Events

A swimmer may only swim three (3) individual events per day (including time trials). A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.

### Bonus Events

There will be bonus events at these championships for all events except the 800m and 1500 m freestyles. Any athlete who qualifies for one or more individual events will be permitted to enter and swim in up to three bonus events.

### Entry Fees:

\$20.00 per individual event

\$25.00 per credentialed coach/staff

\$35.00 additional fee per foreign (i.e. non-members of USA Swimming) credentialed athlete, coach, and/or team staff.

### Foreign Entries

Foreign athletes (those who are ineligible to represent the USA in international competitions) will be allowed to swim at this competition and will be permitted in the Championship ("A") Finals including timed final events. Foreign team coaches should send an email with their first and last name, work phone, and email address, along with the names and birthdates of their qualified swimmers to [tfreeman@usaswimming.org](mailto:tfreeman@usaswimming.org), and will receive an email with instructions on how to access and utilize the OME system.

All foreign delegations must submit documentation from their federation indicating athletes, coaches, and team support are members in good standing of their World Aquatics affiliated federation. Foreign entries must be proven with meet results and must be submitted by the entry deadline.

### Late Entries

Any team or athlete missing the entry deadline will be permitted to enter late, subject to the following requirements:

- A. Late entries must be submitted email to: [coachtom@comcast.net](mailto:coachtom@comcast.net)
- B. These late entries must be received no later than 11:59 pm Eastern Time, Monday, November 27, 2023.
- C. The team or athlete must pay a one-time processing fee of \$150.00, *and* pay entry fees of \$40 per event

## CHAMPIONSHIP PROCEDURES

### Rules:

- ◆ USA Swimming Rules and Regulations will govern the conduct of these Championships.
- ◆ It shall be the swimmers' and coaches' responsibility to acquaint themselves with all of the information contained in this meet information book.
- ◆ No U.S. swimmer will be permitted to compete unless he/she is a member as provided in Article 302.
- ◆ Any U.S. swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- ◆ Deck changing, in whole or in part, into or out of a swimsuit when wearing just one suit is prohibited.
- ◆ Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- ◆ 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.
- ◆ All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.
- ◆ This event and associated time trials are held under the approval of USA Swimming and Virginia Swimming.
- ◆ An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.

### Membership Requirement

All U.S. swimmers, coaches, and team staff must be 2023 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings and must be prepared to show a current USA Swimming membership card. Non-members who have successfully completed the Athlete Protection Training (APT) course and a USA Swimming background check may join on site at the registration check-in desk. Information regarding the APT course and the back-ground check will be available at meet check-in and is also online at [usaswimming.org/protect](https://usaswimming.org/protect). Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course.

No swimmer will be issued credential without a coach member present. If the home club coach is not planning to attend the meet, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign a supervision form before a credential can be issued.

## **SWIMS Database—Proof of Time**

Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.

- A. USA Swimming Sanctioned competition
- B. USA Swimming Approved competition - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
- C. USA Swimming Observed swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.

## **Responsibility Clause**

The coach, swimmer or swimmer representative who signs an entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to ISCA for each such time entered.

## **Automatic Proven Times**

If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.

Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which the time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.

## **Seeding**

For these Championships, the seeding order is:

1. Long Course Meters (LCM)
2. Short Course Yards (SCY)
3. LCM (Bonus)
4. SCY (Bonus)

## **Registration**

Credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms, according to the following formula, based upon the total size of the team, whether comprised of one or both sexes. The cost for these credentials is \$20/each. Team support members must be included in this formula and on the entry form to receive a credential. Athletes entered in the meet will receive a deck pass as part of their entry fee. All others will be required to purchase individual tickets. For clubs that wish to bring certified massage therapists with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming, and will have limited access around the venue.

- ◆ 1-3 swimmers in individual events; 1 deck pass
- ◆ 4-6 swimmers in individual events; 2 deck passes
- ◆ 7-9 swimmers in individual events; 3 deck passes
- ◆ 10-14 swimmers in individual events; 4 deck passes
- ◆ 15-19 swimmers in individual events; 5 deck passes
- ◆ 20-24 swimmers in individual events; 6 deck passes
- ◆ 25-29 swimmers in individual events; 7 deck passes
- ◆ 30- 34 swimmers in individual events; 8 deck passes
- ◆ 35-39 swimmers in individual events; 9 deck passes
- ◆ 40 or more swimmers in individual events; 10 deck passes
- ◆ Unattached swimmers with a team shall be included in above schedule even if listed on separate entry blank.
- ◆ Unattached swimmers not with a team: 1 deck pass

## Check-In

Coaches are responsible for all business conducted at the Technical Meeting. If, for any reason, you cannot attend the meeting, be sure to find out what occurred. You must arrive prior to the scratch deadline for your swimmer's first event to prove times if necessary.

- A. Start with the person that is checking the swimmers' and coaches' membership in USA Swimming. Have your coach membership card with you. To avoid any problems with your swimmers, have their membership cards as well.
- B. After you have been cleared, move on to the individual giving out the Coaches' packets.
- C. Review the psych sheet posted by the Times desk and make sure your swimmers do not have an indicator (\*, #, \$) by their time.
  - a. \* Next to Time - Unproven Time
  - b. # Next to Time - Athlete's registration is expired or missing.
  - c. \$ Next to Time - Athlete's Athlete Protection Training (APT) requirement is missing or expired.
- E. In the event of an indicator, go to the Times desk immediately to rectify the issue. It is your responsibility to do this. If it is not cleared by the scratch deadline, the swimmer will be scratched from the event.
- F. All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in prior to the scratch deadline in order to compete in the event.
- G. Check your scratches - make certain they are correct and submitted on time. Do not let your swimmer miss his/her best event because you failed to scratch an entry.
- H. Follow all proof of time, scratch and distance event entry procedures by the required deadlines as published. If a time cannot be proven the coach is subject to a \$100 fine. You should make sure all your athletes' times are in the SWIMS database.

## Warm-Up and Safety

The meet host will provide a complete schedule of warm-up procedures to include lane usage and times, which must be adhered to by all participants. This information will be distributed at registration, posted throughout the venue, announced on a regular basis before and during the meet, and monitored by the Meet Referee (or his/her special designees). Flagrant violation of these procedures may result in a disqualification from the meet for unsportsmanlike activity. Encourage your swimmers to cooperate with marshals. The main competition pool will be reserved the last 60 minutes for swimmers competing in that day's events.

## Scratch Procedures

- A. Location of Scratch Box:
  - a. The scratch box will be located at the Registration Desk prior to the Technical Meeting.
  - b. After the Technical Meeting, the scratch box will be located with the Clerk of Course for the remainder of the meet.
- B. Scratch Deadlines:
  - a. The scratch deadline for the Wednesday events shall be at the start of the Technical Meeting. The scratch deadline for Thursday's preliminaries shall be 30 minutes after the start of the distance session on Wednesday.
  - b. Coaches who cannot attend the Technical Meeting are encouraged to text their scratches to the Administrative Referee before these deadlines.
  - c. The scratch deadline for Friday's and Saturday's preliminaries shall be thirty (30) minutes after the time established for the start of the previous evening's finals session.
  - d. This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, The penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following: being barred from all further events of that day as prescribed in section 207.11.6, or payment of a fine of \$200.

## Ready Room

A Ready Room will be used at these Championships prior to each "A" finals heat. Each swimmer in the "A" final (including the fastest-seeded heats of the 1500 Freestyle events) shall report to the Ready Room five minutes preceding the event. Bonus and Consolation heats will report directly to their as- signed starting block.

## Distance Freestyle

- A. Distance Entry - Any swimmer who qualifies for the 800 or 1500 freestyle events may enter at their fastest time or at the qualifying time standard if entered in two or more events on the day of the event.
- B. All swimmers entered in the 800 or 1500 Freestyle events must be positively checked-in by the scratch deadline in



order to compete in the event.

- C. On Day 1, the 800 Freestyle events will swim fastest to slowest, alternating women and men beginning at 6:00 p.m.
- D. On Day 4, only the fastest (single) seeded heat of Women's 1500 Freestyle and Men's 1500 Freestyle will swim in the Finals session. All other heats will be will swum slowest to fastest, alternating women and men beginning at a predetermined time so the second fastest heat of the Men's event is concluded 60 minutes before the evening finals session is scheduled to begin.

### Finals Session Event Order

- ◆ There will be a bonus, consolation, and championship final in each individual event at this Championship (except the distance Freestyle events).
- ◆ Order of heats in Finals will be C (bonus heat), followed by B (consolation heat), with the A (championship heat will swim last).

### Time Trials

- ◆ LCM Time Trials will be conducted for all swimmers who enter and compete in the meet provided there is sufficient time between the end of the preliminary session and the start of warm-ups for the final session.
- ◆ A swimmer is limited to a maximum of two Time Trials during the course of the Championships.
- ◆ The Time Trial entry deadline shall be one hour prior to the estimated/published conclusion of that day's preliminary session.
- ◆ Entry fees for Time Trials are the same as those established for the Championships.
- ◆ Distance freestyle events will typically be offered on only one day of the meet as determined by the Meet Referee and announced at the Technical Meeting swum.

### Meet Scoring

This is a non-scored meet.

### Results

After each evening's finals at these championships, the results will be available at [usaswimming.org/USOpen](http://usaswimming.org/USOpen).

### Awards

There will be no awards given at this meet.

## DOPING CONTROL

### The 2023 ISCA Open Championships are subject to Doping Control.

All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or World Aquatics under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit [usada.org/athletes/antidoping101/](http://usada.org/athletes/antidoping101/) for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.

### What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the re-sources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Athlete Guide to the WADA Prohibited List](#)

### What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance

or explore the [Therapeutic Use Exemption](#) process. *Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.* It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#)."

### **Therapeutic Use Exemptions?**

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

### **Understand the Sample Collection Process:**

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athlete should always have a representative with them in doping control.

*Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.*

***NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.***

### **Doping Control rule for athletes previously eligible for out of competition drug testing:**

Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Master's and USA Swimming) or World Aquatics sanctioned events. If you have an athlete in this situation, please email [smichael@usaswimming.org](mailto:smichael@usaswimming.org) immediately.

# ISCA OPEN Qualifying Standards (2023 Futures Qualifying Times)



## FUTURES CHAMPIONSHIPS

**2023**  
 TIME STANDARDS

### WOMEN

### MEN

| SCY      | LCM      |              | LCM      | SCY      |
|----------|----------|--------------|----------|----------|
| 24.09    | 27.39    | 50 FR        | 24.89    | 21.39    |
| 52.09    | 59.39    | 100 FR       | 53.79    | 46.49    |
| 1:52.59  | 2:07.79  | 200 FR       | 1:58.09  | 1:41.79  |
| 5:03.49  | 4:28.79  | 400/500 FR   | 4:09.99  | 4:37.09  |
| 10:20.49 | 9:13.79  | 800/1000 FR  | 8:40.69  | 9:34.29  |
| 17:14.39 | 17:40.19 | 1500/1650 FR | 16:38.99 | 16:05.49 |
| 58.09    | 1:06.89  | 100 BK       | 1:00.79  | 52.09    |
| 2:04.99  | 2:23.99  | 200 BK       | 2:11.89  | 1:52.79  |
| 1:05.99  | 1:15.99  | 100 BR       | 1:08.69  | 58.69    |
| 2:22.69  | 2:43.39  | 200 BR       | 2:29.09  | 2:08.59  |
| 57.49    | 1:04.69  | 100 FL       | 58.39    | 51.09    |
| 2:05.39  | 2:21.89  | 200 FL       | 2:10.19  | 1:53.69  |
| 2:08.29  | 2:26.39  | 200 IM       | 2:12.79  | 1:55.09  |
| 4:30.69  | 5:07.29  | 400 IM       | 4:42.39  | 4:07.59  |
|          | 4:04.29  | 4x100 FR-R   | 3:40.89  |          |
|          | 8:40.89  | 4x200 FR-R   | 8:00.49  |          |
|          | 4:33.79  | 4x100 MED-R  | 4:05.89  |          |

*Qualifying period November 1, 2022 through entry deadline*