

# 2024 ISCA JANUARY CLASSIC

*January 19th-21st*





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| <p><b>SANCTION:</b></p>              | <p>Held under Observation of USA Swimming/Virginia Swimming Observation #VS-24-09A.<br/>         “In granting this approval it is understood and agreed that USA Swimming/Virginia Swimming 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.”</p>   |
| <p><b>CONDITION OF APPROVAL:</b></p> | <p>The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. 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.</p> |
| <p><b>CAMERA ZONE:</b></p>           | <p>Meet management shall designate and inform the public of “Camera Zones” at each swim meet where both still photography of a race or a competitor in a race may be taken. Acceptable “Camera Zones” may include, but are not limited to the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a “start end.” Meet management shall also designate “Non-Camera Zones.” Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas.</p>   |

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| <p><b>IMAGE AUTHORIZATION:</b></p>       | <p>All participants agree to be filmed and photographed by the official photographer (s) and networks (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.</p>   |
| <p><b>TYPE OF MEET:</b></p>              | <p>Short Course Yards, Prelim/ Finals on Friday &amp; Saturday, Sunday will be Time Finals. One or two eight Lane course pools may be used for prelims and one eight lane pool for finals will be used.<br/>         There will be a 25 yard pool for constant warm up.</p>  |
| <p><b>SCHEDULE:</b></p>                  | <p><b>Preliminaries (Fri, Sat)</b><br/>         General Warm Up .....6:30-7:20 AM<br/>         Specific Warm Up .....7:20-7:45 AM<br/>         Meet Start.....8:00 AM</p> <p><b>Finals (Fri, Sat)</b><br/>         General Warm Up .....4:00-4:50 PM<br/>         Specific Warm Up .....4:50-5:20 PM<br/>         Meet Start ..... 5:30 PM</p> <p><b>Timed Finals (Sun)</b><br/>         General Warm Up .....7:30-8:20 AM<br/>         Specific Warm Up .....8:20-8:45 AM<br/>         Meet Start ..... 9:00 AM</p> |
| <p><b>LOCATION:</b></p>                  | <p><b>Hampton Virginia Aquaplex<br/>         1908 Coliseum Dr<br/>         Hampton, VA 23666</b></p>   |
| <p><b>POOL &amp; FACILITY SPECS:</b></p> | <p>The Hampton Virginia Aquaplex is host to two certified 25 yard pools with a maximum of 8 racing lanes per course. Non-turbulent lane lines will be used. Constant warm down lanes are available in the additional 8 lane 25 yard programming pool.</p>  |
| <p><b>ELIGIBILITY:</b></p>               | <p>Must be a 2024 USA Swimming, YMCA, AAU, and/or a FINA registered athlete.</p>   |
| <p><b>SEEDING:</b></p>                   | <p>Please submit entry times in Short Course Yards – <b>DO NOT SUBMIT CONVERTED TIMES.</b> (Example: If the time was</p>   |

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| <p><b>SEEDING:<br/>(Cont.)</b></p> | <p><i>swum in short course yards, submit the short course time.)</i><br/> Non-conforming times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. <b>All yard times will be seeded for prelims slowest to fastest within the two age group order.</b><br/> <b><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></b></p> <p style="text-align: center;"><b><u>Relays:</u></b></p> <ol style="list-style-type: none"> <li>All Relays are Mixed Relays (2 Boys/2 Girls)</li> <li>Each Team May Enter An “A” and “B” and “C” Relay for Each Event.</li> <li>Top 16 Relays will be swum in the Finals Session. Remaining Relays will swim in the prelims session.</li> </ol> <p style="text-align: center;"><b><u>Individual Events:</u></b></p> <p><b><u>13- OVER</u></b><br/> <i>1650 Free (Timed Final Event)</i><br/> 1. 1650 will be swum alternating women/ men fastest to slowest on Sundays Morning Time Final Session at the end.</p> <p><b><u>13-14 &amp; 15- OVER</u></b><br/> <i>400IM and 500 Free (Timed Final Event)</i><br/> 1. Top 8 Seeded Swimmers will be swum in the Finals Session. The remaining swimmers will swim in the Prelims Session.</p> <p><b><u>11-12</u></b><br/> <i>500 Free (Timed Final Event)</i><br/> 1. Top 8 Seeded Swimmers will swim in the Finals Session. The remaining swimmers will swim in the Prelims Session.</p> <p><b><u>11-12 &amp; 13-14 &amp; OPEN</u></b><br/> <i>50's, 100's and 200's</i><br/> 1. The Top 16, From Prelims, In Each Event will return for Finals.</p> |
| <p><b>RULES:</b></p>               | <p><b>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.</b> (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 2024 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching</p>   |

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| <p><b>RULES<br/>(Cont.):</b></p>     | <p>assistance, they <b>MUST</b> 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 (<b>January 19th, 2024</b>) will determine the swimmer’s age group for competition. <b>Qualifying times must have been achieved between January 1, 2021 – January 8, 2024.</b><br/> The practice of deck changing is prohibited. Swimmers must use the locker rooms to change in and out of their swim suits. Swimmers participating in the practice of deck changing can be subject to removal from further competition.</p> |
| <p><b>AWARDS:</b></p>                | <p><b>Individual</b> Custom Awards . . . . . 1st through 3rd<br/> Medalions.....4th-8th<br/> <b>Relays</b> Custom Awards . . . . . 1st through 3rd</p>   |
| <p><b>SCORING:</b></p>               | <p>Scored to 8th place in each age group For Individual Events.<br/> Relays Scored Double to 8 Places</p> <p>Individual Event Points: 20-17-16-15-14-13-12-11<br/> Relay Points: 40-34-32-30-28-26-24-22</p>   |
| <p><b>INDIVIDUAL HIGH POINT:</b></p> | <p>Individual High Point Presented to the Top Boy and Top Girl In Each Age Group: 11-12, 13-14, &amp; OPEN</p>   |
| <p><b>TEAM AWARDS:</b></p>           | <ul style="list-style-type: none"> <li>• TOP COMBINED TEAM</li> <li>• TOP MEN’S TEAM</li> <li>• TOP WOMEN’S TEAM</li> </ul>  |
| <p><b>WARM-UP:</b></p>               | <p>Enclosed warm-up schedule will be used.</p> <p>Warm-up will be 60 minutes guaranteed prior to the start of each session.</p>  |
| <p><b>SCRATCHES:</b></p>             | <p><b>Prelims/timed finals:</b> Scratches for events are due at <b>5:00pm</b> the evening before the race. No penalty for scratching on the block with the exception of deck seeded events during the Preliminary session. Check in must be done with the clerk of course prior to the listed check in time to be seeded in that event. Any swimmer properly entered in a deck seeded event, who fails to check in for that event, will not be seeded but will be allowed to swim in an open lane for that event only. No new heats will be created – first come first served.</p>     |



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| <b>FINALS:</b>             | 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. He/she has until 30 minutes after his or her final preliminary event of the day to finalize his/her scratch with the clerk of course. <b>Any swimmer not reporting to a final event in which the results were posted for his/her swim will be barred from their next individual event in the meet, PLUS a \$50.00 fee will be assessed to swimmers not in compliance with the scratch rule UNLESS relieved for good cause by the Meet Referee.</b> |
| <b>ENTRY LIMIT:</b>        | Swimmers will be limited to three events per day and a total of 9 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  |
| <b>ENTRY FEES:</b>         | <p style="text-align: center;"><b><u>Fee will be as follows...</u></b></p> <p style="text-align: center;"><b>If your Team Brings 1-10 Swimmers</b><br/><i>it will be \$130.00 per swimmer</i></p> <p style="text-align: center;"><b>If your Team Brings 11-25 Swimmers</b><br/><i>it will be \$125.00 per swimmer</i></p> <p style="text-align: center;"><b>If your Team Brings 26-50 Swimmers</b><br/><i>it will be \$115.00 per swimmer</i></p> <p style="text-align: center;"><b>If your Team Brings 50-More Swimmers</b><br/><i>it will be \$100.00 per swimmer</i></p> <p>Checks Should be Made payable to <b>ISCA</b> (International Swim Coaches Association) <b>Please Bring Payment to MEET</b></p>  |
| <b>ENTRY DEADLINE:</b>     | <b>Entrie Deadline will be 11:59AM on January 8th, 2024.</b>  |
| <b>COACHES/ OFFICIALS:</b> | Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2024 coaching member of USA Swimming must supervise each swimmer participating in a Virginia Swimming approved/sanctioned meet during warm-up and competition.   |

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| <b>ENTRIES:</b>             | <p>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.</p> <p>Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. <b>CT must be slower than an “A” time.</b> All entry times other than CT must have been achieved in USA swimming, sanctioned, approved, or observed competition.</p> <p>Swimmers may enter a maximum of <b>9 individual event(s), with a maximum of 3 per day, not including relays.</b></p> <p>Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Virginia Swimming Guidelines.</p> <p>Email Entries to: Tom Himes at <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a></p> |
| <b>FOREIGN ATHLETES:</b>    | 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 <a href="mailto:Swimisca.info@gmail.com">Swimisca.info@gmail.com</a>  |
| <b>SPECTATOR FEE:</b>       | \$50.00 For all Session Pass or \$20.00 per day  |
| <b>OFFICIALS:</b>           | <p>Head Referee            John Stanley (<a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a>)<br/>Admin Referee/Official<br/>Meet Director            Doug Fonder(<a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>)</p> <p><b>Calling all officials sign up at <a href="https://swimisca.org/officials/">https://swimisca.org/officials/</a></b></p>  |
| <b>MEET VOLUNTEERS:</b>     | As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.  |
| <b>TEAM REPRESENTATIVE:</b> | 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.  |

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| <b>INFORMATION:</b> | <b>Meet Director</b><br>Doug Fonder<br><a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a><br>(540) 397.0505                               | <b>Meet Referee</b><br>John Stanley<br>Cell: 540-354-9856<br><a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a> | <b>Stroke/ Turn</b> |
|                     | <b>Meet Admin</b><br>Tom Himes<br><a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a>  | <b>Head Starter</b>   |                     |
| <b>NOTE:</b>        | <b>**Events/heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee.**</b> |   |                     |



## WARM-UP SCHEDULE ISCA JANUARY CLASSIC

### WARM-UP SCHEDULE

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



## EVENT SCHEDULE ISCA JANUARY CLASSIC

| FRIDAY, JANUARY 19 <sup>TH</sup> |           |              |           |     |
|----------------------------------|-----------|--------------|-----------|-----|
| WOMEN                            | AGE GROUP | EVENT        | AGE GROUP | MEN |
| 1                                | 11-12     | 200 Free     | 11-12     | 2   |
| 3                                | 13-14     | 200 Free     | 13-14     | 4   |
| 5                                | OPEN      | 200 Free     | OPEN      | 6   |
| 7                                | 11-12     | 50 Breast    | 11-12     | 8   |
| 9                                | 13-14     | 100 Breast   | 13-14     | 10  |
| 11                               | OPEN      | 100 Breast   | OPEN      | 12  |
| 13                               | 11-12     | 100 Back     | 11-12     | 14  |
| 15                               | 13-14     | 200 Back     | 13-14     | 16  |
| 17                               | OPEN      | 200 Back     | OPEN      | 18  |
| 19                               | 11-12     | 50 Fly       | 11-12     | 20  |
| 21                               | 13-14     | 100 Fly      | 13-14     | 22  |
| 23                               | OPEN      | 100 Fly      | OPEN      | 24  |
| 25                               | 11-12     | 50 Free      | 11-12     | 26  |
| 27                               | 13-14     | 50 Free      | 13-14     | 28  |
| 29                               | OPEN      | 50 Free      | OPEN      | 30  |
| 31                               | 11-12     | 100 IM       | 11-12     | 32  |
| 33                               | 13-14     | 400 IM       | 13-14     | 34  |
| 34                               | OPEN      | 400 IM       | OPEN      | 36  |
| 37                               | 11-12     | 400 MIXED FR | 11-12     | 37  |
| 38                               | 13-14     | 400 MIXED FR | 13-14     | 38  |
| 39                               | OPEN      | 400 MIXED FR | OPEN      | 39  |

**\*\*Top 16 Swimmers from Prelims in all Age Groups return for finals in all the events 200 and below\*\***

**\*\*13 & 14 & OPEN 400 IM are timed finals with the top 8 swimmers in each event, after scratches, will swim in the final session\*\***

## EVENT SCHEDULE ISCA JANUARY CLASSIC

| SATURDAY, JANUARY 20 <sup>TH</sup> |           |              |           |     |
|------------------------------------|-----------|--------------|-----------|-----|
| WOMEN                              | AGE GROUP | EVENT        | AGE GROUP | MEN |
| 40                                 | OPEN      | 200 IM       | OPEN      | 41  |
| 42                                 | 13-14     | 200 IM       | 13-14     | 43  |
| 44                                 | 11-12     | 200 IM       | 11-12     | 45  |
| 46                                 | OPEN      | 100 Back     | OPEN      | 47  |
| 48                                 | 13-14     | 100 Back     | 13-14     | 49  |
| 50                                 | 11-12     | 50 Back      | 11-12     | 51  |
| 52                                 | OPEN      | 200 Fly      | OPEN      | 53  |
| 54                                 | 13-14     | 200 Fly      | 13-14     | 55  |
| 56                                 | 11-12     | 100 Fly      | 11-12     | 57  |
| 58                                 | OPEN      | 100 Free     | OPEN      | 59  |
| 60                                 | 13-14     | 100 Free     | 13-14     | 61  |
| 62                                 | 11-12     | 100 Free     | 11-12     | 63  |
| 64                                 | OPEN      | 200 Breast   | OPEN      | 65  |
| 66                                 | 13-14     | 200 Breast   | 13-14     | 67  |
| 68                                 | 11-12     | 100 Breast   | 11-12     | 69  |
| 70                                 | 13-14     | 500 Free     | 13-14     | 71  |
| 72                                 | 15 & OVER | 500 Free     | 15 & OVER | 73  |
| 74                                 | 11-12     | 400 MIXED MR | 11-12     | 74  |
| 75                                 | 13-14     | 400 MIXED MR | 13-14     | 75  |
| 76                                 | OPEN      | 400 MIXED MR | OPEN      | 76  |

**\*\*Top 16 Swimmers from Prelims in all Age Groups return for finals in all events 200 and below\*\***

**\*\*13 & 14 & OPEN 500 Free are timed finals with the top 16 swimmers in each event, after scratches, will swim in the final session\*\***



# EVENT SCHEDULE

## ISCA JANUARY CLASSIC

| SUNDAY, JANUARY 21 <sup>ST</sup> |           |              |           |     |
|----------------------------------|-----------|--------------|-----------|-----|
| WOMEN                            | AGE GROUP | EVENT        | AGE GROUP | MEN |
| 77                               | 11-12     | 200 MIXED FR | 11-12     | 77  |
| 78                               | 13-14     | 200 MIXED FR | 13-14     | 78  |
| 79                               | OPEN      | 200 MIXED FR | OPEN      | 79  |
| 80                               | 11-12     | 200 Back     | 11-12     | 81  |
| 82                               | 13 & OVER | 50 Back      | 13 & OVER | 80  |
| 84                               | 11-12     | 200 Breast   | 11-12     | 82  |
| 86                               | 13 & OVER | 50 Breast    | 13 & OVER | 84  |
| 88                               | 11-12     | 200 Fly      | 11-12     | 86  |
| 90                               | 13 & OVER | 50 Fly       | 13 & OVER | 88  |
| 92                               | 11-12     | 500 Free     | 11-12     | 90  |
| 94                               | 11-12     | 200 MIXED MR | 11-12     | 94  |
| 95                               | 13-14     | 200 MIXED MR | 13-14     | 95  |
| 96                               | OPEN      | 200 MIXED MR | OPEN      | 96  |
| 97                               | 13 & OVER | 1650 Free    | 13 & OVER | 98  |

**\*\*Top 16 Swimmers from Prelims in all Age Groups return for finals in all events 200 and below\*\***

**\*\*13 & 14 & OPEN 500 Free are timed finals with the top 16 swimmers in each event, after scratches, will swim in the final session\*\***

