

# ISCA JANUARY CLASSIC 2025

A stylized illustration of a swimmer in a pool, wearing a yellow swim cap and goggles, with a city skyline in the background. The swimmer is depicted in a dynamic, forward-leaning position, suggesting movement through the water. The background features a blue sky and a city skyline with several buildings. The entire scene is framed by a circular border and surrounded by vibrant yellow and pink splatters.

**JANUARY 17TH - 19TH**

**HAMPTON VIRGINIA AQUAPLEX**





# 2025 January Classic

Hampton Virginia Aquaplex, VA | January 17<sup>th</sup>-19<sup>th</sup>, 2025

[Hampton Virginia Aquaplex](#)

1908 Coliseum Drive, Hampton, Virginia 23666

<b><u>SANCTION:</u></b>	<p>Held under Approval of USA Swimming/Virginia Swimming Approval #VS-25-04A</p> <p>"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>
<b><u>CONDITION OF APPROVAL:</u></b>	<ul style="list-style-type: none"><li>• The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations.</li><li>• 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.</li><li>• Use of audio, visual, or cell phone recording devices is permitted only in designated Areas.</li><li>• Changing into or out of swimsuits, except in locker rooms, is strictly prohibited.</li><li>• 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.</li><li>• 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.</li><li>• In applying for this sanction, International Swim Coaches Association and</li></ul>

	Hampton Virginia Aqua plex 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.
<b><u>CAMERA ZONE:</u></b>	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 racecourse(s) while they are in use for “race starting purposes” during competition and warm-ups, locker rooms, rest rooms, or any other dressing areas.
<b><u>IMAGE AUTHORIZATION:</u></b>	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.
<b><u>TYPE OF MEET:</u></b>	Short Course Yards, Prelim/ Finals on Friday & 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. There will be a 25-yard pool for constant warm up.
<b><u>SCHEDULE:</u></b>	<p><b>Preliminaries (Fri, Sat)</b>  General Warm Up .....6:30-7:20 AM  Specific Warm Up .....7:20-7:45 AM  Meet Start... 8:00 AM</p> <p><b>Finals (Fri, Sat)</b>  General Warm Up 4:00-4:50 PM  Specific Warm Up 4:50-5:20 PM  Meet Start 5:30 PM</p> <p><b>Timed Finals (Sun)</b>  General Warm Up 7:30-8:20 AM  Specific Warm Up 8:20-8:45 AM  Meet Start 9:00 AM</p>
<b><u>LOCATION:</u></b>	<b>Hampton Virginia Aquaplex</b>

	<b>1908 Coliseum Drive Hampton, VA 23666</b>
<b><u>POOL &amp; FACILITY SPECS:</u></b>	The Hampton Virginia Aquaplex is host to two 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.
<b><u>ELIGIBILITY:</u></b>	Must be a 2025 USA Swimming, YMCA, AAU, and/or a FINA registered athlete.
<b><u>SEEDING:</u></b>	<p>Please submit entry times in Short Course Yards – <b>DO NOT SUBMIT CONVERTED TIMES.</b> <i>(Example: If the time was swum in short course yards, submit the short course time.)</i> 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></p> <p><b><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></b></p> <p><b><u>Relays:</u></b></p> <ol style="list-style-type: none"> <li>1. All Relays are Mixed Relays (2 Boys/2 Girls)</li> <li>2. Each Team May Enter An “A” and “B” and “C” Relay for Each Event.</li> <li>3. Top 16 Relays will be swum in the Finals Session. Remaining Relays will swim in the prelims session.</li> </ol> <p><b><u>Individual Events:</u></b></p> <p><b><u>13- OVER</u></b>  <i>1650 Free (Timed Final Event)</i>  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>  <i>400IM and 500 Free (Timed Final Event)</i>  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>  <i>500 Free (Timed Final Event)</i>  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>  <i>50's, 100's and 200's</i>  1. The Top 16, from prelims in each event will return for finals.</p>
<b><u>RULES:</u></b>	<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 2025 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 ( <b>January 17th, 2025</b> ) will determine the swimmer’s age group for competition. <b>Qualifying times must have been achieved between January 1, 2022 – January 6, 2025.</b> 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.		
<b><u>AWARDS:</u></b>	<b>Individual</b>	Custom Awards Medallions.	1st through 3rd 4th-8th
	<b>Relays</b>	Custom Awards	1st through 3 <sup>rd</sup>
<b><u>SCORING:</u></b>	Scored to 8th place in each age group For Individual Events.  Individual Event Points: 20-17-16-15-14-13-12-11  Relays Scored Double to 8 Places Relay Points: 40-34-32-30-28-26-24-22		
<b><u>INDIVIDUAL HIGH POINT:</u></b>	Individual High Point Presented to the Top Boy and Top Girl in Each Age Group: 11-12, 13-14, & OPEN		
<b><u>TEAM AWARDS:</u></b>	TOP 3 COMBINED TEAMS		
<b><u>WARM-UP:</u></b>	Enclosed warm-up schedule will be used.  Warm-up will be 60 minutes guaranteed prior to the start of each session.		
<b><u>SCRATCHES:</u></b>	<ul style="list-style-type: none"><li>• Prelims/timed finals: Scratches for events are due at 5:00pm 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.</li></ul>		
<b><u>FINALS:</u></b>	<ul style="list-style-type: none"><li>• 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</li></ul>		

	<p>with the clerk of course.</p> <ul style="list-style-type: none"> <li>• <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></li> </ul>
<b><u>ENTRY LIMIT:</u></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><u>ENTRY FEES:</u></b>	<p><b><u>Fee will be as followed...</u></b></p> <p><b>If your Team Brings 1-10 Swimmers</b>  <i>it will be \$135.00 per swimmer</i></p> <p><b>If your Team Brings 11-25 Swimmers</b>  <i>it will be \$130.00 per swimmer</i></p> <p><b>If your Team Brings 26-50 Swimmers</b>  <i>it will be \$115.00 per swimmer</i></p> <p><b>If your Team Brings 50-More Swimmers</b>  <i>it will be \$105.00 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><u>ENTRY DEADLINE:</u></b>	<b>Entry Deadline will be 11:59PM on January 6th, 2025.</b>
<b><u>COACHES/ OFFICIALS:</u></b>	Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2025 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.
<b><u>ENTRIES:</u></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 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</p>

	<p>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><u>accepted to</u></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><u>FOREIGN ATHLETES:</u></b>	Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with World Aquatics 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:info@swimisca.org">info@swimisca.org</a>						
<b><u>SPECTATOR FEE:</u></b>	\$50.00 For all Session Pass or \$20.00 per day						
<b><u>OFFICIALS:</u></b>	<p>Head Referee            John Stanley (<a href="mailto:jfstanley1@gmail.com">jfstanley1@gmail.com</a>)</p> <p>Admin Referee/Official</p> <p>Meet Director            Doug Fonder(<a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>)</p> <p>Calling all officials sign up at <a href="https://swimisca.org/officials/">https://swimisca.org/officials/</a></p>						
<b><u>MEET VOLUNTEERS:</u></b>	As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.						
<b><u>TEAM REPRESENTATIVE:</u></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.						
<b><u>INFORMATION:</u></b>	<table><tr><td><b>Meet Director</b> Doug Fonder <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> (540) 397.0505</td><td><b>Meet Referee</b> John Stanley Cell: 540-354-9856 <a href="mailto:jfstanley1@gmail.com">jfstanley1@gmail.com</a></td><td><b>Stroke/ Turn</b></td></tr><tr><td><b>Meet Admin</b> Tom Himes <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a></td><td colspan="2"><b>Head Starter</b></td></tr></table>	<b>Meet Director</b> Doug Fonder <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> (540) 397.0505	<b>Meet Referee</b> John Stanley Cell: 540-354-9856 <a href="mailto:jfstanley1@gmail.com">jfstanley1@gmail.com</a>	<b>Stroke/ Turn</b>	<b>Meet Admin</b> Tom Himes <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a>	<b>Head Starter</b>	
<b>Meet Director</b> Doug Fonder <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> (540) 397.0505	<b>Meet Referee</b> John Stanley Cell: 540-354-9856 <a href="mailto:jfstanley1@gmail.com">jfstanley1@gmail.com</a>	<b>Stroke/ Turn</b>					
<b>Meet Admin</b> Tom Himes <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a>	<b>Head Starter</b>						

**NOTE:**

**\*\*Events/heats may be combined at the discretion of the meet referee.  
Official start times may be amended at the discretion of meet referee.\*\***

# **WARM-UP SCHEDULE ISCA JANUARY CLASSIC**

## **WARM-UP SCHEDULE**

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.**



# EVENT SCHEDULE

## ISCA JANUARY CLASSIC

FRIDAY, JANUARY 17<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	SENIOR	200 Free	SENIOR	6
7	11-12	50 Breast	11-12	8
9	13-14	100 Breast	13-14	10
11	SENIOR	100 Breast	SENIOR	12
13	11-12	100 Back	11-12	14
15	13-14	200 Back	13-14	16
17	SENIOR	200 Back	SENIOR	18
19	11-12	50 Fly	11-12	20
21	13-14	100 Fly	13-14	22
23	SENIOR	100 Fly	SENIOR	24
25	11-12	50 Free	11-12	26
27	13-14	50 Free	13-14	28
29	SENIOR	50 Free	SENIOR	30
31	11-12	100 IM	11-12	32
33	13-14	400 IM	13-14	34
35	SENIOR	400 IM	SENIOR	36
37	11-12	400 MIXED FR	11-12	37
38	13-14	400 MIXED FR	13-14	38
39	SENIOR	400 MIXED FR	SENIOR	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 18 <sup>TH</sup>				
WOMEN	AGE GROUP	EVENT	AGE GROUP	MEN
40	SENIOR	200 IM	SENIOR	41
42	13-14	200 IM	13-14	43
44	11-12	200 IM	11-12	45
46	SENIOR	100 Back	SENIOR	47
48	13-14	100 Back	13-14	49
50	11-12	50 Back	11-12	51
52	SENIOR	200 Fly	SENIOR	53
54	13-14	200 Fly	13-14	55
56	11-12	100 Fly	11-12	57
58	SENIOR	100 Free	SENIOR	59
60	13-14	100 Free	13-14	61
62	11-12	100 Free	11-12	63
64	SENIOR	200 Breast	SENIOR	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	SENIOR	500 Free	SENIOR	73
74	11-12	400 MIXED MR	11-12	74
75	13-14	400 MIXED MR	13-14	75
76	SENIOR	400 MIXED MR	SENIOR	76

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

**\*\*13 & 14 & OPEN 500 Free are timed finals with the top 8 swimmers in each event, after scratches, will swim in the final session\*\***

# EVENT SCHEDULE

## ISCA JANUARY CLASSIC

SUNDAY, JANUARY 19 <sup>TH</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	SENIOR	200 MIXED FR	SENIOR	79
80	11-12	200 Back	11-12	81
82	13-14	50 Back	13 - 14	83
84	SENIOR	50 Back	SENIOR	85
86	11-12	200 Breast	11-12	87
88	13-14	50 Breast	13-14	89
90	SENIOR	50 Breast	SENIOR	91
92	11-12	200 Fly	11-12	93
94	13-14	50 Fly	13-14	95
96	SENIOR	50 Fly	SENIOR	97
98	11-12	500 Free	11-12	99
100	11-12	200 MIXED MR	11-12	101
102	13-14	200 MIXED MR	13-14	103
104	SENIOR	200 MIXED MR	SENIOR	105
106	SENIOR	1650 Free	SENIOR	107

**\*\*Sunday is a timed Final Day\*\***

