



INTERNATIONAL SCHOOL SPORT FEDERATION



2nd ISF U15 Gymnasiade 2023

World School Sport Game

Rio De Janeiro, Brazil August 17-27, 2023

Join AAU and the American team in Brazil!
Eligible athletes must be born between Jan. 1, 2008 - Dec. 31st, 2010!

Compete Internationally!! Can you make the team?

To be Selected to the team:

- Time Standards must be met
- The team will be selected based on the top 2-3 times entered per event, coming together to create the fastest team.
- Proof of US Passport valid until 1/1/2024

Dates to remember:

- April 15th, 2023 - entry deadline due via email to Mary Ruffin – it must be filled out with proof a time from a USA, YMCA, or AAU meet. Updated times will be allowed until 10pm CST May 10th, 2023).
- April 24th, 2023 – 8pm CST – Selected team members will be notified.

Cost: no more than \$800 plus plane tickets.

AAU membership required to compete – This is your insurance coverage for the meet – enroll online covered <https://play.aausports.org/joinaaumultimembershipapplication.aspx>

Time Standards:

Meters

Meet Record	Girls	Event	Boys	Meet Record
26.91L	29.5	50 Free	27.5	24.31L
59.39L	01:04.0	100 Free	59.5	52.92L
2:06.90L	02:18.0	200 Free	02:09.5	1:59.77L
4:34.21L	04:50.0	400 Free	04:35.0	4:12.68L
30.57L	01:11.0	50 Back(100cut)	01:06.0	27.54L
1:05.69L	01:11.0	100 Back	01:06.0	59.39L
2:22.47L	02:32.0	200 Back	02:23.5	2:09.89L
33.13L	01:21.0	50 BR. (100 cut)	01:15.5	30.06L
1:12.00L	01:21.0	100 Breast	01:15.5	1:05.69L
2:34.25L	02:53.5	200 Breast	02:42.0	2:24.66L
27.88L	01:09.5	50 Fly (100 Cut)	01:04.0	25.99L
1:02.55L	01:09.5	100 Fly	01:04.0	57.10L
2:24.83L	02:33.0	200 Fly	02:23.5	2:08.93L
2:21.24L	02:34.0	200 IM	02:26.0	2:21.67L
4:58.28L	05:28.0	400 IM	05:10.0	4:54.86L



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Time Standards:

Yards

Girls	Event	Boys
26.00	50y Free	23.50
55.50	100y Free	52.00
2:00.00	200y Free	1:52.50
5:21.50	500y Free	5:04.00
1:01.00	50y Back	56.50
1:01.00	100y Back	56.50
2:12.50	200y Back	2:03.50
1:10.00	50y Breast	1:04.00
1:10.00	100y Breast	1:04.00
2:30.50	200y Breast	2:19.00
1:00.50	50y Fly	56.00
1:00.50	100y Fly	56.00
2:13.00	200y Fly	2:05.00
2:13.50	200y IM	2:06.00
4:46.50	400y IM	4:30.00

Interested?

Contact Mary Ruffin (Director for the American team)

Maryruffin6@gmail.com

More information can be found at:

General Information:

- <https://www.isfsports.org/sports/swimming> -- **NOTE** you apply through Mary Ruffin – the AAU handles the entry submission to the ISF for the USA athletes.

<https://www.facebook.com/gymnasiadeISF/>

<https://isfswimmeet.com/JoinAAU> <https://play.aausports.org/joinaa>