



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 met
- The team will be selected based on the top 2-3 times entered per event, coming together to create the fastest team.

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

Girls	Event	Boys
29.50	50m Free	27.50
1:04.00	100m Free	59.50
2:18.00	200m Free	2:09.50
4:50.00	400m Free	4:35.00
1:11.00	50m Back	1:06.00
1:11.00	100m Back	1:06.00
2:32.00	200m Back	2:23.50
1:21.00	50m Breast	1:15.50
1:21.00	100m Breast	1:15.50
2:53.50	200m Breast	2:42.00
1:09.50	50m Fly	1:04.00
1:09.50	100m Fly	1:04.00
2:33.00	200m Fly	2:23.50
2:34.00	200m IM	2:26.00
5:28.00	400m IM	5:10.00



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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:

<https://www.isfsports.org/sports/swimming>

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

<https://isfswimmeet.com/>

Join AAU

<https://play.aausports.org/joinaau>