



INTERNATIONAL SCHOOL SPORT FEDERATION

Can YOU make the CUT?

Were you born in 2008, 2009 or 2010?

Join athletes from all over the USA in an International competition!

Represent the United States!

An experience beyond your imagination awaits you! *Compete in the*

2016 Olympic pool in Rio De Janeiro!

The ISF Gymnasiade in Brazil – August 17th-27th, 2023

To be considered for the team:

- MUST BE BORN IN 2008, 2009, or 2010
- **Application must be** completed and emailed to maryruffin6@gmail.com on or before **April 15th 2023**.
- Enclosed **Time Standards must** be met. Contact Mary for application or visit the website.
- Submitted times must be achieved between **March 1, 2022, and April 10th, 2023**. Proof of times must be submitted with your entry showing the meet name, date and location where times were achieved. *****USA and AAU times are allowed** ALL times achieved at the Gymnasiade in Rio will be accepted in the USA swimming time database.**
- **Passport:** You must submit a copy of a current passport with your entry, that is valid until **January 1st, 2024**.
- **COVID Policy:** You must submit proof of full vaccination with initial entry. For travel we will follow all US and Brazilian travel guidelines that are required at the time of travel.

Selection to the team:

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

***** Participants will be notified by 8pm CST on Monday, April 24th, 2023 *****

Upon Selection (team is selected and notified by 8pm CST April 24th, 2023):

- An AAU Athlete A/B membership will be required upon selection to the team (\$16)
- NON-Refundable deposit of \$400(1/2 of total cost) must be made directly to AAU **by May 5th, 2023** (we will send details upon selection)
- Addition paperwork will be emailed to you. You will have until May 5th to return completed forms to maryruffin6@gmail.com

Cost to the athletes:

- \$800 plus airfare (your flights will need to go from you hometown to a major Hub where we will all connect and then on to Rio and return through the same hub) This \$800 will cover housing (2-3 per room – 1 per bed), meals, cultural events, apparel, and on-site transportation.

Learn More:

General Information:

- **FOR MORE INFORMATION VISIT:** <https://www.isfsports.org/sports/swimming> and <https://isfswimmeet.com>
- **NOTE** you apply through Mary Ruffin – the AAU manages the entry submission to the ISF for the USA athletes.

**You will compete, but you will be part of a huge event –
many sports, many countries – huge team spirit!**



TIME STANDARDS FOR CONSIDERATION

Girls Yards	Girls Meters	Girls Record	Event	Boys Records	Boys Meters	Boys Yards
26.00	29.50	26.91-L	50 Free	24.31-L	27.50	23.50
55.50	1:04.00	59.39-L	100 Free	52.92-L	59.50	52.00
2:00.00	2:18.00	2:06.90-L	200 Free	1:59.77-L	2:09.50	1:52.50
5:21.50	4:50.00	4:34.21-L	400/500 Free	4:12.68-L	4:35.00	5:04.00
1:01.00	1:11.00	30.57-L	50 Back (100cut)	27.54-L	1:06.00	56.50
1:01.00	1:11.00	1:05.69-L	100 Back	59.39-L	1:06.00	56.50
2:12.50	2:32.00	2:22.47-L	200 Back	2:09.89-L	2:23.50	2:03.50
1:10.00	1:21.00	33.13-L	50 Breast (100 cut)	30.06-L	1:15.50	1:04.00
1:10.00	1:21.00	1:12.00-L	100 Breast	1:05.69-L	1:15.50	1:04.00
2:30.50	2:53.50	2:34.25-L	200 Breast	2:24.66-L	2:42.00	2:19.00
1:00.50	1:09.50	27.88-L	50 Fly (100 Cut)	25.99-L	1:04.00	56.00
1:00.50	1:09.50	1:02.55-L	100 Fly	57.10-L	1:04.00	56.00
2:13.00	2:33.00	2:24.83-L	200 Fly	2:08.93-L	2:23.50	2:05.00
2:13.50	2:34.00	2:21.24-L	200 IM	2:21.67-L	2:26.00	2:06.00
4:46.50	5:28.00	4:58.28-L	400 IM	4:54.86-L	5:10.00	4:30.00

REMINDER: Submitted times must be achieved between **March 1, 2022, and April 10th, 2023**. Proof of times must be submitted with your entry showing the meet name, date and location where times were achieved. *** USA and AAU times are allowed**

Please reach out to Mary Ruffin, AAU Team Coordinator at maryruffin6@gmail.com with any questions or to obtain an application.



Application

Event	Time	Proof location/meet	Proof Date
50 Free			
100 Free			
200 Free			
400 Free			
100 Back			
200 Back			
100 Breast			
200 Breast			
100 Fly			
200 Fly			
200 IM			
400 IM			

Athlete information

First _____ MI ___ Last _____ DOB _____

Gender _____

Athletes Email _____

Athletes Cell _____

Grade in school ____ Height: ____ Weight: ____

Home address-(Street) _____ (City) _____ (State) ____ (Zip) _____

Parents information

Mom First _____ Last _____ Cell _____ Email _____

Dad First _____ Last _____ Cell _____ Email _____

Athlete apparel:

Racing suit size: ____ Practice suit size: _____

T-shirt size: _____ WU top Size: _____ WU bottom Size: _____