

# 2023 ISCA Short Course NATIONAL CLUB *Championship*

January 20th - January 22nd, 2023

**HAMPTON VIRGINIA AQUAPLEX**

1908 Coliseum Dr. | Hampton, VA 23666



<p><b><u>SANCTION:</u></b></p>	<p>Held under Observation of USA Swimming/Virginia Swimming Observation #_____. “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><u>CONDITION OF SANCTION:</u></b></p>	<p>The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.</p> <p>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.</p> <p>Use of audio, visual, or cell phone recording devices is permitted only in designated areas.</p> <p>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>AN INHERENT RISK OF EXPOSURE TO COVID-19 EXIST IN ANY PUBLIC PLACE WHERE PEOPLE ARE PRESENT. COVID-19 IS AN EXTREMELY CONTAGIOUS DISEASE THAT CAN LEAD TO SEVERE ILLNESS AND DEATH. ACCORDING TO THE CENTERS FOR DISEASE CONTROL AND PREVENTION, SENIOR CITIZENS AND INDIVIDUALS WITH UNDERLYING MEDICAL CONDITIONS ARE ESPECIALLY VULNERABLE. BY VISITING THE HAMPTON VIRGINIA AQUAPLEX, YOU VOLUNTARILY ASSUME ALL RISKS RELATED TO EXPOSURE TO COVID-19. USA SWIMMING INC. CANNOT PREVENT YOU (OR YOUR CHILD(REN)) FROM BECOMING EXPOSED TO, CONTRACTING, OR SPREADING COVID-19 WHILE PARTICIPATING IN USA SWIMMING SANCTIONED EVENTS. IT IS NOT POSSIBLE TO PREVENT AGAINST THE PRESENCE OF THE DISEASE. THEREFORE, IF YOU CHOOSE TO PARTICIPATE IN A USA SWIMMING SANCTIONED EVENT, YOU MAY BE EXPOSING YOURSELF TO AND/OR INCREASING YOUR RISK OF CONTRACTING OR SPREADING COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, VIRGINIA SWIMMING, ISCA, HAMPTON VIRGINIA AQUAPLEX AND THE CITY OF HAMPTON AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP AND CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UN FORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.</p>
<p><b><u>IMAGE AUTHORIZATION:</u></b></p>	<p>All participants agree to be filmed and photographed by the official photographer(s) and network(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><u>TYPE OF MEET:</u></b></p>	<p>Short Course Yards, Prelims-Finals on Friday, Saturday, and Sunday. Two eight Lane course pools may be used for prelims and one eight lane pool for finals.</p> <p>There will be a 25 yard pool for constant warm up.</p>

<b><u>LOCATION:</u></b>	<b>Hampton Virginia Aquaplex</b> 1908 Coliseum Dr Hampton, VA 23666		
<b><u>SCHEDULE:</u></b>	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <b><i>Preliminaries (Fri, Sat, Sun)</i></b>            General Warm Up .....7:30-8:20AM            Specific Warm Up .....8:20-8:50AM            Meet Start.....9:00AM         </td> <td style="width: 50%; vertical-align: top;"> <b><i>Finals – Wed, Thurs, Fri, Sat</i></b>            General Warm Up .....4:00-4:50PM            Specific Warm Up .....4:50-5:20PM            Meet Start ..... 5:30PM         </td> </tr> </table>	<b><i>Preliminaries (Fri, Sat, Sun)</i></b> General Warm Up .....7:30-8:20AM Specific Warm Up .....8:20-8:50AM Meet Start.....9:00AM	<b><i>Finals – Wed, Thurs, Fri, Sat</i></b> General Warm Up .....4:00-4:50PM Specific Warm Up .....4:50-5:20PM Meet Start ..... 5:30PM
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<b><u>POOL &amp; FACILITY SPECS:</u></b>	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.		
<b><u>TIMING SYSTEM:</u></b>	A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used as well as manual back up watches.		
<b><u>ELIGIBILITY:</u></b>	Must be a 2023 USA Swimming, YMCA, AAU, and/or a FINA registered athlete.		
<b><u>FORMAT:</u></b>	<p>Please submit entry times in Short Course Yards – DO NOT SUBMIT CONVERTED TIMES. (Example: If the time was swum in short course yards, submit the short course time.) Non-conforming yard times will be seeded last according to USA Swimming Rules and Regulations 207.12.7B. <b>All yard times will be seeded for prelims fastest to slowest within the two age group order.</b> (Example: All 11-12 yards times will be seeded fastest to slowest)</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>Relays:  <b>All Relays are Mixed Relays (2 Boys/2 Girls)</b>  <b>Each Team May Enter An “A” and “B” Relay for Each Event.</b>  <b>Top 16 Relays will Swim in the Finals Session. Remaining Relays will swim in the prelims session.</b></p> <p>Individual Events:</p> <p><b>Senior &amp; 13-14 1650 Free (Timed Finals Event):</b>        Top 8 Seeded Swimmers Combined between Senior and 13-14 will Swim in the Finals Session. The Remaining Swimmers will swim as the last event in Sunday Prelims Session, but will be awarded separately (13-14 and Senior).</p> <p><b>Senior, 13-14 400IM and 500 Free (Timed Finals Event):</b>        Top 8 Senior and 13-14 Seeded Swimmers will swim in the Finals Session. The remaining swimmers will swim in the prelims session.</p> <p><b>11-12 500 Free (Timed Finals Event):</b>        Top 8 Seeded Swimmers will swim in the Finals Session. The remaining swimmers will swim in the Prelims Session.</p> <p><b>All Senior &amp; 13-14 50’s, 100’s and 200’s:</b>        The Top 16, From Prelims, In Each Event will return for Finals.</p> <p><b>All 11-12 50’s, 100’s and 200’s:</b>        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		

	<p>pool deck unless they have 2023 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.</p> <p>Age as of the first day of the meet (<b>January 20, 2022</b>) will determine the swimmer's age group for competition.</p> <p><b>Qualifying times must have been achieved between January 1, 2021 - January 6, 2023</b></p> <p>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>
<b><u>AWARDS</u></b>	<p><b>Individual</b> Custom Medals . . . . . 1<sup>st</sup> through 8<sup>th</sup></p> <p><b>Relays</b> Custom Medals . . . . . 1<sup>st</sup> through 3<sup>rd</sup></p>
<b><u>TEAM AWARDS:</u></b>	<p>TOP COMBINED TEAM TOP MEN'S TEAM TOP WOMEN'S TEAM</p>
<b><u>SCORING:</u></b>	<p>Scored to 16 places in each age group For Individual Events. Relays Scored Double to 8 Places</p> <p>Individual Event Points: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Points: 40-34-32-30-28-26-24-22</p>
<b><u>WARM-UP:</u></b>	<p>Enclosed warm-up schedule will be used.</p> <p>Warm-up will be <u>60 minutes guaranteed</u> prior to the start of each session.</p>
<b><u>SCRATCHES:</u></b>	<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.</p>
<b><u>FINALS:</u></b>	<p>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 prelim 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></p>
<b><u>ENTRY LIMIT:</u></b>	<p>Swimmers will be limited to <b>three events per day</b> and a total of <b>9</b> for the entire meet.</p>

<b><u>ENTRY FEES:</u></b>	<p>Fee will be \$5,000 per Team. Each team is able to bring ONLY 50 swimmers however they see fit. This will come out to \$100 per swimmer which includes their daily facility fee.</p> <p><b><i>Checks Should be Made payable to ISCA (International Swim Coaches Association) Please Bring Payment to MEET</i></b></p>
<b><u>ENTRY DEADLINE:</u></b>	<p><b>All entries must be received by 11:59 a.m., Friday, January 6, 2023.</b> Late entry must be submitted by deadline the evening prior to event(s) contested.</p>
<b><u>ENTRIES</u></b>	<p>Entries Must be submitted in short course yards (SCY) times using Commlink-2 software</p> <p>Teams Submit entries via email</p>

	<p>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>“No Time” (NT entries will not be accepted).</p> <p>Swimmers may enter as many events as they would like, but may only swim a maximum of <b>9 individual event(s), with a maximum of 3 per day, not including relays.</b></p> <p>Email Entries to: Entry Chair; Tom Himes at <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a></p>						
<b><u>FOREIGN ATHLETES</u></b>	<p>Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with FINA or USA Swimming.</p> <p>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>.</p>						
<b><u>OFFICIALS:</u></b>	<table> <tr> <td><b>Head Referee</b></td> <td>John Stanley (<a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a>)</td> </tr> <tr> <td><b>Admin Referee/Official</b></td> <td></td> </tr> <tr> <td><b>Meet Director</b></td> <td>Doug Fonder(<a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>)</td> </tr> </table>	<b>Head Referee</b>	John Stanley ( <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a> )	<b>Admin Referee/Official</b>		<b>Meet Director</b>	Doug Fonder( <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a> )
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<b><u>COACHES / OFFICIALS:</u></b>	<p>Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2023 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.</p>						
<b><u>MEET VOLUNTEERS:</u></b>	<p>As per ISCA policy, all volunteers must present valid photo ID or meet credentials to gain deck access.</p>						
<b><u>TEAM REPRESENTATIVE:</u></b>	<p>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.</p>						
<b><u>INFORMATION:</u></b>	<table> <tr> <td><b><u>Meet Director</u></b> Doug Fonder Cell: 540-397-0505 <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a></td> <td><b><u>Meet Referee</u></b> John Stanley Cell: 540-354-9856 <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a></td> <td><b><u>Meet Admin Official</u></b> Tom Himes <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a></td> </tr> <tr> <td></td> <td><b><u>Head Starter</u></b></td> <td><b><u>Stroke/Turn</u></b></td> </tr> </table>	<b><u>Meet Director</u></b> Doug Fonder Cell: 540-397-0505 <a href="mailto:dougfonder@gmail.com">dougfonder@gmail.com</a>	<b><u>Meet Referee</u></b> John Stanley Cell: 540-354-9856 <a href="mailto:jfstanley@cox.net">jfstanley@cox.net</a>	<b><u>Meet Admin Official</u></b> Tom Himes <a href="mailto:coachtom@comcast.net">coachtom@comcast.net</a>		<b><u>Head Starter</u></b>	<b><u>Stroke/Turn</u></b>
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<b><u>NOTE:</u></b>	<p><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></p>						





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## **WARM-UP SCHEDULE:**

### **First 1/2 hour will be warm-up as follows:**

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

### **Last hour of warm-ups will be as follows:**

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.**

# Friday, January 20<sup>th</sup>, 2023



## Prelims/ Finals

**GIRLS**

**BOYS**

	EVENT	
1	12-UNDER Mixed 200 FR Relay	1
2	13-14 Mixed 200 FR Relay	2
3	Senior Mixed 200 FR Relay	3
4	12- UNDER 100 Fly	5
6	13-14 100 Fly	7
8	Senior 100 Fly	9
10	12- UNDER 50 Back	11
12	13-14 50 Back	13
14	Senior 50 Back	15
16	12- UNDER 200 Free	17
18	13-14 200 Free	19
20	Senior 200 Free	21
22	12- UNDER 100 Breast	23
24	13-14 100 Breast	25
26	Senior 100 Breast	27
28	12- UNDER 100 IM	29
30	13-14 400 IM	31
32	Senior 400 IM	33
34	11-12 Mixed 200 Medley Relay	34
35	13-14 Mixed 200 Medley Relay	35
36	Senior Mixed 200 Medley Relay	36

**\*\*\*10 Minute Break Before Mixed 200 Medley Relays at Finals\*\*\***

# Saturday, January 21, 2023



## Prelims/Finals

**GIRLS**

**BOYS**

	EVENT	
37	12- UNDER 200 IM	38
39	13-14 200 IM	40
41	Senior 200 IM	42
43	12- UNDER 50 Free	44
45	13-14 50 Free	46
47	Senior 50 Free	48
49	12- UNDER 200 Fly	50
51	13-14 200 Fly	52
53	Senior 200 Fly	54
55	12- UNDER 100 Back	56
57	13-14 100 Back	58
59	Senior 100 Back	60
61	12- UNDER 50 Breast	62
63	13-14 50 Breast	64
65	Senior 50 Breast	66
67	12- UNDER 500 Free	68
69	Senior 500 Free	70
71	12-UNDER Mixed 400 Medley Relay	71
72	13-14 Mixed 400 Medley Relay	72
73	Senior Mixed 400 Medley Relay	73

**\*\*\*10 Minute Break Before Mixed 400 Medley Relays at Finals\*\*\***



# Sunday, January 22, 2023



## Time Finals Only

### GIRLS

### BOYS

	EVENT	
74	12-UNDER 50 Fly	75
76	13-14 50 Fly	77
78	Senior 50 Fly	79
80	12- UNDER 200 Breast	81
82	13-14 200 Breast	83
84	Senior 200 Breast	85
86	12- UNDER 100 Free	87
88	13-14 100 Free	89
90	Senior 100 Free	91
92	12- UNDER 200 Back	93
94	13-14 200 Back	95
96	Senior 200 Back	97
98	13-14 1650 Free	99
100	Senior 1650 Free	101
102	12- UNDER Mixed 400 Free Relay	102
103	13-14 Mixed 400 Free Relay	103
104	Senior Mixed 400 Free Relay	104

**\*\*\*15 Minute Break in Prelims Before Mixed 400 Free Relays and 1650 Frees\*\*\***

**Order of Events After Break will be 102, 103, 104, 98, 99, 100, 1**

**\*\*\*Event 105 and 106 (Senior and 13-14 1650 Free Combined) will Start Finals on Sunday\*\*\***

**\*\*\*10 Minute Break in Finals Before Mixed 400 Free Relays\*\*\***

**Order of Events After Break will be 102, 103, 104**