



ISCA  
**FALL  
CLASSIC** 2024

**SINGLE AGE GROUP  
& SENIOR**

**NOVEMBER 15TH-17TH, 2024**



# 2024

## SINGLE AGE GROUP & SENIOR ISCA FALL CLASSIC CHAMPIONSHIP

Hampton Virginia Aquaplex, VA | November 15<sup>th</sup>-17<sup>th</sup>, 2024

[Hampton Virginia Aquaplex](#)

1908 Coliseum Drive, Hampton, Virginia 23666

<b><u>SANCTION:</u></b>	Held under Approval of USA Swimming/Virginia Swimming Approval # _____. "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."
<b><u>CONDITION OF SANCTION:</u></b>	The competition course has been certified in accordance with 104.2.2C(4). The copy of such Certification is on file with USA Swimming. 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. Use of audio, visual, or cell phone recording devices is permitted only in designated Areas. 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 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 MAAPP 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.
<b><u>IMAGE AUTHORIZATION:</u></b>	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.
<b><u>TYPE OF MEET:</u></b>	Short Course Yards, Prelims-Finals on Friday, and Saturday with Timed Finals on Sunday. One or two eight Lane course pools may be used for prelims and one eight lane pool for finals will be used. Teams will be notified of the number of courses by _____.  There will be a 25-yard pool for constant warm up.
<b><u>LOCATION:</u></b>	<b>Hampton Virginia Aquaplex</b> 1908 Coliseum Dr Hampton, VA 23666
<b><u>SCHEDULE:</u></b>	<b>Preliminaries (Fri, Sat, Sun)</b> General Warm- Up . . . . 7:30-8:20AM Specific Warm -Up . . . . 8:20-8:50AM Meet Start . . . . . 9:00AM  <b>Finals (Fri &amp; Sat)</b> General Warm- Up . . . . 4:00-4:50PM Specific Warm -Up . . . . 4:50-5:20PM Meet Start . . . . . 5:30PM
<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. Depth of the competitive pool is over 6 foot on both ends.  Lifeguards, EMT, and AED devices are available at the facility.
<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 2024 USA Swimming, YMCA, AAU, and/or a FINA registered athlete. Age on November 5, 2024 will determine the age for the entire meet.
<b><u>FORMAT:</u></b>	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 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><b><u>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</u></b></p> <p><b>The meet will be swum combined age-groups in preliminary sessions and split out 10-UNDER, 11-year-olds, 12-year-olds, 13 years old, 14 years old &amp; SENIOR for finals. On Sunday there will be swum as Time Finals but awarded individual age group and Senior.</b></p> <p>Relays:</p> <ol style="list-style-type: none"> <li><b>All relays are mixed relays (2 Boys/2 Girls) and will be swum as timed final events.</b></li> <li><b>Each team may enter an "A" and "B" and "C" relay for each event.</b></li> <li><b>Top 8 relays will swim in the finals session. Remaining relays will swim in the prelims session.</b></li> </ol> <p>Individual Events:</p> <p><b><u>SENIOR &amp; 13-14</u></b>  <b>1650 Free (Timed Final Event):</b></p> <ol style="list-style-type: none"> <li>1650 will be swum alternating women/ men fastest to slowest at the end of Sunday's timed final session.</li> </ol> <p><b><u>SENIOR &amp; 13-14</u></b>  <b>4001M and 500 Free (Timed Final Event):</b></p> <ol style="list-style-type: none"> <li>Top 8 seeded swimmers will swim in the final session. The remaining swimmers will swim in the prelims session.</li> </ol> <p><b><u>11-12</u></b>  <b>500 Free (Timed Final Event):</b></p> <ol style="list-style-type: none"> <li>Top 8 seeded swimmers will swim in the final session. The remaining swimmers will swim in the prelims session. The 11-12-year-olds will be awarded individually but swum combined.</li> </ol> <p><b><u>SENIOR</u></b>  <b>50's, 100's and 200'S:</b></p> <ol style="list-style-type: none"> <li>The top 16, from prelims, in each event will return for finals.</li> </ol> <p><b><u>All 10- UNDERS &amp; 11-12 &amp; 13-14</u></b>  <b>50's, 100's and 200's:</b></p> <ol style="list-style-type: none"> <li>The top 8 seeded, from prelims, in each individual age group 10-UNDER, 11-12-13-14 will return for finals.</li> </ol>
<p><b><u>RULES:</u></b></p>	<p>Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. (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 2024 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 met (November 15th, 2024) will determine the swimmers' age group for competition.</p> <p><b>Qualifying times must have been achieved between January 1, 2022 - November 6, 2024.</b></p> <p>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.</p>
<b><u>AWARDS:</u></b>	<p><b>Individual</b>      Custom Awards . . . . 1<sup>st</sup> through 3<sup>rd</sup>  <b>Medallions</b>      Custom Medallions . . . . 4<sup>th</sup> through 8<sup>th</sup>  <b>Relays</b>            Custom Awards . . . . 1<sup>st</sup> through 3<sup>rd</sup></p>
<b><u>TEAM AWARDS:</u></b>	TOP 3 COMBINED TEAMS
<b><u>SCORING:</u></b>	<p>Scored to 8 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  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 during the preliminary events except for deck seeded events. 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. No new heats will be created - first come first served.</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 their last individual event.</p> <p><b>Any swimmer not reporting to a final event in which the results were posted for his /her swim will be barred from any other Final events that evening and their first event the next day in preliminaries. 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>\$50.00 MUST BE PAID BEFORE THEY SWIM THE NEXT DAY</b>
<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>Fee will be as followed. . .</p> <ul style="list-style-type: none"> <li>- If your team brings 1-10 swimmers it will be \$135 per swimmer</li> <li>- If your team brings 11-25 swimmers it will be \$130 per swimmer</li> <li>- If your team brings 26-50 swimmers it will be \$115 per swimmer</li> <li>- If your team brings 50-more swimmers it will be \$105 per swimmer</li> </ul> <p style="text-align: center;"><b>Checks should be made payable to ISCA (International Swim Coaches Association) Please Bring Payment to MEET</b></p>
<b><u>ENTRY DEADLINE:</u></b>	<b>All entries must be received by 11:59 p.m., Wednesday, November 6, 2024.</b> Late entry must be submitted by deadline the evening prior to event (s) contested.
<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 or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</p> <p>2021-2024 NAG time standards are in effect.</p> <p>Coach Time (CT) and "No Time" (NT) entries will be accepted for events in 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 TC 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>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia 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 FNIA or USA Swimming.

	<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>SPECTATOR FEE:</u></b>	<b>\$50.00</b> for all Session Pass or <b>\$20.00</b> per day									
<b><u>OFFICIALS:</u></b>	<p><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> )</p> <p>Calling all officials sign up at <a href="https://swimisca.org/officials/">https://swimisca.org/officials/</a></p>									
<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 2024 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 access.</p> <p>Teams are required to provide timers.</p>									
<b><u>TEAM REPRESENTATIVE:</u></b>	<p>Prior to the start of the meet, the name of the 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 border="0"> <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 colspan="3" style="text-align: center;"><b><u>Head Starter</u></b>      <b><u>Stroke/Turn</u></b></td> </tr> <tr> <td colspan="3" style="text-align: center;"> <a href="https://SwimISCA.org/officials/">https://SwimISCA.org/officials/</a></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>			 <a href="https://SwimISCA.org/officials/">https://SwimISCA.org/officials/</a>		
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<b><u>NOTE:</u></b>	<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>									



# 2024

## SINGLE AGE GROUP & SENIOR ISCA FALL CLASSIC CHAMPIONSHIP

### WARM-UP SCHEDULE:

**First ½ 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, November 15<sup>th</sup>, 2024

## *Prelims/ Finals*

WOMEN	AGE GROUP	EVENTS	AGE GROUP	MEN
1	10-UNDER	50 Fly	10-UNDER	2
3	11-12	100 Fly	11-12	4
5	13-14	100 Fly	13-14	6
7	SENIOR	100 Fly	SENIOR	8
9	10-UNDER	50 Back	10-UNDER	10
11	11-12	50 Back	11-12	12
13	13-14	50 Back	13-14	14
15	SENIOR	50 Back	SENIOR	16
17	10-UNDER	100 Free	10-UNDER	18
19	11-12	200 Free	11-12	20
21	13-14	200 Free	13-14	22
23	SENIOR	200 Free	SENIOR	24
25	10-UNDER	50 Breast	10-UNDER	26
27	11-12	100 Breast	11-12	28
29	13-14	100 Breast	13-14	30
31	SENIOR	100 Breast	SENIOR	32
33	10-UNDER	25 Free	10-UNDER	34
35	11-12	100 IM	11-12	36
37	13-14	400 IM	13-14	38
39	SENIOR	400 IM	SENIOR	40
41	10-UNDER	200 Mixed Medley Relay	10-UNDER	42
43	11-12	200 Mixed Medley Relay	11-12	44
45	13-14	200 Mixed Medley Relay	13-14	46
47	SENIOR	200 Mixed Medley Relay	SENIOR	48

**\*\*\*10 Minute Break Before 200 Mixed MR at Finals\*\*\***

# Saturday, November 16<sup>th</sup>, 2024

## *Prelims/ Finals*

WOMEN	AGE GROUP	EVENTS	AGE GROUP	MEN
49	10-UNDER	100 IM	10-UNDER	50
51	11-12	200 IM	11-12	52
53	13-14	200 IM	13-14	54
55	SENIOR	200 IM	SENIOR	56
57	10-UNDER	50 Free	10-UNDER	58
59	11-12	50 Free	11-12	60
61	13-14	50 Free	13-14	62
63	SENIOR	50 Free	SENIOR	64
65	10-UNDER	100 Fly	10-UNDER	66
67	11-12	200 Fly	11-12	68
69	13-14	200 Fly	13-14	70
71	SENIOR	200 Fly	SENIOR	72
73	10-UNDER	100 Back	10-UNDER	74
75	11-12	100 Back	11-12	76
77	13-14	100 Back	13-14	78
79	SENIOR	100 Back	SENIOR	80
81	11-12	50 Breast	11-12	82
83	13-14	50 Breast	13-14	84
85	SENIOR	50 Breast	SENIOR	86
87	11-12	25 Free	11-12	88
89	13-14	25 Free	13-14	90
91	SENIOR	25 Free	SENIOR	92
93	11-12	500 Free	11-12	94
95	13-14	500 Free	13-14	96
97	SENIOR	500 Free	SENIOR	98
99	10-UNDER	200 Mixed Free Relay	10-UNDER	100
101	11-12	200 Mixed Free Relay	11-12	102
103	13-14	200 Mixed Free Relay	13-14	104
105	SENIOR	200 Mixed Free Relay	SENIOR	106

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

# Sunday, November 17<sup>th</sup>, 2024

## *Timed Finals Only*

WOMEN	AGE GROUP	EVENTS	AGE GROUP	MEN
107	11-12	50 Fly	11-12	108
109	13-14	50 Fly	13-14	110
111	SENIOR	50 Fly	SENIOR	112
113	10-UNDER	100 Breast	10-UNDER	114
115	11-12	200 Breast	11-12	116
117	13-14	200 Breast	13-14	118
119	SENIOR	200 Breast	SENIOR	120
121	10-UNDER	200 Free	10-UNDER	122
123	11-12	100 Free	11-12	124
125	13-14	100 Free	13-14	126
127	SENIOR	100 Free	SENIOR	128
129	10-UNDER	200 IM	10-UNDER	130
131	11-12	200 Back	11-12	132
133	13-14	200 Back	13-14	134
135	SENIOR	200 Back	SENIOR	136
137	SENIOR	1650 Free	SENIOR	138
139	10-UNDER	400 Mixed Free Relay	10-UNDER	140
141	11-12	400 Mixed Free Relay	11-12	142
143	13-14	400 Mixed Free Relay	13-14	144
145	SENIOR	400 Mixed Free Relay	SENIOR	146

**\*\*\*15 Minute Break in Prelims before 400 Mixed Free Relays and 1650 Frees Order of Events after Break will be 123 & 124\*\*\***