



ISCA

2025

FALL CLASSIC CHAMPIONSHIP SINGLE AGE GROUP & SENIOR

Hampton Virginia Aquaplex, VA November 14th-16th, 2025

[Hampton Virginia Aquaplex](#)

1908 Coliseum Drive, Hampton, Virginia 23666

<u>SANCTION:</u>	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."
<u>CONDITION OF SANCTION:</u>	The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. 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 al health and safety mandates and guidelines of USA Swimming, Virginia Swimming LSC, the State of Virginia, and Hampton, VA.
<u>IMAGE AUTHORIZATION:</u>	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.
<u>TYPE OF MEET:</u>	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 NLT Monday, November 11,2024. There will be a 25-yard pool for constant warm up.
<u>LOCATION:</u>	Hampton Virginia Aquaplex 1908 Coliseum Dr Hampton, VA 23666
<u>SCHEDULE:</u>	Preliminaries (Fri, Sat, Sun) General Warm- Up 6:30-7:20AM Specific Warm -Up 7:20-7:50AM Meet Start 8:00AM Finals (Fri & Sat) General Warm- Up 3:30-4:20PM Specific Warm -Up 4:20-4:50PM Meet Start 5:00PM
<u>POOL & FACILITY SPECS:</u>	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.
<u>TIMING SYSTEM:</u>	A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used as well as manual back up watches.
<u>ELIGIBILITY:</u>	Must be a 2025 USA Swimming, YMCA, AAU, and/or a World Aquatics registered athlete. Age on November 14, 2025, will determine the age for the entire meet.
<u>ATHLETES WITH A SERIOUS MEDICAL CONDITION:</u>	<ul style="list-style-type: none"> • The swimmer (or the swimmer’s coach) is responsible for notifying the Meet Referee, prior to the completion, of the medical condition that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g, concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. • This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion. • The Swimmer/coach shall provide a Personal Assistant(s) as needed.

FORMAT:

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. **All yard times will be seeded for prelims slowest to fastest within the two-age group order.**

PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.

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 & SENIOR for finals. On Sunday there will be swum as Time Finals but awarded individual age group and Senior.

Relays:

1. All mixed relays can be swum with any combination of 4 swimmers, but only the relays that have (2 Boys/2 Girls) will be scored. **Relays will be swum as timed final events.**
2. Each team may enter an "A" and "B" and "C" relay for each event.
3. Top 8 relays will swim in the finals session. Remaining relays will swim in the prelims session.

Individual Events:

SENIOR & 13-14

1650 Free (Timed Final Event):

1. 1650 will be swum alternating women/ men fastest to slowest at the end of Sunday's timed final session. We will only accept total 24 female and 24 male swimmers.

SENIOR & 13-14

400IM and 500 Free (Timed Final Event):

1. Top 8 seeded swimmers will swim in the final session. The remaining swimmers will swim in the prelims session. We will only accept 24 swimmers for both 400 IM and 500 Free.

11-12

500 Free (Timed Final Event):

1. 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.

SENIOR

50's, 100's and 200'S:

1. The top 16, from prelims, in each event will return for finals.

All 10- UNDERS & 11-12 & 13-14

50's, 100's and 200's:

1. The top 8 seeded, from prelims, in each individual age group 10-UNDER, 11-12-13-14 will return for finals.

<p><u>RULES:</u></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 2025 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 14th, 2025) will determine the swimmers' age group for competition.</p> <p>Qualifying times must have been achieved between January 1, 2023 - November 4, 2025.</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>						
<p><u>AWARDS:</u></p>	<table border="0"> <tr> <td>Individual</td> <td>Custom Awards 1st through 3rd</td> </tr> <tr> <td>Medallions</td> <td>Custom Medallions 4th through 8th</td> </tr> <tr> <td>Relays</td> <td>Custom Awards 1st through 3rd</td> </tr> </table>	Individual	Custom Awards 1 st through 3 rd	Medallions	Custom Medallions 4 th through 8 th	Relays	Custom Awards 1 st through 3 rd
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Medallions	Custom Medallions 4 th through 8 th						
Relays	Custom Awards 1 st through 3 rd						
<p><u>TEAM AWARDS:</u></p>	<p>TOP 3 COMBINED TEAMS</p>						
<p><u>SCORING:</u></p>	<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>						
<p><u>WARM-UP:</u></p>	<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>						
<p><u>SCRATCHES:</u></p>	<p>Prelims/timed finals: Scratches for events are due at 5:00pm 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>						
<p><u>FINALS:</u></p>	<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>Entries will be processed in the order received and accepted to 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: Justin Alsobrooks at justina@justintiming.com</p>						
<u>FOREIGN ATHLETES:</u>	<p>Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with World Aquatics 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 info@swimisca.org.</p>						
<u>SPECTATOR FEE:</u>	\$60.00 for all Session Pass or \$25.00 per day						
<u>OFFICIALS:</u>	<p>Head Referee Steve Woolfolk (woolfolks@aol.com)</p> <p>Admin Referee / Official</p> <p>Meet Director Doug Fonder (dougfonder@gmail.com)</p> <p>Calling all officials sign up at https://swimisca.org/officials/</p>						
<u>COACHES/ OFFICIALS:</u>	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.						
<u>MEET VOLUNTEERS:</u>	<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>						
<u>TEAM REPRESENTATIVE:</u>	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.						
<u>INFORMATION:</u>	<table border="0"> <tr> <td><u>Meet Director</u> Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com</td> <td><u>Meet Referee</u> Steve Woolfolk Cell: 540-312-1259 woolfolks@aol.com</td> <td><u>Meet Admin Official</u> Justin Alsobrooks Cell: 732-232-9563 justina@justintiming.com</td> </tr> <tr> <td><u>Head Starter</u></td> <td><u>Stroke/Turn</u></td> <td><u>Meet Safety Officer</u></td> </tr> </table> <p>https://SwimISCA.org/officials/</p>	<u>Meet Director</u> Doug Fonder Cell: 540-397-0505 dougfonder@gmail.com	<u>Meet Referee</u> Steve Woolfolk Cell: 540-312-1259 woolfolks@aol.com	<u>Meet Admin Official</u> Justin Alsobrooks Cell: 732-232-9563 justina@justintiming.com	<u>Head Starter</u>	<u>Stroke/Turn</u>	<u>Meet Safety Officer</u>
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<u>NOTE:</u>	**Events / heats may be combined at the discretion of the meet referee. Official start times may be amended at the discretion of meet referee.**						



2025
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 14th, 2025

Prelims/ Finals

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

*****All Relays will lead off Finals in the evening*****

Saturday, November 15th, 2025

Prelims/ Finals

WOMEN	AGE GROUP	EVENTS	AGE GROUP	MEN
47	10-UNDER	200 Mixed Free Relay	10-UNDER	47
48	11-12	200 Mixed Free Relay	11-12	48
49	13-14	200 Mixed Free Relay	13-14	49
50	SENIOR	200 Mixed Free Relay	SENIOR	50
51	13-14	25 Free	13-14	52
53	SENIOR	25 Free	SENIOR	54
55	10-UNDER	100 IM	10-UNDER	56
57	11-12	200 IM	11-12	58
59	13-14	200 IM	13-14	60
61	SENIOR	200 IM	SENIOR	62
63	10-UNDER	50 Free	10-UNDER	64
65	11-12	50 Free	11-12	66
67	13-14	50 Free	13-14	68
69	SENIOR	50 Free	SENIOR	70
71	10-UNDER	100 Fly	10-UNDER	72
73	11-12	200 Fly	11-12	74
75	13-14	200 Fly	13-14	76
77	SENIOR	200 Fly	SENIOR	78
79	10-UNDER	100 Back	10-UNDER	80
81	11-12	100 Back	11-12	82
83	13-14	100 Back	13-14	84
85	SENIOR	100 Back	SENIOR	86
87	11-12	50 Breast	11-12	88
89	13-14	50 Breast	13-14	90
91	SENIOR	50 Breast	SENIOR	92
93	11-12	500 Free	11-12	94
95	13-14	500 Free	13-14	96
97	SENIOR	500 Free	SENIOR	98

*****All Relays will lead off Finals in the evening*****

Sunday, November 16th, 2025

Timed Finals Only

WOMEN	AGE GROUP	EVENTS	AGE GROUP	MEN
99	10-UNDER	400 Mixed Free Relay	10-UNDER	99
100	11-12	400 Mixed Free Relay	11-12	100
101	13-14	400 Mixed Free Relay	13-14	101
102	SENIOR	400 Mixed Free Relay	SENIOR	102
103	11-12	50 Fly	11-12	104
105	13-14	50 Fly	13-14	106
107	SENIOR	50 Fly	SENIOR	108
109	10-UNDER	100 Breast	10-UNDER	110
111	11-12	200 Breast	11-12	112
113	13-14	200 Breast	13-14	114
115	SENIOR	200 Breast	SENIOR	116
117	10-UNDER	200 Free	10-UNDER	118
119	11-12	100 Free	11-12	120
121	13-14	100 Free	13-14	122
123	SENIOR	100 Free	SENIOR	124
125	10-UNDER	200 IM	10-UNDER	126
127	11-12	200 Back	11-12	128
129	13-14	200 Back	13-14	130
131	SENIOR	200 Back	SENIOR	132
133	SENIOR	1650 Free	SENIOR	134

*****All Relays will lead off the AM Session*****

*****15 Minute Break after morning session before 1650 Free Session which is event
133 & 134*****

Friday and Saturday, the Finals session will be:

9 & Under - 1 Final

10 - 1 Final

11 - 1 Final

12 - 1 Final

13 - 1 Final

14 - 1 Final

**Senior - A/B Finals with all events 200 and below and 1 heat for events
400 and above.**

