



deboer



INTERNATIONAL SENIOR CUP MARCH 24-28, 2026 | ST. PETERSBURG, FL

SANCTION	<p>Approval by Florida Swimming of USA Swimming: # _____</p> <p>"In granting this approval it is understood and agreed that USA Swimming/Florida 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>
CONDITION OF SANCTION	<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 must be certified by a USA Swimming member-coach as being proficient in performing a racing start, or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.</p> <p>Changing into or out of swimsuits anywhere other than locker rooms is strictly prohibited.</p> <p>Use of audio, visual, or cell phone recording devices is permitted only in designated areas (see "Camera Zone"). 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.</p> <p>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 St. Petersburg Aquatics agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Florida Swimming LSC, the State of Florida, and Pinellas County.</p>

<p>CAMERA ZONE</p>	<p>Per Florida Swimming Rule 223.12, meet management shall designate and inform the public of "Camera Zones" at each swim meet, where both still photography of a race or a competitor in a race may be taken. Acceptable Camera Zones may include, but are not limited to, the side course of a pool, team gathering areas, concession area, and turn-end of competition course when not in use as a "start end." Meet management shall also designate "Non-Camera Zones." Under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the race course(s) while they are in use for "race starting purposes" during competition and warm-ups, locker rooms, restrooms, or any other dressing areas.</p>
<p>IMAGE AUTHORIZATION</p>	<p>All participants agree to be filmed and photographed by the official photographer(s) and network(s) of ISCA and 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>TYPE OF MEET</p>	<p>All Preliminary sessions will be swum in SHORT COURSE YARDS format. Two eight-lane SCY courses will be used for prelims. All Finals sessions will be held in one ten-lane deep water short course will be set up for evening finals.</p> <p>There will be six finals heats for all events, 200 & below. There will be a Bonus, Consolation Final, and a Championship Final for all Senior and 16 & Under events. For events 400 and above, we will only have a Consolation and Championship Final.</p> <p>There will be a 25 yard / 25 meter pool for constant warm up.</p>
<p>LOCATION</p>	<p>North Shore Aquatic Complex 901 North Shore Dr. NE St. Petersburg, FL 33701</p> <p>Facility Phone: 727.893.7727</p>

<p>SCHEDULE</p>	<p>Tuesday (Timed Finals Sessions) Meet Warm-up --- 12:00-12:50 PM Meet Start --- 1:00 PM</p> <p>Preliminaries (Wed, Thu, Fri, Sat) General Warm-up --- 6:00-6:50 AM 2nd General Warm-up --- 6:50-7:40 AM Specific Warm-up --- 7:40-7:55 AM (There will be designated start/pace lanes.) Meet Start --- 8:00 AM</p> <p>Finals (Wed, Thu, Fri, Sat) General Warm-up --- 3:30-4:20 PM Specific Warm-up --- 4:20-4:50 PM Meet Start --- 5:00 PM</p>
<p>POOL + FACILITY SPECS</p>	<p>The North Shore Aquatic Complex is host to a certified 50-meter outdoor pool with a maximum of 10 long course racing lanes. Non-turbulent lane lines will be used. Constant warm-down lanes are available in the additional outdoor 25-meter pool.</p>
<p>TIMING SYSTEM</p>	<p>A Colorado timing system, touch pads, backstroke wedges, and a digital scoreboard will be used, as well as manual back up watches.</p>
<p>ELIGIBILITY</p>	<p>Must be a 2026 USA Swimming, YMCA, AAU and/or FINA registered athlete. The Senior category will be open to all swimmers 12 years of age and older who have the qualifying time standards to compete. An athlete must be at least 12 years old as of the first day of the meet to compete as a senior.</p>
<p>SEEDING</p>	<p>ALL ENTRIES ARE TO BE SUBMITTED IN SCY FORMAT</p> <p>Submit entry times according to the time swam - DO NOT SUBMIT CONVERTED TIMES. Non-conforming meter times will be seeded last, according to USA Swimming Rules and Regulations 207.12.7B. All yard times, even if they are bonus event times, will be seeded for prelims slowest to fastest.</p> <p>Prelims will be seeded combined 16 & Under and Senior. Finals qualifiers will be seeded according to the event entered in the category of "16 & Under" or "Senior." For example, a 16 & Under aged swimmer who enters a Senior event</p>

	<p>and qualifies for Finals must compete in the Senior category for that event.</p> <p>Events 3, 4, 5, 6, 9,10,11, and 12 (Women’s 1650 Freestyle, Men’s 1000 Freestyle, 16&U 100 IM, and Senior 100 IM) will be swum on Tuesday as a Timed Finals event, alternating heats of women’s and men’s, slowest to fastest. Events 61, 62, 63, and 64 (Women’s 1000 Freestyle and Men’s 1650 Freestyle) will be swum at a designated starting time leading into Finals Warm Up with the Final Heat of Women, and the Final Heat of Men being the FIRST TWO EVENTS IN FINALS on Saturday night. The other heats will be swim slowest to fastest alternating women and men.</p> <p>PLEASE NOTE THAT THERE ARE NO CHANGES OR TIME UPDATES PERMITTED AFTER THE PSYCH SHEET IS PUBLISHED.</p> <p>There is no positive check-in. Please submit ALL scratches by the scratch deadline (see below).</p> <p>Relays Relays will be swum as Timed Finals. All swimmers must be listed on the entry sheet to be eligible to compete on a relay team. TWO RELAYS PER CLUB MAXIMUM. TOP 20 SENIOR RELAYS WILL BE SWUM DURING EVENING FINALS. 21 AND BELOW WILL BE SWUM AT THE END OF MORNING SESSIONS.</p>		
RULES	<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 2026 USA Swimming Credentials and are assisting with team functions. If any swimmer needs to have coaching assistance, the coach 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 (March 24, 2026) will determine the swimmer’s age for competition. Times must have been achieved between: January 1, 2024 – March 16, 2026.</p> <p>The practice of deck changing is prohibited. Swimmers participating in deck changing could be subject to removal from further competition in the meet.</p>		
AWARDS	<table border="0"> <tr> <td data-bbox="418 1749 690 1854">Individual Custom medals 1st through 10th</td> <td data-bbox="727 1749 938 1854">Relays Custom medals 1st through 3rd</td> </tr> </table>	Individual Custom medals 1 st through 10 th	Relays Custom medals 1 st through 3 rd
Individual Custom medals 1 st through 10 th	Relays Custom medals 1 st through 3 rd		

INDIVIDUAL HIGH POINT	16 & Under Men's & Women's Senior Men's & Women's
TEAM AWARDS	Top 3 combined teams
SCORING	Scoring includes the Top 10 places for 16 & Under swimmers, and Top 10 places for Senior aged swimmers. Points 11-9-8-7-6-5-4-3-2-1, with double points for relays.
WARM-UP	Enclosed warm-up schedule will be used. Warm-up will be <u>60 minutes guaranteed</u> prior to the start of each session.
SCRATCHES	Scratches prior to seed of preliminary heats shall be made by properly filling out/depositing a scratch card in the scratch box located at the Clerk of Course / Admin Referee table. Scratch deadline for Tuesday's events is 12 NOON on Tuesday. Scratch deadline for remaining events is 5:00 PM the evening before the race.
FINALS	Any swimmer who competed in a preliminary heat and qualifies for finals must swim the event during finals, unless the swimmer announces 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. 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.
ENTRY LIMIT	Swimmers may enter ALL the events they qualify for, but may only compete in 3 events per day and a total of 9 for the entire meet . If events aren't scratched by the deadline, any events over the 3-event limit will be dropped at the point of over-entry.

BONUS EVENTS

For 1 or more qualifying times: Swimmer earns 4 bonus events. **Bonus events must be entered with a time. NT will not be accepted.** Bonus entries in the 500 FR, 400 IM, and 100/1650 FR must have a qualifying time in one of those events, to swim an additional as a BONUS.

TIME TRIALS

Time Trials may be offered Wednesday, Thursday, and Friday, upon conclusion of the prelim sessions. All Time Trial sessions will be held in SCY ONLY. Cost per event is \$20.00. Sign-up will be at the administrative table each morning.

Time trials must be registered by 10:30 AM. If the athlete is not already entered in the meet, surcharges apply.

ENTRY FEES

REGULAR FEES	
Fee per Relay Event	\$20
Facility Surcharge per Swimmer	\$35
On Deck Coach Fee per Coach	\$25
Out of State (FL) Fee per Swimmer	\$3

SWIMMER FEES (Up to 10 events per swimmer)	Fee per Swimmer
1-9 Swimmers	\$155
10-24 Swimmers	\$145
25-40 Swimmers	\$135
41+ Swimmers	\$130

LATE ENTRY FEES	
Deck Entry or Time Trial per Individual Event	\$20
Deck Entry or Time Trial per Relay Event	\$30

Your team will receive an estimated invoice following the entry deadline. Please

	plan to pay at the meet via check payable to ISCA.
DECK ENTRIES	<p>Deck entries will be accepted to fill heats only. No new heats will be created. Fees are \$20 per individual deck entry, plus the facility and athlete surcharges if not previously entered in meet. Fees must be paid at time of entry.</p> <p>Deck entries will be accepted by the administrative referee or designated representative and assigned a lane no later than 45 minutes prior to the start of each session. A swimmer may not drop an event to deck enter another event.</p> <p>The entry limit of three (3) individual swims per day applies (including time trials).</p>
ENTRY DEADLINE	All entries must be received by 11:59 PM, Monday, March 16, 2026. Deck entry must be submitted no later than 45 minutes prior to the start of the session.
ENTRY PROCEDURE	<p>PLEASE NOTE: ALL ENTRIES MUST BE SUBMITTED BY HY-TEK OR A SIMILAR ENTRY SYSTEM</p> <p>GUARANTEED REGISTRATION In order to guarantee your team’s registration, make a \$200 deposit on the event page at swimisca.org. <i>In the absence of a pre-registration deposit, teams are not guaranteed a place in the meet.</i> For questions about pre-registration, please visit the event page at swimisca.org or email dougfonder@gmail.com.</p> <p>INDIVIDUAL ENTRIES Entries should use a time in the National Database that is faster than the qualifying time and achieved during the qualifying period. Swimmers may enter using an “override time” for times that are not in the National Database. Override times must include the meet name and date. Override times that cannot be proven by the Entry Coordinator during the entry process will not be seeded in the meet. Times that are missing from the National Database should be requested through the host LSC National Times Coordinator of the meet at which the time was achieved. 16 & Under aged swimmers may enter 16 & Under and Senior events, bearing in mind that they are bound to that age category if they qualify for Finals in that event.</p> <p>RELAY ENTRIES Ensure “Relay Only” athletes are included in the team entry roster. A team may enter no more than 2 relays in each relay event. Relays must be pre-entered and relay times must be provable by team or aggregate. A swimmer may be used</p>

	<p>only once to prove a relay in each relay event.</p> <p>TEAMS WITH UNATTACHED OR UNREGISTERED ATHLETES Teams may enter athletes with an unattached or unregistered status. Unregistered swimmers must provide proof of registration prior to the swimmer's first event.</p> <p>INDIVIDUAL UNATTACHED ATHLETES Unattached athletes that are not awaiting attachment to any team must enter individually.</p> <p>PAYMENT An estimated invoice will be emailed to you following the entry deadline. Please plan to submit payment for all meet fees via check payable to ISCA on-site at the Meet Registration Table on Tuesday, March 24. <u>Payment MUST be collected before an athlete is allowed to swim.</u></p> <p>Note: Payment by credit card is not available at this time.</p>				
<p>SPECTATOR FEES</p>	<table border="1" data-bbox="418 957 1205 1087"> <tr> <td data-bbox="418 957 961 1024">All Sessions</td> <td data-bbox="961 957 1205 1024">\$75 total</td> </tr> <tr> <td data-bbox="418 1024 961 1087">Per Day (Includes Prelims and Finals)</td> <td data-bbox="961 1024 1205 1087">\$25 per day</td> </tr> </table> <p>ALL SPECTATOR FEES MUST BE PAID IN CASH OR CHECK. CREDIT CARDS NOT ACCEPTED.</p>	All Sessions	\$75 total	Per Day (Includes Prelims and Finals)	\$25 per day
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Per Day (Includes Prelims and Finals)	\$25 per day				
<p>FOREIGN ATHLETES</p>	<p>Foreign athletes are welcome to attend. All foreign athletes must be a registered member in good standing with USA Swimming or FINA.</p> <p>Entries for foreign teams can be submitted through a HY-TEK file. To receive the entry file, please send a request to dougfonder@gmail.com.</p>				

OFFICIALS

Head Referee	John Stanley	jfstanley1@gmail.net
Admin Referee	Steve Woolfolk	woolfolks@aol.com
Meet Administrator / Entry Chairperson	Eva Gronke	eva@fastswimresults.com
Meet Director	Doug Fonder	dougfonder@gmail.com

Meet officials receive free admission to the meet every day they serve as an official. Register to become an official at www.swimisca.org/officials.

**COACH DECK
PASSES**

Deck passes for coaches with verified credentials can be purchased at the Meet Registration Table for \$25 per coach. Please indicate number of coach passes requested, and include with final entry payment.

The number of deck passes allowed per team is dependent on the number of qualified athletes.

NUMBER OF ATHLETES	NUMBER OF COACH DECK PASSES
1-4	1
5-9	2
10-16	4
17-21	5
22-30	6
31-40	7
41-50	8
51+	10

<p>COACHES / OFFICIALS</p>	<p>Coaches/officials must visibly display a valid USA membership card at all times while on deck or show Deck Pass proof. A 2026 coaching member of USA Swimming must supervise each swimmer participating in a Florida 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. Such athletes will be assigned to a substitute coach who will supervise the swimmer during warm-up and competition.</p> <p>There will be a coach meeting Tuesday, March 24, at 11:00 AM at the North Shore Aquatic Complex.</p>
<p>TEAM REPRESENTATIVE</p>	<p>Before 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>
<p>NOTE</p>	<p>Events/heats may be combined at the discretion of the Meet Referee. Official start times may be amended at the discretion of the Meet Referee.</p>

WARM-UP SCHEDULE

First Half Hour

Lane 1	Pace 50 and 100 circle swimming
Lane 2	Push off 25s, one way only
Lane 3	Swim and pulling, push off
Lane 4	Swim and pulling, push off
Lane 5	Swim and pulling, push off
Lane 6	Swim and pulling, push off
Lane 7	Swim and pulling, push off
Lane 8	Swim and pulling, push off
Lane 9	Push off 25s, one way only
Lane 10	Pace 50 and 100 circle swimming

Last Hour

Lane 1	Pace 50 and 100 circle swimming
Lane 2	Racing starts 25s one length
Lane 3	Swim and pulling, push off
Lane 4	Swim and pulling, push off
Lane 5	Swim and pulling, push off
Lane 6	Swim and pulling, push off
Lane 7	Swim and pulling, push off
Lane 8	Racing starts 25s one length
Lane 9	Racing starts 25s one length
Lane 10	Pace 50 and 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 water feet first with at least one hand on pool deck.

EVENT SCHEDULE

TUESDAY
March 24th

WOMEN	EVENT	MEN
1	Senior 400 Medley Relay	2
3	16&U Women 1650 Free	
	16&U Men 1000 Free	4
5	Senior Women 1650 Free	
	Senior Men 1000 Free	6
7	Senior 400 Free Relay	8
9	16&U 100 IM	10
11	Senior 100 IM	12

****There will be a 15 minute break between the end of Relays and beginning of the 100 IM ****

WEDNESDAY
March 25th

WOMEN	EVENT	MEN
13	16&U 200 IM	14
15	Senior 200 IM	16
17	16&U 100 Back	18
19	Senior 100 Back	20
21	16&U 200 Free	22
23	Senior 200 Free	24
25	16&U 50 Fly	26
27	Senior 50 Fly	28
29	Senior 200 Medley Relay	30

THURSDAY
March 26th

WOMEN	EVENT	MEN
31	16&U 50 Breast	32
33	Senior 50 Breast	34
35	16&U 200 Back	36
37	Senior 200 Back	38
39	16&U 50 Free	40
41	Senior 50 Free	42
43	16&U 500 Free	44
45	Senior 500 Free	46
47	Senior 400 Mixed Medley Relay *	47

FRIDAY
March 27th

WOMEN	EVENT	MEN
48	16&U 400 IM	49
50	Senior 400 IM	51
52	16&U 100 Fly	53
54	Senior 100 Fly	55
56	16&U 50 Back	57
58	Senior 50 Back	59
60	16&U 100 Breast	61
62	Senior 100 Breast	63
64	Senior 400 Mixed Free Relay *	64

**** ALL MIXED RELAYS ARE TWO MEN + TWO WOMEN. ****
The fastest 2 heats of relays will swim at finals.

**SATURDAY
March 28th**

WOMEN	EVENT	MEN
65	16&U Women 1000 Free	
	16&U Men 1650 Free	66
67	Senior Women 1000 Free	
	Senior Men 1650 Free	68
69	16&U 200 Breast	70
71	Senior 200 Breast	72
73	16&U 200 Fly	74
75	Senior 200 Fly	76
77	16&U 100 Free	78
79	Senior 100 Free	80
81	Senior 200 Free Relay	82

**** ALL MIXED RELAYS ARE TWO MEN + TWO WOMEN. ****
The fastest 2 heats of relays will swim at finals.

QUALIFYING TIME STANDARDS

WOMEN

MEN

LCM	SCY	EVENT	SCY	LCM
29.49	24.59	50 Free	22.19	25.59
1:00.69	53.09	100 Free	48.49	55.69
2:13.09	1:53.79	200 Free	1:46.29	2:01.49
4:37.69	5:05.09	500/400 Free	4:42.79	4:15.79
9:34.99	10:30.79	1000/800 Free	9:50.49	8:49.99
18:16.79	17:25.69	1650/1500 Free	16:30.49	16:56.49
33.00	29.00	50 Back	26.00	30.00
1:07.89	58.99	100 Back	53.39	1:02.99
2:26.99	2:07.19	200 Back	1:54.89	2:14.79
38.00	33.00	50 Breast	30.00	34.00
1:17.89	1:07.19	100 Breast	1:00.49	1:10.59
2:46.39	2:24.39	200 Breast	2:09.69	2:33.59
33.00	29.00	50 Fly	26.00	30.00
1:06.49	58.19	100 Fly	53.09	1:00.29
2:25.09	2:09.09	200 Fly	1:57.59	2:15.29
2:13.50	1:05.00	100 IM	59.00	1:07.50
2:28.69	2:09.29	200 IM	1:58.79	2:16.19
5:20.49	4:33.39	400 IM	4:14.09	4:49.89

QUALIFYING PERIOD

January 1, 2024 - March 16, 2026